



Suzanne Scurlock: Using Your 6 Wisdom Areas to Unlock Your Embodiment Blocks



Suzanne Scurlock has spent decades exploring the body's innate wisdom; She is the creator of the Healing From the Core® Method, offering a robust selection of online workshops, speaking engagements and audio programs that teach you how to dissolve stress, pain, fear and confusion — so you can stay relaxed and energized, even in uncertain times. Discover the superpowers of your six wisdom areas and how you can use them to stay grounded and inspired.

TOP EMBODIMENT TIP: Being able to embody our six wisdom areas enables us to stay grounded in what we know we came here to do on a soul level (even in these challenging times!) so that we can move forward rather than be paralyzed by the craziness around us.

Every Cell in our Body has Intelligence! **They guide us, heal us, and help us evolve to be more embodied.**

Wisdom Areas: Their Gifts & Super-Powers

1. **The Heart:** The gift of inspiration (when someone is confused about what is theirs to do)
2. **The Gut:** The gift of instinctual knowing (when someone is second guessing themselves)
3. **The Pelvis:** The gift of power (when someone is running on empty - or feeling powerless)
4. **The Legs & Feet:** The gifts of movement, activation, and grounding (when feeling a sense of paralysis)
5. **The Bones:** The gift of steadiness and clarity (when someone feels overwhelmed emotionally)
6. **The Integrated Brain:** The great mapmaker and strategizer (when plans are needed)

Full Body Presence: The Foundation of a Strong, Therapeutic Presence

- The ability to feel all parts of your body with a good flow of healthy energy moving through you
- Connection to inner and outer healthy resources and the navigational system of the body
- To hold space for another, create meaningful change and stand in our integrated power, we must be present with ourselves. When you live from this integration, everything you already know “technically” becomes easier and flows effortlessly

A Note from Suzanne

- I hope you start to play in your own way with your own wisdom areas; I would love to hear how it all unfolds for you. Enjoy, play, and have fun; It will lead you to a creative, energetic life with a lot more flow, particularly in this time in the world that we are in right now.

Resources

- ❖ **Free Gift:** TrustYourGutWisdom.com
- ❖ **Website:** HealingFromTheCore.com
- ❖ **Email:** Office@HealingFromTheCore.com
- ❖ **Books:** *Full Body Presence* and *Reclaiming Your Body*



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



[Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the **[Evolve Move Play Method](#)**.

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