

# Talking Body: Your Inner Bodyscape

## Chat Transcript

08:58:25 From Claire Dale to Everyone:  
Great quote from this article  
<https://www.scientificamerican.com/article/where-mind-and-body-meet/>

08:58:52 From Claire Dale to Everyone:  
Serotonergic Effects on Interoception  
<https://doi.org/10.1101/2020.08.28.262550doi>  
<https://www.biorxiv.org/content/10.1101/2020.08.28.262550v3>

09:03:25 From arnaud lelievre to Everyone:  
Edith Piaf?

09:03:40 From Hazel Martin to Everyone:  
Billie Eilish

09:03:44 From Alan Thomas to Everyone:  
what was I made for

09:03:45 From Gratia Napier to Everyone:  
Billie Eilish

09:03:46 From tina oure to Everyone:  
Billie eilish

09:03:50 From Kathy Keegan to Everyone:  
What was I made for!

09:03:58 From tina oure to Everyone:  
Reacted to "What was I made for!" with 

09:04:05 From Laura Weiss to Everyone:  
from the Barbie movie

09:04:34 From Anne Gelebart to Everyone:  
joining from the ski resort so probably hazy connection

09:05:20 From Jo Cleary to Everyone:  
I have poor wifi so I'm sorry no video

09:05:31 From Gratia Napier to Everyone:  
Such exciting topics. Thank you!

09:06:25 From Victoria Nakamura to Everyone:  
Replying to "I have poor wifi so ..."

No worries, great to have you here.

09:06:58 From Tivo Rojas-Cheatham to Everyone:  
First conversation was awesome!!!

09:06:58 From kevin chapman to Everyone:  
Pls ask questions and share any thoughts and insights in the chat. People in the room will enjoy hearing from you here.

09:07:19 From Victoria Nakamura to Everyone:  
<https://embright.org/>

09:07:29 From Victoria Nakamura to Everyone:  
<https://physicalintelligenceinstitute.com/about/>

09:07:50 From Tivo Rojas-Cheatham to Everyone:  
My questions is the connection of embodiment, identity, trauma and performance under pressure. How to be who we really are and who we are becoming under pressure.

09:09:12 From kevin chapman to Everyone:  
Welcome if you have just joined we are exploring interoception. What is our inner felt sense. What does it matter. How can you strengthen it. What should you try. How can you assess and measure it

09:11:12 From Victoria Nakamura to Everyone:

# Talking Body: Your Inner Bodyscape

## Chat Transcript

If you missed the first of these Three Talking Bodies, please check out the Physical Intelligence Institute for the recording!

09:11:18 From Tivo Rojas-Cheatham to Everyone:

How do you fully orient, shape and organize interoception with trauma and with corporate trends that pulls us away from that capacity?

09:12:31 From Marian Rosefield to Everyone:

I referenced interoception in a research article and the editors tried to change it before publication too ;)

09:13:59 From Victoria Nakamura to Everyone:

Reacted to "First conversation w..." with 🥰

09:14:07 From Jo Ferbrache to Everyone:

The main tool I use for interoception and scanning my inner world, is the SAH Method - a mixture of breath work, meditation, movement and affirmation. I check in with myself along the way, on a scale of 1-10 and see how energy and emotion has shifted. I also use EFT for this too. ❤️

09:14:21 From Victoria Nakamura to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:29 From Marisa Ciesluk to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:32 From Marian Rosefield to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:36 From Jo Ferbrache to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:37 From Jo Ferbrache to Everyone:

Removed a ❤️ reaction from "The main tool I use ..."

09:14:38 From Kathy Keegan to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:44 From Mandy Burke Evans to Everyone:

Reacted to "The main tool I use ..." with ❤️

09:14:50 From Simone Pau to Everyone:

Reacted to "If you missed the fi..." with ❤️

09:15:35 From Claudia Cerna to Everyone:

I was in bed with an ugly flu last week and I was overwhelmed with the feelings coming from inside my body. Is there a way to connect with our inside in a gentler way?

09:15:37 From Tanja to Everyone:

Replying to "If you missed the fi..."

I'm checking the site now (<https://physicalintelligenceinstitute.com>) but cannot somehow locate where the recording is.. any advice? (And thank you so much for having the recording available :)

09:15:38 From Mona Sanders to Everyone:

Chest

09:15:38 From Paul Sevett to Everyone:

My heart is hurting

09:15:42 From Adrian Harris to Everyone:

solar plexus

09:15:42 From Irene Kelly to Everyone:

Left foot

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:15:46 From Sheri Guyse to Everyone:  
Right temple

09:15:46 From Dawn Springett to Everyone:  
heaviness in my gut

09:15:49 From Jo Cleary to Everyone:  
My hands are cold

09:15:55 From Tom Finn to Everyone:  
Tingling in my toes

09:15:57 From Mary Gorham to Everyone:  
My mouth and hip

09:15:58 From tina oure to Everyone:  
Feet, cold ...

09:16:04 From J to Everyone:  
My breathing, air flow and body movement

09:16:04 From Shakti Radhakishun to Everyone:  
lower back...achy, tense

09:16:07 From Nana Oparaocha-Kelly to Everyone:  
Aching arm

09:16:07 From Gratia Napier to Everyone:  
Throat - heat and movement up to the pallet of my mouth

09:16:10 From Liz Jackson to Everyone:  
stomach -hungry

09:16:10 From Heather Graves Ramsey to Everyone:  
Shoulders - holding back

09:16:11 From Kathy Keegan to Everyone:  
My shoulder is tangled

09:16:11 From Karyn Taeyaerts to Everyone:  
my soles of feet are taut

09:16:11 From Sheila MacCrimmon to Everyone:  
shoulders ... tight

09:16:18 From Frederick Dooley to Everyone:  
neck, abdomen

09:16:19 From Maryel Sauve to Everyone:  
Neck, tension then space

09:16:19 From Gillian Anderson to Everyone:  
Left side tense with waves of pain.

09:16:20 From Christoph Trutmann to Everyone:  
my feet are cold... and turn warm

09:16:21 From Gratia Napier to Everyone:  
Anger

09:16:23 From bianca gainus to Everyone:  
trunk-tensed

09:16:24 From Iggy to Everyone:  
back - tense and aching but relaxing now I'm focusing on it. also my jaw

09:16:25 From Sandra Marshall to Everyone:  
Left foot feels achy

09:16:26 From Jacqueline Goodwin to Everyone:  
The area around my diaphragm feeling a little tight

09:16:29 From Laura Weiss to Everyone:  
Throat - closed

09:16:29 From denise chester to Everyone:  
Heart - feels strong

09:16:30 From Dagmara Aldridge to Everyone:  
Tension in my shoulders and heavy and sharp feeling in my my gut

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:16:31 From Sheila MacCrimmon to Everyone:  
holding on

09:16:40 From Karen Stone to Everyone:  
my stomach - feeling heaving. #same location for Colin but with a sense of tingling

09:16:44 From Jo Ferbrache to Everyone:  
Shoulders - red, heavy spikiness - it's a heaviness I am carrying for my father, who is unwell.

09:16:45 From Heather Graves Ramsey to Everyone:  
I'm bracing

09:16:46 From Dawn Springett to Everyone:  
transition, following my deeper calling

09:16:47 From Simone Anzboeck to Everyone:  
tense neck. did too many burpees yesterday 😅

09:16:51 From Sandra Marshall to Everyone:  
Lck of balance

09:16:52 From MaryCarol Rose to Everyone:  
solar plexis area feels like a block, solid, almost like breath is stopping there; tells me I'm sitting in an uncomfortable way and I'm "tense" between many things going on

09:16:52 From Donna James to Everyone:  
warmth - hands

09:16:53 From Mandy Burke Evans to Everyone:  
Lungs, jaw, throat - sense of pressure.

09:16:57 From Dagmara Aldridge to Everyone:  
I feel overwhelmed

09:16:57 From Karyn Taeyaerts to Everyone:  
working hard to stay in balance

09:16:58 From Nicole Cunningham-snell to Everyone:  
heart feels tender

09:17:06 From marc Bowles to Everyone:  
Reacted to "tense neck. did too ..." with 😂

09:17:08 From Jacqueline Goodwin to Everyone:  
I'm aware that I'm holding things in that need to be said

09:17:10 From Victoria Nakamura to Everyone:  
Reacted to "tense neck. did too ..." with 😊

09:17:12 From Jo Cleary to Everyone:  
I want you to retreat

09:17:13 From Kathy Keegan to Everyone:  
Stop trying so hard.

09:17:15 From Victoria Nakamura to Everyone:  
Reacted to "Shoulders - red, hea..." with ❤️

09:17:15 From Iggy to Everyone:  
let go

09:17:17 From Laura Weiss to Everyone:  
Let go...slow down

09:17:17 From Gratia Napier to Everyone:  
That wasn't fair for you to go through

09:17:18 From J to Everyone:  
Breath, I'm calm and alert

09:17:18 From Mallika Lecoeur to Everyone:  
legs: pulling in, warmth and subtle vibration => my need to pull in and take care of this person - me - and activate it.

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:17:20 From Dawn Springett to Everyone:  
clear out the old, let in the new

09:17:20 From Mary Gorham to Everyone:  
The basics of my body want me to pay attention to it

09:17:21 From Marc Rams to Everyone:  
my breathing


09:17:25 From Jocelyne Hamel to Everyone:  
A line between my shoulders and hips that is not quite my spine, heaviness, tightness.  
It's saying: you are carrying some stress but you have the ability to shore yourself up

09:17:27 From Sheila MacCrimmon to Everyone:  
let go ... shake it off

09:17:27 From denise chester to Everyone:  
You've got this

09:17:30 From Laura Daley to Everyone:  
Tightened rib cage, achey sacrum. Words could be - soften, breathe, you are enough

09:17:31 From Amanda Comstock to Everyone:  
Please go move! Too much sitting!

09:17:33 From Victoria Nakamura to Everyone:  
Reacted to "Heart - feels strong" with 

09:17:33 From Jo Ferbrache to Everyone:  
My body says it's ok. It's heavy, but it's not yours to carry.

09:17:34 From Irene Kelly to Everyone:  
Left foot tingling, leads me to wonder about how I am "stepping" in the world.

09:17:37 From Tom Finn to Everyone:  
It's saying there's an exciting opportunity for learning here

09:17:41 From Maryel Sauve to Everyone:  
Holding tension in neck after eye surgery

09:17:41 From MaryCarol Rose to Everyone:  
expand

09:17:44 From Sandra Marshall to Everyone:  
Give me more to do, move me more

09:17:45 From Nicole Cunningham-snell to Everyone:  
you are ok


09:17:49 From Sarah French to Everyone:  
Seat bones. Thoughts are too busy. Desire to breathe deeply and ground myself


09:17:55 From Kathy Lu to Everyone:  
internal ripples of tingling energy: "let it flow"


09:18:00 From Victoria Nakamura to Everyone:  
Hugs to you all.


09:18:17 From Liz Doyle Harmer to Everyone:  
I love this question : if this part of the body could speak to you, what would it say?"

09:18:25 From Frederick Dooley to Everyone:  
move

09:18:27 From Kathy Lu to Everyone:  
Reacted to "move" with 

09:18:28 From Victoria Nakamura to Everyone:  
Reacted to "I love this question..." with 

09:18:33 From Kathy Lu to Everyone:  
Removed a  reaction from "move"

09:18:36 From Kathy Lu to Everyone:  
Reacted to "I love this question..." with 

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:18:40 From Jo Ferbrache to Everyone:

Reacted to "I love this question..." with ❤️

09:18:45 From Jo Ferbrache to Everyone:

Reacted to "Hugs to you all." with ❤️

09:18:48 From bianca gainus to Everyone:

trunk wants to relax and expand

09:19:15 From Adrian Harris to Everyone:

Eugene Gendlin came with the term 'felt sense'. It's fundamental to Experiential Focusing.

09:19:25 From Victoria Nakamura to Everyone:

Reacted to "Eugene Gendlin came ..." with ❤️

09:19:26 From marc Bowles to Everyone:

Reacted to "I love this question..." with ❤️

09:20:55 From Laura Weiss to Everyone:

In coaching we offer distinguish between the saboteur and the sage - if the former represents our thoughts, does the latter represent our true feelings/interoception?

09:21:46 From Elizabeth Graham to Everyone:

and yet, language is an interpretation. as we deepen our inner sensory perception, we meet with complex sense and sensibility; and there is a whole world of sensation that occurs only with touch.

09:21:50 From Tom Finn to Everyone:

Love that tension, Laura, about saboteur and sage

09:22:57 From Shakti Radhakishun to Everyone:

how does menopause impact interoception - as I believe serotonin production may be impacted by menopause?

09:23:13 From Victoria Nakamura to Everyone:

Reacted to "how does menopause i..." with 👍

09:25:04 From bianca gainus to Everyone:

Reacted to "how does menopause i..." with 👍

09:25:04 From bianca gainus to Everyone:

Removed a 👍 reaction from "how does menopause i..."

09:25:11 From Claire Dale to Everyone:

Great quote from this article

<https://www.scientificamerican.com/article/where-mind-and-body-meet/>

"Interoception is the fire under the kettle of consciousness; remove the heat, and the system settles into tepid equilibrium."

09:25:11 From bianca gainus to Everyone:

Reacted to "how does menopause i..." with 👍

09:25:11 From bianca gainus to Everyone:

Removed a 👍 reaction from "how does menopause i..."

09:25:11 From bianca gainus to Everyone:

Reacted to "how does menopause i..." with 👍

09:25:18 From Victoria Nakamura to Everyone:

Reacted to "Great quote from thi..." with ❤️

09:25:22 From bianca gainus to Everyone:

Removed a 👍 reaction from "how does menopause i..."

09:25:25 From Mona Sanders to Everyone:

# Talking Body: Your Inner Bodyscape

## Chat Transcript

Replying to "how does menopause i..."

Curious too when I'm coaching clients who have depression how their ability to access this could be affected and if that will limit what we can do with the body.

09:25:38 From maria k to Everyone:

Reacted to "Curious too when I'm..." with 💡

09:25:42 From maria k to Everyone:

Reacted to "how does menopause i..." with 💡

09:26:04 From Brendan ONeill to Everyone:

Really helps to relax belly as I so often hold it

09:26:20 From Victoria Nakamura to Everyone:

Replying to "Really helps to rela..."

Same.

09:26:39 From Marisa Ciesluk to Everyone:

Reacted to "how does menopause i..." with 👍

09:26:39 From myriam healy to Everyone:

Reacted to "Great quote from thi..." with 👍

09:26:41 From arnaud lelievre to Everyone:

related to developing the sensing of the guts, Peter Levine (Somatic Experiencing) also suggest using the WOOO sound coming from deep in the guts, to make it vibrate

09:26:42 From Shakti Radhakishun to Everyone:

Reacted to "related to developin..." with +

09:26:44 From Maryel Sauve to Everyone:

Reacted to "Great quote from thi..." with ❤️

09:26:45 From Sheila MacCrimmon to Everyone:

Replying to "Really helps to rela..."

yes!

09:26:50 From Shakti Radhakishun to Everyone:

Removed a + reaction from "related to developin..."

09:26:55 From Shakti Radhakishun to Everyone:

Reacted to "Really helps to rela..." with +

09:26:58 From maria k to Everyone:

Reacted to "related to developin..." with 👍

09:27:28 From Manoj Raveendranathan-UK to Everyone:

Hi All, Manoj, Ely, UK 😊 <https://www.linkedin.com/in/manoj-raveendranathan181818/>

09:27:36 From maria k to Everyone:

Replying to "related to developin..."

not to be confused with 'woowoo' ;)

09:28:06 From Brendan ONeill to Everyone:

Replying to "related to developin..."



09:28:18 From helen payne to Everyone:

Reacted to "related to developin..." with 👍

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:28:36 From Tanja to Everyone:

I'm checking the site now (<https://physicalintelligenceinstitute.com>) but cannot somehow locate where the recording of the first talk is.. any advice? (And thank you so much for having the recording available <3)

09:28:45 From Simone Pau to Everyone:

Reacted to "I'm checking the sit..." with 👍

09:28:47 From Victoria Nakamura to Everyone:

Replying to "related to developin..."

Wow wow

09:28:52 From J to Everyone:

Reacted to "I'm checking the sit..." with 👍

09:29:05 From Amanda Comstock to Everyone:

Replying to "I'm checking the sit..."

They will send an email after this with a link to this session and the previous

09:29:20 From Victoria Nakamura to Everyone:

Replying to "I'm checking the sit..."

You may join our institute for free to access the recordings. <https://physicalintelligenceinstitute.com/product/institute/>

09:29:24 From helen payne to Everyone:

there is a link between interoception and mood ...the somatic error hypothesis...

09:29:27 From Victoria Nakamura to Everyone:

Reacted to "They will send an em..." with 👍

09:29:30 From Tanja to Everyone:

Replying to "I'm checking the sit..."

Wonderful - thank you very much 😊

09:29:41 From Tanja to Everyone:

Reacted to "They will send an em..." with 👍

09:29:42 From Mallika Lecoer to Everyone:

Replying to "Really helps to rela..."

QUESTION FOR EVERYONE, PLEASE: What significance might there be between the gut as enteric brain, the center of physical gravity, the center of our values, serotonin production site, and the power of the gut microbiome?

09:30:57 From Claire Dale to Everyone:

Replying to "Really helps to rela..."

Evaluation of our status...are we ok, comfortable, valued

09:30:59 From Frederick Dooley to Everyone:

when running I can notice sometimes images coming from the body entwined with feelings

09:31:16 From kevin chapman to Everyone:

Welcome if you have just joined we are exploring interoception. What is our inner felt sense? Why does it matter? How can you strengthen it? Why should you try? How can you assess and measure it?

09:31:40 From helen payne to Everyone:

there is MIAI assessment scale for interoception

09:31:41 From Claire Dale to Everyone:



# Talking Body: Your Inner Bodyscape

## Chat Transcript

A wonderful framing from Beverley Mc Masters who commented on or linked in post about this event...is she here?

“ When we can observe how we are then we can begin to let go of the impact of our shaping to date. The shaping that somehow served us as intelligently as was possible then, but today needs to be set aside to create the space for what comes next. And this is where the work is. It's tangible and we can feel it when it's happening. It's the gateway to transformation. The more of us promoting this move to greater interoception the better. Perhaps when we can better feel our aliveness we might pause more often and maybe do less damage.” Beverly Mc Masters

09:31:44 From Elizabeth Graham to Everyone:

yes, so critical amanda!

09:32:08 From Laura Weiss to Everyone:

Will you offer some specific applications (eg in coaching, other)?

09:32:35 From young mi park to Everyone:

Reacted to "A wonderful framing ..." with ❤️

09:32:37 From helen payne to Everyone:

mindfulness in motion is a thing!

09:32:42 From Victoria Nakamura to Everyone:

Reacted to "A wonderful framing ..." with ❤️

09:33:01 From Elizabeth Graham to Everyone:

there is always much more happening than we can access, even as we develop a deeper capacity.

09:33:25 From Laura Daley to Everyone:

Reacted to "mindfulness in motio..." with ❤️

09:33:48 From marc Bowles to Everyone:

Reacted to "A wonderful framing ..." with 👍

09:33:59 From helen payne to Everyone:

Reacted to "mindfulness in motio..." with ❤️

09:34:47 From Jacqueline Goodwin to Everyone:

Reacted to "A wonderful framing ..." with ❤️

09:35:16 From Tivo Rojas-Cheatham to Everyone:

Replying to "there is always much..."

Yes, it's the difference that makes a difference amongst the vast mystery and complexity.

09:37:05 From Jo Ferbrache to Everyone:

I always used to have a push and pull energy in my body, it was so uncomfortable - I was floating above my body, rather than present in my body. It was a chaotic energy. Through doing this work with myself, I have landed in my body and I feel so much more aligned, centred and comfortable in my own skin.

09:38:12 From Faye D to Everyone:

Pausing and deeply tuning into my body has required me to develop the willingness to sit with whatever I found there including discomfort I may be feeling vs. trying to shut out or down to avoid the judgment or anxiety I might have about what I'm feeling.

09:38:18 From Amanda Rabor to Everyone:

Reacted to "A wonderful framing ..." with ❤️

09:39:10 From Tanja to Everyone:

Is it true that 'energy flows to where we focus our attention/mental awareness'? I.e. does blood flow increase, capillaries expand in those areas of the body where we direct our attention interoceptionally?

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:39:26 From Dagmara Aldridge to Everyone:

Interoseption is also a gateway to where our nervous system currently is on what might we do to move us to a different state.

09:39:33 From helen payne to Everyone:

Reacted to "Is it true that 'ene..." with 👍

09:39:50 From Victoria Nakamura to Everyone:

Reacted to "Interoseption is als..." with 👍

09:39:55 From Frederick Dooley to Everyone:

interoception in coaching presence stenghtens my acuity in perceiving cues from the client

09:39:56 From Marissa Fernandez to Everyone:

Reacted to "Is it true that 'ene..." with 🤔

09:40:26 From Irene Kelly to Everyone:

What i hear you saying is that the practice leads to responding vs. reacting.

09:42:29 From Jo Ferbrache to Everyone:

What I have found is that some clients couldn't move forward with coaching until they released stagnant emotions weighing them down first through somatic work. Or they would move forward for a period of time and then they would be triggered and go back to square one, as the root cause hadn't been healed.

09:42:33 From marc Bowles to Everyone:

is it possible to get a copy of this study. Sounds very interesting.

09:42:40 From Anna Dunleavy to Everyone:

Reacted to "is it possible to ge..." with 👍

09:42:43 From Brendan ONeill to Everyone:

Reacted to "is it possible to ge..." with 👍

09:42:46 From young mi park to Everyone:

Reacted to "is it possible to ge..." with 👍

09:42:50 From Marisa Ciesluk to Everyone:

Reacted to "is it possible to ge..." with 👍

09:42:52 From Tivo Rojas-Cheatham to Everyone:

Can you summarize the bottom line that Amanda just shared?

09:43:02 From Amanda Rabor to Everyone:

Reacted to "is it possible to ge..." with 👍

09:43:04 From kevin chapman to Everyone:

Wow what an invitation and provocation for us all to work more with the body!

09:43:11 From Amanda Rabor to Everyone:

Reacted to "What I have found is..." with 👍

09:43:13 From marc Bowles to Everyone:

Reacted to "Wow what an invitati..." with 👍

09:43:33 From Tivo Rojas-Cheatham to Everyone:

Replying to "is it possible to ge..."

Her dissertation is readily available. Just google. A great read.

09:43:40 From fenix cornejo to Everyone:

Reacted to "Wow what an invitati..." with 👍

09:43:44 From marc Bowles to Everyone:

Reacted to "Her dissertation is ..." with 👍

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:43:48 From helen payne to Everyone:

it also enables clients to correct inaccurate perception of somatic sensations..

09:43:50 From Pablo Alonso to Everyone:

Thanks for sharing the research outcomes.

09:43:57 From Mandy Burke Evans to Everyone:

Reacted to "is it possible to ge..." with 👍

09:44:19 From Julia Hollenbery to Everyone:

What was the research please?

09:44:21 From Tanja to Everyone:

Replying to "Is it true that 'ene..."

E.g. when doing a body scan (with mental awareness) I can sense an increased tingling sensation in that area where I focus my awareness. But is it that I am sensing what is already there (now with heightened focused awareness) or are some physical changes taking place due to me placing my mental awareness there..

09:44:33 From Tivo Rojas-Cheatham to Everyone:

Replying to "is it possible to ge..."

[https://etd.ohiolink.edu/acprod/odb\\_etd/etd/r/1501/10?clear=10&p10\\_accession\\_num=case1647524618203834](https://etd.ohiolink.edu/acprod/odb_etd/etd/r/1501/10?clear=10&p10_accession_num=case1647524618203834)

09:44:43 From Tivo Rojas-Cheatham to Everyone:

Replying to "is it possible to ge..."

Here it is.

09:44:49 From Mary Hodgson to Everyone:

Does anyone have a good reference for a neuroscience primer....I wonder if I could take in more information in these session if I had better foundational knowledge.....I am getting so much though

09:44:57 From kevin chapman to Everyone:

Coaches who work with embodiment rather than traditional conversational coaching ... have better interaction and intraception. Bigger capacity for resilience, adaptability and flourishing. Empathy, connectedness and conflict management - all increase

09:45:12 From Gratia Napier to Everyone:

Replying to "Does anyone have a g..."

Amanda's 'Body is the Brain' 😊

09:45:13 From Donna Conforti to Amanda Blake(Direct Message):

I would like to more fully explore this personally before applying it in my work, I have a hard time hearing what my body is saying to me and would like to get better at that! What do you suggest?

09:45:21 From Jo Ferbrache to Everyone:

Reacted to "Coaches who work wit..." with ❤️

09:45:27 From fenix cornejo to Everyone:

Reacted to "Coaches who work wit..." with 👍

09:45:42 From Gratia Napier to Everyone:

Replying to "Does anyone have a g..."

[https://www.google.com/search?gs\\_ssp=eJzj4tVP1zc0TDMsyioqLkkzYPQSR8wvLVJlyk-pVMgsVoBwihlz8wALbQ23&q=your+body+is+your+brain&rlz=1C5CHFA\\_enDE953DE954&oq=your+body+is+your+brain&gs\\_lcrp=EgZjaHJvbWUqBwgBEC4YgAQyCggAEAAAY4wIYgAQyBw](https://www.google.com/search?gs_ssp=eJzj4tVP1zc0TDMsyioqLkkzYPQSR8wvLVJlyk-pVMgsVoBwihlz8wALbQ23&q=your+body+is+your+brain&rlz=1C5CHFA_enDE953DE954&oq=your+body+is+your+brain&gs_lcrp=EgZjaHJvbWUqBwgBEC4YgAQyCggAEAAAY4wIYgAQyBw)

# Talking Body: Your Inner Bodyscape

## Chat Transcript

gBEC4YgAQyBwgCEAAYgAQyBwgDEAAYgAQyCAgEEAAYFhgeMggIBRAAGBYHjIICAYQAB  
gWGB4yDQgHEAAYhgMYgAQYigUyDQgIEAAYhgMYgAQYigUyDQgJEAAYhgMYgAQYigXSAQ  
g3MTUwajBqN6gCALACAA&sourceid=chrome&ie=UTF-8

09:45:42 From Laura Weiss to Everyone:

Replying to "Does anyone have a g..."

Coaches Rising "The Neuroscience of Change" program

09:45:43 From Julia Hollenbery to Everyone:

Replying to "is it possible to ge..."

@Tivo Rojas-Cheatham thanks

09:45:53 From Irene Kelly to Everyone:

Replying to "Does anyone have a g..."

Coaches Rising ... Neuroscience of Change offers great insight

09:45:55 From marc Bowles to Everyone:

Replying to "is it possible to ge..."



09:45:58 From MaryCarol Rose to Everyone:

Reacted to "is it possible to ge..." with 👍

09:46:09 From young mi park to Everyone:

Reacted to "Here it is." with 🙏

09:46:18 From Victoria Nakamura to Everyone:

Replying to "is it possible to ge..."

@Tivo Rojas-Cheatham Thank you

09:46:24 From Sheila MacCrimmon to Everyone:

Reacted to "is it possible to ge..." with 👍

09:46:43 From Sheila MacCrimmon to Everyone:

Reacted to "Here it is." with 🙏

09:46:59 From kevin chapman to Everyone:

I am super biased but of course one future for coaches is .... the body (especially if you are concerned that AI will take away some or all of what we do) . And this type of amazing research means what was seen as woo woo, really is wow wow.

09:47:13 From helen payne to Everyone:

feeling is in the body

09:47:32 From MaryCarol Rose to Everyone:

Reacted to "I am super biased bu..." with 👍

09:47:32 From Amanda Rabor to Everyone:

Reacted to "I am super biased bu..." with 👍

09:47:33 From kevin chapman to Everyone:

Not for barbie and Ken 😞

09:47:34 From fenix cornejo to Everyone:

Reacted to "I am super biased bu..." with 🙌

09:47:44 From marc Bowles to Everyone:

Reacted to "I am super biased bu..." with 🙌

09:47:46 From Amanda Rabor to Everyone:

Replying to "I am super biased bu..."

# Talking Body: Your Inner Bodyscape

## Chat Transcript

it changed my life

09:47:53 From Tivo Rojas-Cheatham to Everyone:  
Replying to "I am super biased bu..."

It's the embodied, generative and aesthetic intelligence that comes through and with others.

09:48:35 From Victoria Nakamura to Everyone:

Reacted to "Not for barbie and K..." with 🤔

09:49:07 From Julia Hollenbery to Everyone:

Reacted to "Not for barbie and K..." with ❤️

09:49:16 From Amanda Rabor to Everyone:

Has anyone heard of Hakomi? It's very similar to somatic working.

09:49:22 From Tivo Rojas-Cheatham to Everyone:

What's next in practice, research and impacting the world more broadly?

09:49:34 From helen payne to Everyone:

Reacted to "Has anyone heard of ..." with 👍

09:49:36 From Victoria Nakamura to Everyone:

Replying to "What's next in pract..."

Physical Intelligence!

09:49:42 From maria k to Everyone:

Reacted to "Physical Intelligenc..." with ❤️

09:49:43 From Anny Bodenstein to Everyone:

Lisa Feldman Barret's work on emotions is complimentary to this work

09:49:46 From maria k to Everyone:

Reacted to "Not for barbie and K..." with 😂

09:50:07 From Laura Weiss to Everyone:

Reacted to "Lisa Feldman Barret'..." with 👍

09:50:08 From Tivo Rojas-Cheatham to Everyone:

Replying to "Not for barbie and K..."

Maybe they are the perfect recipients and target audience LOL

09:50:45 From Jo Ferbrache to Everyone:

Reacted to "Physical Intelligenc..." with ❤️

09:50:49 From Tivo Rojas-Cheatham to Everyone:

Interoception continuous play!!!!

09:50:50 From Laura Daley to Everyone:

Will PII training for coaches be offered in person? Will Body = Brain online training be offered again?

09:51:18 From Gratia Napier to Everyone:

Replying to "Has anyone heard of ..."

Yes, Ron Kurtz who developed it works was body centric also. Unfortunately, he's not around to see how Somatic work has developed. He would have so much to share.

09:51:24 From Irene Kelly to Everyone:

Can you give us a more specific set of 6 week practices?

09:51:31 From Gratia Napier to Everyone:

Reacted to "Lisa Feldman Barret'..." with 👍

# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:51:32 From Iggy to Everyone:

As a newbie to this where can we find resources to embark on this practice?

09:52:15 From arnaud lelievre to Everyone:

How do you situate seated meditation into the frame of developing interoception?

09:52:27 From Victoria Nakamura to Everyone:

Replying to "Will PII training fo..."

It's currently online but we are connected the entire way through - buddy's, pods, practices etc. It would be wonderful to deliver in person one day - it is a ten week course though 😊

09:52:39 From MaryCarol Rose to Everyone:

Reacted to "Yes, Ron Kurtz who d..." with ❤️

09:52:58 From kevin chapman to Everyone:

We will find a way to point you at more resources from both Claire and Amanda's work and world following this. It's a big topic!

09:52:59 From Tivo Rojas-Cheatham to Everyone:

Replying to "As a newbie to this ..."

Google Embright, Strozzi somatics, Mark Walsh somatics, Leadership Embodiment, Geneative Coaching and Generative Leadership on youtube.

09:53:10 From Simone Anzboeck to Everyone:

I have the Physical Intelligence book (picked it up at a talk by Claire way before I became a coach). Since becoming a coach, I dive into it a lot. There are a lot of practical exercises in the book.

09:53:21 From Laura Daley to Everyone:

Replying to "Will PII training fo..."

Thanks

09:53:29 From Victoria Nakamura to Everyone:

Replying to "As a newbie to this ..."

And The Physical Intelligent Institute - Live with Physical Intelligence

09:53:33 From Claire Dale to Everyone:

We do 30 minutes of PI Practice every Thursday at the PIInstitute...welcome to join us!

09:53:34 From Gratia Napier to Everyone:

Replying to "As a newbie to this ..."

Coaches Rising - Neuroscience of Change and also The Power of Embodied Transformation are recommended courses

09:53:44 From marc Bowles to Everyone:

Reacted to "We do 30 minutes of ..." with 👍

09:53:48 From helen payne to Everyone:

The BodyMind Approach has focussed on interoception for medically unexplained symptoms....

09:54:23 From kevin chapman to Everyone:

Replying to "I have the Physical ..."

Yes thank you and we accredit coaches in working with it.

09:54:28 From Gratia Napier to Everyone:

Replying to "As a newbie to this ..."

Strozzi's Book - Somatic Coaching

# Talking Body: Your Inner Bodyscape

## Chat Transcript

Amanda's Book - Your Body is Your Brain

09:54:28 From MaryCarol Rose to Everyone:  
Replying to "Has anyone heard of ..."

The entire tradition/field of somatics going back to Elsa Gendler/Charlotte Selver informs all of this—

09:54:41 From Laura Daley to Everyone:

Reacted to "We do 30 minutes of ..." with 👍

09:54:44 From Tivo Rojas-Cheatham to Everyone:  
Replying to "As a newbie to this ..."

@Iggy Reach out. I can send you many curated resources I've collected.  
rojascp1@gene.com

09:55:17 From Victoria Nakamura to Everyone:

Check us out on LinkedIn <https://www.linkedin.com/company/thephysicalintelligenceinstitute/> - you will be able to access all the zoom links to our P.I Practice on Thursdays, Masterclasses and Conversation Series

09:55:26 From Manoj Raveendranathan-UK to Everyone:

Reacted to "Check us out on Link..." with 👍

09:55:31 From Tivo Rojas-Cheatham to Everyone:  
Replying to "As a newbie to this ..."

I'm trained in Somatic Coaching, Zen Therapy, Generative Coaching, Generative Somatics, soma-semantic modeling\

09:55:33 From Dagmara Aldridge to Everyone:

As a practice idea, I use Wheel of sensations and emotions every-morning; I tune into my interception and ask myself 'What am I sensing right now? How am I feeling right now?' and then try them for size until I name two predominant emotional states.

09:55:43 From Victoria Nakamura to Everyone:

Reacted to "As a practice idea, ..." with 👍

09:55:51 From kevin chapman to Everyone:  
Replying to "Will PII training fo..."

Great idea - if it's in Maui... yes! We are looking to do some live events in London. Currently we find that people from many different locations want to come together so we are online. But a lot of people are asking.

09:55:54 From Donna Conforti to Amanda Blake(Direct Message):

Perfect, thank you!

09:56:03 From marc Bowles to Everyone:

Reacted to "It's currently onlin..." with 👍

09:56:19 From Claudia Cerna to Everyone:

This was my first community call and I loved it! Thank you, useful information and practices!

09:56:21 From Karen Stone to Everyone:

Reacted to "Great idea - if it's..." with 👍

09:56:23 From marc Bowles to Everyone:

Reacted to "As a practice idea, ..." with 👍

09:56:36 From Victoria Nakamura to Everyone:  
Replying to "This was my first co..."



# Talking Body: Your Inner Bodyscape

## Chat Transcript

Happy to hear that Claudia!

09:56:39 From Manoj Raveendranathan-UK to Everyone:

Reacted to "As a practice idea, ..." with 👍

09:56:46 From MaryCarol Rose to Everyone:

Reacted to "Great idea - if it's..." with 👍

09:56:51 From helen payne to Everyone:

Replying to "Has anyone heard of ..."

indeed! 👍

09:57:29 From Anny Bodenstein to Everyone:

Just curious, is there a reason why you are both standing while presenting?

09:57:33 From Simone Pau to Everyone:

Reacted to "Has anyone heard of ..." with ❤️

09:57:36 From Victoria Nakamura to Everyone:

Reacted to "Just curious, is the..." with 😊

09:57:48 From MaryCarol Rose to Everyone:

Replying to "Has anyone heard of ..."

Yes—I took the (3) year training. Very helpful in terms of getting into the body

09:58:00 From helen payne to Everyone:

i am trained in the Discipline of Authentic Movement, a mindfulness in motion practice for transformation...involving a witness and mover...

09:58:06 From MaryCarol Rose to Everyone:

Thanks all—will check out the institute

09:58:08 From Jo Ferbrache to Everyone:

Reacted to "Just curious, is the..." with 😊

09:58:11 From Jo Ferbrache to Everyone:

Removed a 😊 reaction from "Just curious, is the..."

09:58:11 From Marian Rosefield to Everyone:

Thanks everyone, such generous content and sharing (again), loved being here, looking forward to the next one :)

09:58:25 From Victoria Nakamura to Everyone:

Replying to "Thanks all—will chec..."

Thank you MaryCarol. Look forward to it

09:58:32 From Victoria Nakamura to Everyone:

Reacted to "Thanks everyone, suc..." with 🥰

09:58:59 From helen payne to Everyone:

Replying to "Has anyone heard of ..."

wow in at the beginning then...

09:59:03 From Brendan O'Neill to Everyone:

bioenergetics bow and arch is a great simple one

09:59:06 From marc Bowles to Everyone:

Such wonderful information, sharing and sense of community interested and facilitating this work. Thank you Amanda and Clare. Reading your book for the 3rd time Amanda and still learning. Have to jump off.

09:59:06 From Anne Gelebart to Everyone:

Pilates helps a lot for this kind of movement



# Talking Body: Your Inner Bodyscape

## Chat Transcript

09:59:10 From Victoria Nakamura to Everyone:

Thank you kindly for joining us today. We hope you enjoyed it!

09:59:15 From Manoj Raveendranathan-UK to Everyone:

Thank you Amanda , Claire & All 🙌

09:59:16 From Linda Watkins to Everyone:

Is there a way that we can get a copy of this chat list? I'd like to spend some time after the program to persue?

09:59:22 From Mona Sanders to Everyone:

Can we get the chat comments afterward?

09:59:24 From maria k to Everyone:

Reacted to "Thank you Amanda , C..." with 🙏

09:59:31 From maria k to Everyone:

Removed a 🙏 reaction from "Thank you Amanda , C..."

09:59:31 From Iggy to Everyone:

Can we get a copy of the chat please?

09:59:34 From maria k to Everyone:

Reacted to "Thank you kindly for..." with 🙏

09:59:44 From Dawn Springett to Everyone:

You can save the chat

09:59:44 From helen payne to Everyone:

Removed a 👍 reaction from "Has anyone heard of ..."

09:59:47 From kevin chapman to Everyone:

Training from Claire and Amanda <https://embright.org/body-brain/>  
<https://physicalintelligenceinstitute.com/coachtraining/>

09:59:48 From Brendan ONeill to Everyone:

Click the three ...

The save chat

09:59:51 From Jacqueline Goodwin to Everyone:

This has been absolutely wonderful, thank you

09:59:55 From maria k to Everyone:

Thank you Amanda and Claire. A fantastic session.

09:59:56 From Victoria Nakamura to Everyone:

Tuesday 19th - the final of The Talking Bodies!

09:59:58 From Sheila MacCrimmon to Everyone:

excellent! thank you

10:00:01 From maria k to Everyone:

Reacted to "Tuesday 19th - the f..." with ❤️

10:00:02 From Laura Daley to Everyone:

Fabulous conversation and amazing resources. Thank you Claire and Mandy!

10:00:02 From Tanja to Everyone:

Simple practice: pay attention to the texture of the food

10:00:04 From Dawn Springett to Everyone:

Reacted to "Click the three ...

Th..." with 👉

10:00:11 From Maryel Sauve to Everyone:

Thank you Amanda and Claire for your energy and generosity. ☀️

10:00:11 From Robyn McCulloch to Everyone:

Replying to "Can we get a copy of..."

# Talking Body: Your Inner Bodyscape

## Chat Transcript

click on the 3 dots in bottom of comment

10:00:14 From kosmas Michail to Everyone:

Thank you Amanda, Thank you Claire

10:00:15 From Donna Conforti to Everyone:

Thank you for your wisdom and practical tips!

10:00:18 From Frederick Dooley to Everyone:

thank you very much for sharing!

10:00:18 From Lianne Evans to Everyone:

Reacted to "You can save the cha..." with 👍

10:00:21 From maria k to Everyone:

Replying to "Simple practice: pay..."

and the speed of consuming it!!

10:00:25 From Robyn McCulloch to Everyone:

Replying to "Can we get the chat ..."

click on the 3 dots in bottom of comment

10:00:26 From Gratia Napier to Everyone:

Has that invite gone out for the next talk?

10:00:27 From Adrian Harris to Everyone:

!The Power of Focusing: A Practical Guide to Emotional Self-Healing" Ann Weiser Cornell.

10:00:29 From Gillian Anderson to Everyone:

Wonderful session - thank you. 🙏

10:00:29 From Jo Ferbrache to Everyone:

Lovely to connect with you all ❤️

10:00:36 From Irene Kelly to Everyone:

Wonderful conversation, thank you!!!!

10:00:41 From Manoj Raveendranathan-UK to Everyone:

Reacted to "Wonderful conversati..." with 👍

10:00:43 From Amanda Rabor to Everyone:

Thank you so much!!! 🙏

10:00:47 From Christoph Trutmann to Everyone:

Thank you!

10:00:49 From Tivo Rojas-Cheatham to Everyone:

Love you and your work Amanda/Claire

10:00:50 From helen payne to Everyone:

Pat Ogden too..

10:00:50 From Mona Sanders to Everyone:

Thanks so much!!

10:00:52 From Brenda Vallieu to Everyone:

Thank you both!!!

10:00:52 From Manoj Raveendranathan-UK to Everyone:

Reacted to "Can we get the chat ..." with 👍

10:00:52 From Linda Sitkowski to Everyone:

Great session! Thank you!

10:00:53 From young mi park to Everyone:

thank you wonderful hour!

10:00:54 From J to Everyone:

Thanks, great session!

# Talking Body: Your Inner Bodyscape

## Chat Transcript

10:00:55 From Louise Deeley to Everyone:

Thanks Again guys .... :)

10:00:57 From Dagmara Aldridge to Everyone:

Thank you so much

10:00:58 From Wendy Luke to Everyone:

Today was awesome. Thank you

10:00:59 From Gratia Napier to Everyone:



10:01:00 From Kate Dickens to Everyone:

Really interesting - thank you so much!!

10:01:00 From Shakti Radhakishun to Everyone:

Thank you!

10:01:01 From Julia Dyas to Everyone:

thank you

10:01:01 From Manoj Raveendranathan-UK to Everyone:



10:01:02 From Adrian Harris to Everyone:

Awesome!

10:01:02 From Hilary Lees to Everyone:

Thank you

10:01:03 From helen payne to Everyone:

thanks so much!

10:01:05 From Mallika Lecoeur to Everyone:

Namaste 🙏

10:01:05 From Mary Gorham to Everyone:

Thanks so much!

10:01:05 From Karen Stone to Everyone:

Thank you so much 🥰

10:01:14 From Tatjana Jakovljevic to Everyone:



10:01:27 From Simone Pau to Everyone:

thank youuu

10:01:29 From Nicole Cunningham-snell to Everyone:

Thank you so much

10:01:59 From Pablo Alonso to Everyone:

Very insightful and enjoyable

10:02:30 From bianca gainus to Everyone:

Replying to "Will PII training fo..."

thank you