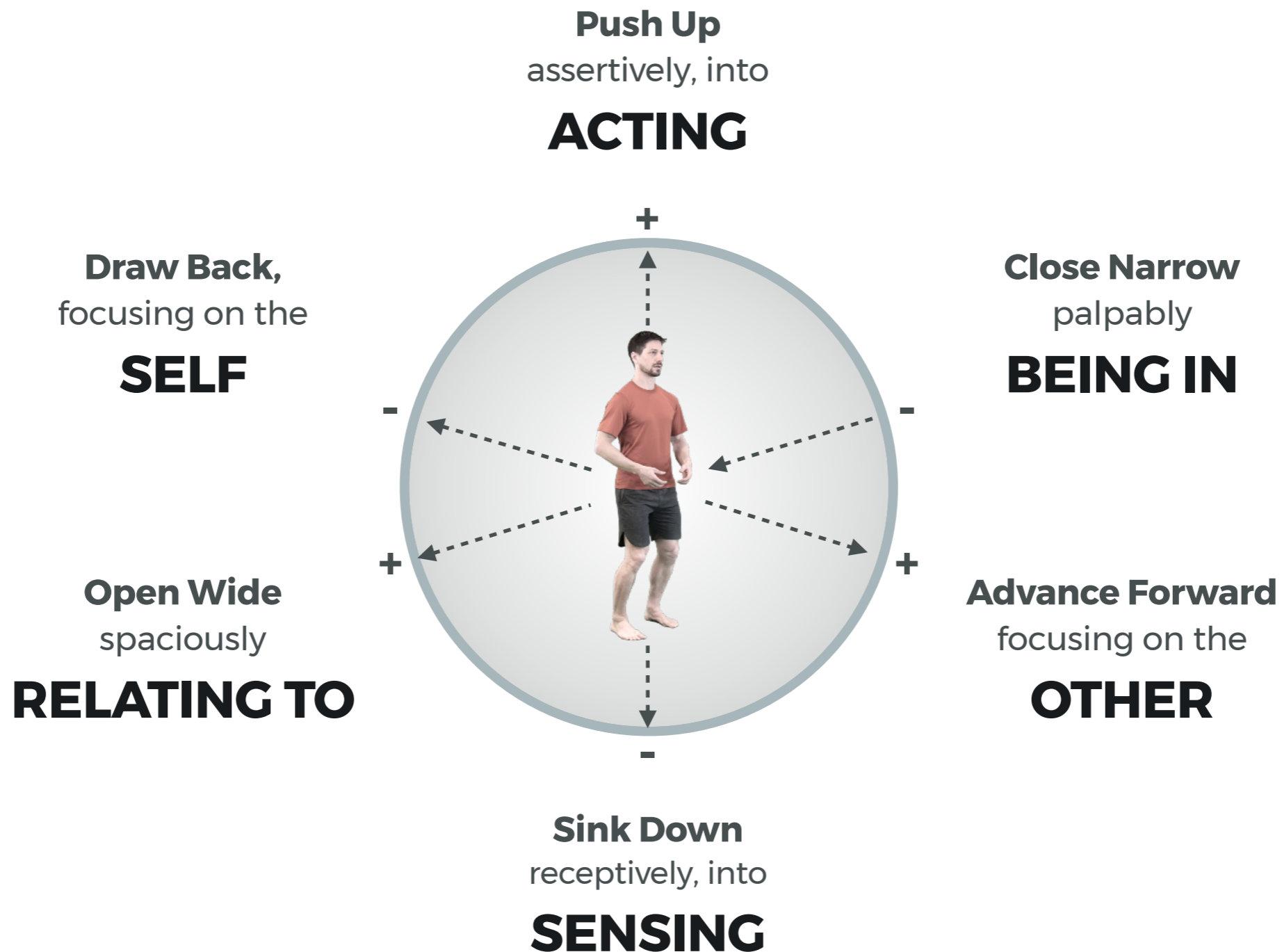


The Three Core Bodymind Dimensions of Embodied State-Activation

Move into each **Pole** of each **Dimension** and experience its felt qualities. Explore what each Pole helps you to more easily do or be in your life. Notice where you may be hanging on or getting stuck in a certain Pole, and practice consciously *letting go* of being “IN” that place & come back to **Neutral**.



The Four Core Areas of Embodiment

Updated: August 18, 2019





Ineffectual vs Empowered

Self-Agency

What is currently most challenging, frustrating and/or disappointing to you about your own sense of personal empowerment? In what ways does this impact your life?

In what ways would you prefer this be different?
And how would that improve your life?

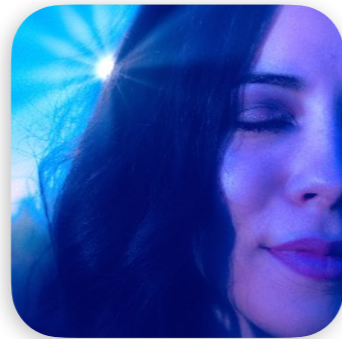


Unsatisfactory vs Synergistic

Collaboration

What is currently most challenging, frustrating, or disappointing for you about collaborating with others and being an active part of your community? In what ways does this impact your life?

In what ways would you prefer this be different?
And how would that improve your life?



Unpleasant vs Appreciative

Inner-Experience

What is currently most challenging, frustrating or disappointing to you about your own inner-experience? In what ways does this impact your life?

In what ways would you prefer this be different?
And how would that improve your life?



Dissonant vs Resonant

Connection

What is most challenging, frustrating and/or disappointing to you about connecting with others and being in relationship? In what ways does this impact your life?

In what ways would you prefer this be different?
And how would that improve your life?

