



# UZAZU Embodied Intelligence

## Foundations Training November 2021

Basic Shift Technique:

### Opposite Integration Rebalancing

1. OPTIONAL INITIAL STEP: Follow the procedure for Direct Rebalancing of a Mode.
2. Orient and settle into Neutral posture to "reset" your Body-Mind-Awareness.
3. Move into the Opposite Mode, building it up one dimension at a time, and cultivate a balanced, more 'ideal' state experience there.
4. Bring your felt sense of the positive qualities and "goodness" of that opposite mode with you as you slowly & sensitively move back into the original Mode.
5. Feel how having the opposite Mode present "in the background" supports you to remain more ease-fully balanced and well-resourced in this original Mode, even when there's an 'pull' to become imbalanced again.
6. Imagine and rehearse using this more balanced & supported Mode in a specific (perhaps challenging) situation in your life, and notice how it helps you.
7. Reflect on and integrate your experiences of doing this process.

## Practice Script for Guiding the Opposite Integration Rebalancing Process:

*Note: this script is for practicing Opposite Integration Rebalancing and assumes, for practice sake now, that the “client” already knows the relevant 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.)

“OK—in a moment, we’re going to have you embody *the Opposite Mode* to this one, [name opposite mode and show it quickly] and then use it as a way to help balance this \_\_\_\_\_ Mode. So let’s start by gently moving into a balanced version of [Opposite 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, bring your felt sense of these positive qualities and “goodness” of this opposite mode with you, as you slowly & gently return to (original) Mode”

Feel how having the opposite mode present “in the background” supports you to remain more ease-fully balanced and skillful in this Mode.

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

Optional (assuming you have confirmed that the client has a more balanced Mode): “What do you feel more capable of now, from this more balanced state?”

To close, have them rest in Neutral for a moment, and invite them to sit (if standing) and then reflect together on the experience.