



Lama Majaj: The Embodied Art Therapy Process



Lama Majaj is an art psychotherapist with seventeen years of experience in education, healthcare, and humanitarian settings. Let Lama introduce you to The Embodied Art Therapy Process (TEATP); a model that focuses on the co-creation of embodied artistic expressions to promote self-awareness and autonomy for children. You will experience a guided somatic and art-making meditation and hear Janelle's journey in art therapy.

TOP EMBODIMENT TIP: Silent mind. Existential body. Be well.

Short Experiential Practice: **Breath and Awareness Meditation From The Embodied Intelligence Book**

- Make yourself comfortable. Notice your breath. Bring awareness into your right hand and put it onto your chest to feel your heartbeat. Feel how your breath is connected to your heartbeat. Recall a joyful memory and be immersed in it. Connect to your heart and notice the quality, the pulsation. This is your heart liking it and being content.

Drawing Practice:

- Take a pen or a pencil and draw any shapes, words or lines on a piece of paper.
- **If your heart had a chance to speak, what would it say?** Our physical heart has its own nervous system. It's called a heart brain. It can sense, feel, learn and remember.
- It's good to **connect to your heart on a daily basis**, address your breath to it.

Case Study: **Janelle's Story**

- Janelle was an anxious 10 years old. Most days she felt very emotional and found it difficult to make friends.
- Lama used a holistic experiential approach and art-making to better understand how Janelle saw the world, herself and her relationships. Thanks to these sessions, Janelle was able to notice and name different embodied sensations. They drew and discussed pain, fear, hunger. Every sensation had a unique color.
- Janelle and her father had issues in their relationship, so she invited him into the sessions. Janelle and her father took time to use their bodies as a compass - first putting it on paper, then discussing how they felt. They talked about personal space and how their bodies were interlinked. These sessions gave them more proximity and playfulness, and a better relationship.
- With the help of Lama and the art therapy, Janelle got better at expressing herself and building relationships.

Resources:

- ❖ **Books:** *Embodied Intelligence: An Experimental Guide* by Lama Majaj (free e-book)
- ❖ **Websites:** arttherapy.org/ , feldenkraissummit.com/ , drmarthaeddy.com/ , lamamajaj.com/
- ❖ **Email:** Contact@lamamajaj.com
- ❖ **References:** Dr. Martha Eddy



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Dylan Newcomb, [UZAZU Embodied Intelligence](#)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

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