



Michaela Boehm: The Wild Woman's Way™ and The Non-Linear Movement Method™



A fun and engaging conversation between Mark Walsh and Michaela Boehm, an expert in intimacy, relationships, and sexuality trained in counseling, tantra, and trauma. In this session, Michaela shares the interrelation between relationships, trauma, and body, giving some cues to improve our intimate relationships and insights on the profound genius of the body.

TOP EMBODIMENT TIP: Move! Look at how much in the day you seat or are stationary and add some movement.

Holistic Experiences Working with Clients: Allow people to take advantage of the goods and scopes of different approaches.

- **Classical Therapy:** Gives people an aerial map where one can find where they are, what led them there, and some ways out. Structure, organization, and clarity come alive even by the sole existence of someone that pays undivided attention towards all the out loud verbalizations of your thought process.
- **Body approach:** Allows people to take advantage of the natural mechanisms in the body to be free of trauma or body/sexual issues. The body doesn't forget. It creates closures, defense mechanisms, patterns, behaviors, etc, to cope with everything that has happened before and to prevent things from happening again. When the body is in flow, it can release, and then go back to deal with someone that lazed out further road maps.

Disembodiment: A normal/healthy/common way the body deals with overwhelm/injury/shock/pain/etc. It's the way we react to diminish the impact received by the body. When disembodied, you are no longer able to listen to the signals of your body (you are numbed), and then, you can't longer feel yourself (it can go up towards dissociation).

Trauma: Anything that caused someone a negative effect (minor or major) that disembodied them. When addressing it,

The body needs to be involved. Two ways of doing that are:

1. The Peter Levin approach of Somatic experiencing.
2. Body-centered Techniques, i.e. Marcela Widrig, massages, physical exercises, yoga, pilates, etc.

Polarity (or "Erotic Friction"): Refers to the arc of attraction between two people: it grows stronger when difference and dissonance exists between them. This goes the other way around when addressing what makes a good relationship because good relationships are based on sameness: the more you have in common (harmony, common goals, values, ideas, property), the better the relationship gets, but the worst the arc of attraction becomes.

- Some ways to prevent that are discipline in the touch, spending time apart, avoid talking all day about the daily stuff and anything that may make you as different as you can

Childhood Love Imprint:

- This refers to the way you were loved as a child and how its qualities are searched in adulthood for its feelings of safeness and love. It can be reshaped in some aspects, and one way to do it is through the body: somatic exercises focused on the topic, to reinforce weak areas, and gather skills that counteract the love imprint.