



# UZAZU Embodied Intelligence

## Foundations Training November 2021

### Basic Shift Technique: Direct Rebalancing

1. Identify the Mode, and imbalance (over and/or under-activation) you want to practice rebalancing and identify the main situation(s) in which these imbalances are occurring.
2. Shift into the relevant imbalance State-Activation of this Mode—Under-activated or Over-activated—noticing the sensations, emotions, thoughts, and memories that come up.
3. Move back and forth 2-3 times between the Mode's balanced & imbalanced form, getting a more clear & vivid sense of the difference, and training your bodymind to more naturally & easefully rebalance this state.
4. Return to Neutral posture and reset.
5. Reflect on the experience and how & when you'd like to remember to use this rebalancing shift in your daily life.

## Practice Script for Guiding the Rebalancing Process:

*Note: this script is for practicing Direct Rebalancing and assumes, for practice sake now, that the “client” already knows the UZAZU postures. While it would be okay to use this script during a session, you would likely need to slightly adapt it to suit the situation.*

**Facilitator:** “Which Mode and imbalance would you like to work with re-balancing today, and in what kind of situation does this feel most relevant or challenging for you?”

**Client:** Name the Mode and describe the situation.

**Facilitator:** “OK. Let’s model how you experience [\_\_\_\_\_] Mode. Recall, or picture the situation and then let’s embody the over/under-activation of this Mode so you can feel more fully what that’s like.” (Facilitator mirrors along with the client. Explore it together until there is a shared understanding/agreement).

“What do you notice, as you do this?”

**Client:** Notice and share your experience.

**Facilitator:** Acknowledge their experience, and then: “OK—You can let that go now and return to Neutral. (Pause...) Let your state settle for a moment.”

(If that was dysregulating for them, you may want to invite them to shake it out, stretch, etc.)

“Now let’s gently move into a more balanced version of [Mode].”

Guide them into the posture one dimension at a time, then help them embody the posture as needed. Then, invite them to elicit any images or other details that help them to make it more vivid for them.

“Now, just for a moment, let’s return to the imbalanced version of [Mode] that you experienced earlier.” [Coach them into the Imbalanced Mode]. “And just notice again what that’s like...”

“From here, now slowly and gradually move from this imbalanced version of [Mode] back into its more balanced version. Take your time...you’re teaching your system to find its way back to this balanced state.” (Pause...) “What does this more balanced version of [Mode] feel like for you now?”

“Let’s repeat that rebalancing shift again, so your body can get more & more familiar with it.” [Repeat 1-3 times].

After the client has repeated this direct rebalancing a few times, have them rest in Neutral for a moment, and invite them to sit (if standing) and then reflect together on the experience.