



Dylan Newcomb: The Four Core Modes of Embodiment



Discover four different ways to be present to how we are enacting our embodiment with Dylan Newcome, the founder of UZAZU Dynamic Embodiment. Explore how these can relate to our strengths while simultaneously posing challenges and growth opportunities.

TOP EMBODIMENT TIP: Cultivate the skill to notice when you are in a trance, and drift out of it.
Entering states is awesome; Being able to exit them? Priceless.

Spacial Polarity: How the body moves through space and exists in space. This presentation explores two dimensions: the **Sagittal** dimension of forward and back, and the **Vertical** dimension of high and low, up and down, rising and falling.

Yin and Yang / Self and Other: UZAZU Dynamic Embodiment incorporates the principles of Yin and Yang. Yin being movement inwards towards a centre (Self), Yang being movement outwards away from a centre (Other).

- Yin and yang are two phases of a dynamic process, rather than static. 'Yinning' and 'yanging' is a more accurate way of thinking about yin and yang. Things going inwards, integrating and transforming, and then going outwards and sharing, meeting and exchanging.

Shifts of Awareness in Space and Body: Sometimes, we go too far in a direction, and it feels less good. We can train ourselves to recognise the feeling of 'When I've gone too far into Other (or Self)' and self-correct / course-correct. Our own body is a safe environment in which we can do this.

Sensory-Motor: The other two modes of embodiment are **Sensory-Motor**.

- What part of a stimulus do we really want to be with, sink into, get a deeper feel of, and start to integrate?
- What of that stimulus (and *when* from that stimulus) do we want to take that sensory information and energy and act on it? i.e. take us into movement? We're in a sensory-motor 'loop' both within and without.

The Value of Exploring the Four Modes of Embodiment: By exploring these four modes, it is possible to develop a deeper awareness of:

- What is it like to hold space for my self and others?
- What is it like to take action from that? Do I feel free and empowered to do that?
- What happens if I go too far into Self or Other?
- What happens if I do (or don't) ground my Self as I go into Other?

Awareness-Building gives us the opportunity for choice. We can notice our current patterns and conditioning, but we can also **re-condition ourselves**. Awareness-building helps us build resilience, i.e. finding out that you can be more comfortable with something. This can be used *everywhere* in life: relationships, work environments, etc.

- Using the body as a 'state-shifting vehicle.' Using the body to allow the mind and the awareness to shift.