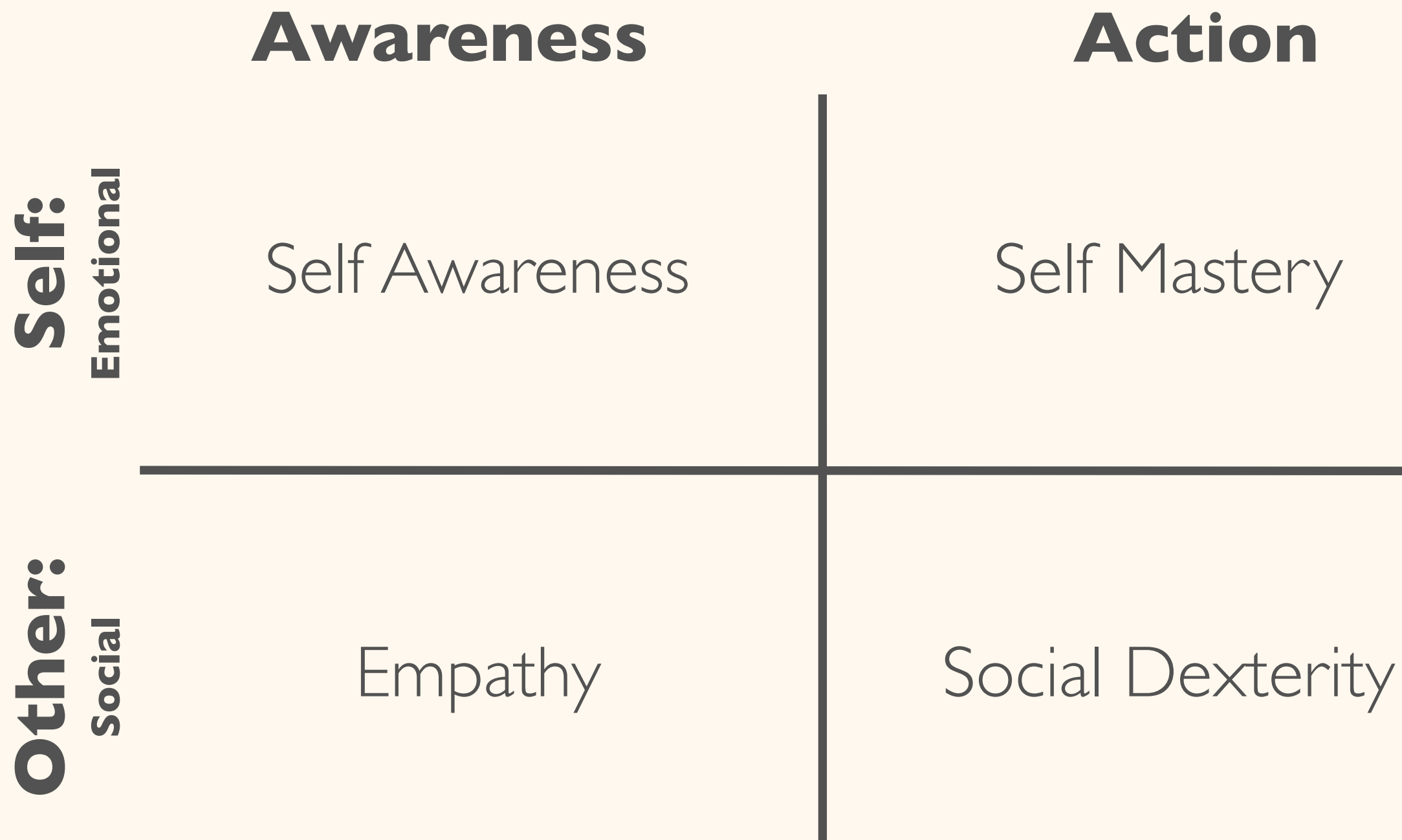




THE NEUROSCIENCE OF EMBODIMENT

Building Emotional Intelligence

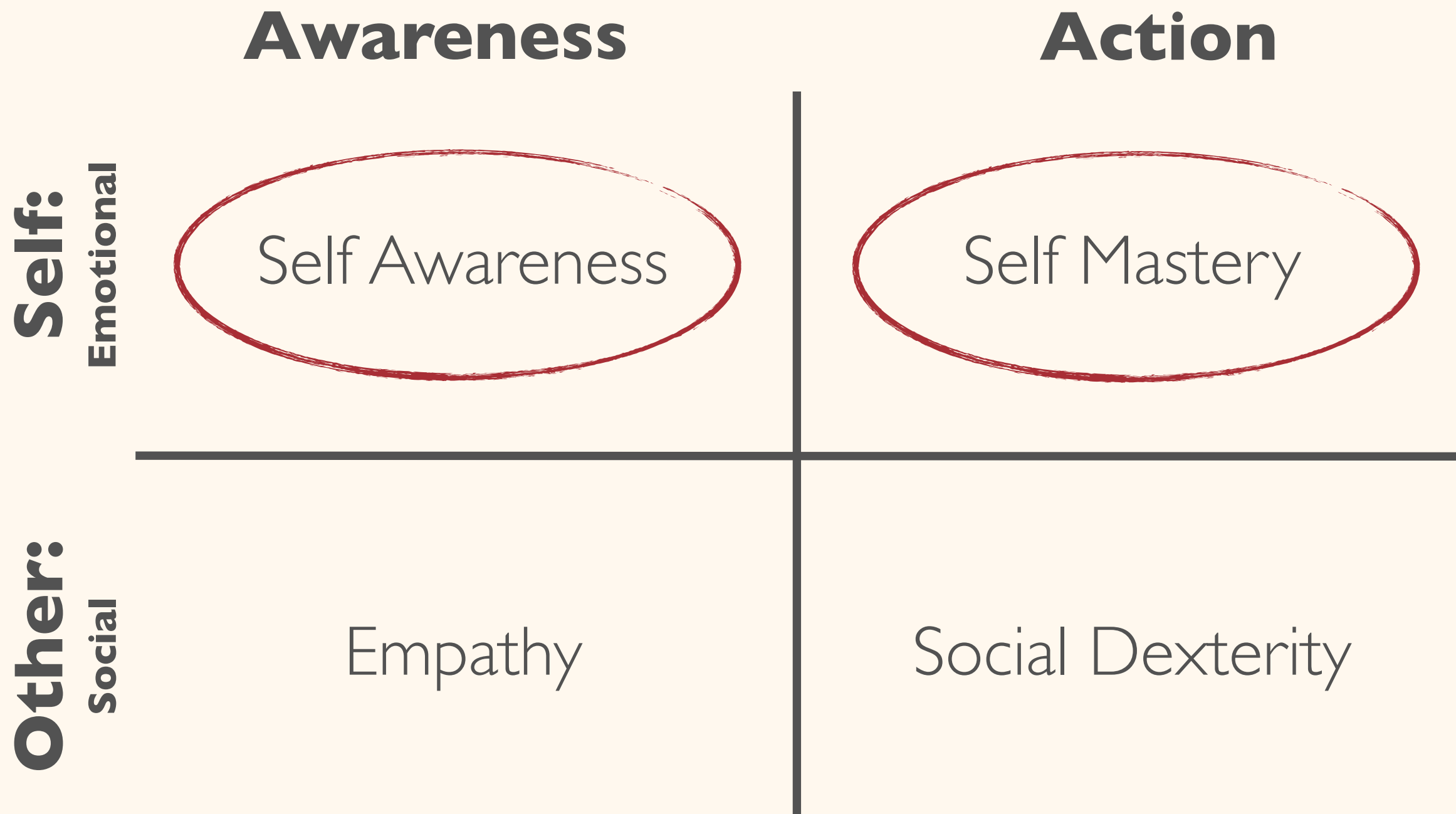
EMOTIONAL INTELLIGENCE



with credit to Goleman & others

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EMOTIONAL INTELLIGENCE

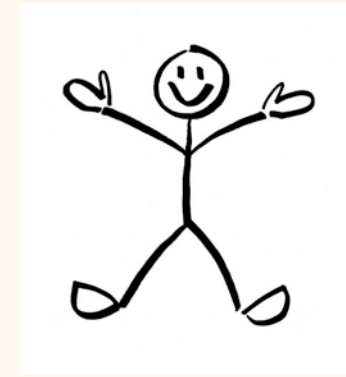


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SELF AWARENESS

Foundation of Quality Decisions & Purposeful Action

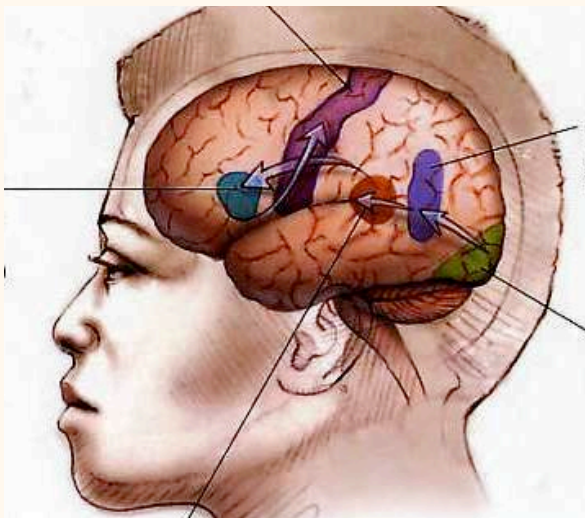


Conceptual Self Awareness	Embodied Self Awareness
The self <i>thinking</i> about itself	The self <i>experiencing</i> itself
based in language & symbols	based in sensing, feeling, acting
rational, logical explanatory, abstract	spontaneous, present-moment, concrete

adapted from Fogel, 2009

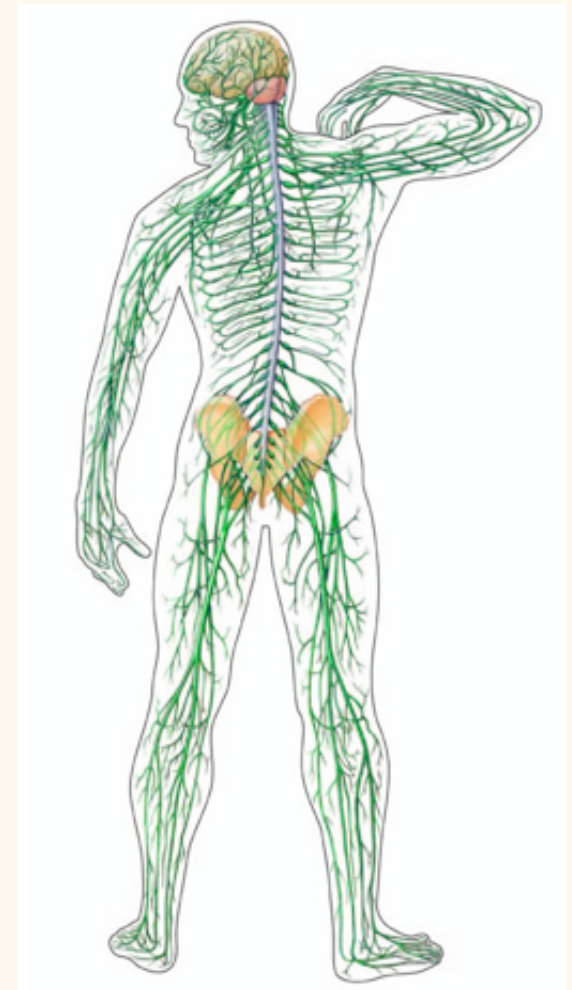
NEUROBIOLOGY

Conceptual Self Awareness



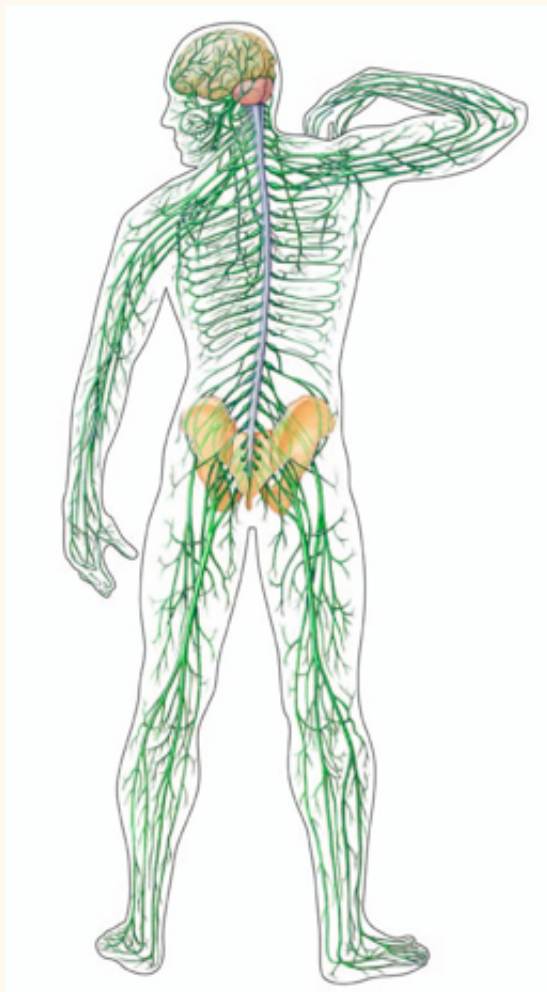
*Different
Neural
Pathways*

Embodied Self Awareness



BENEFITS OF ESA

Embodied Self Awareness



- 🔥 Decision Making
- 🔥 Intuition
- 🔥 Emotional Regulation
- 🔥 Empathy
- 🔥 and more...

OBSTACLES TO ESA

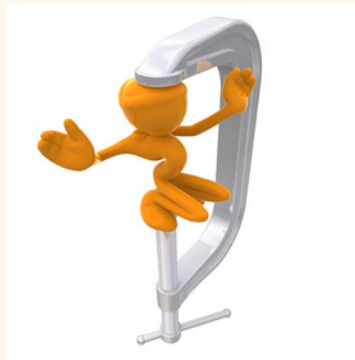
- 🔥 We are neurobiologically tipped to pay attention to external sensory experience more than internal sensory experience
- 🔥 Dozens of years of schooling to learn to use our intellect well
 - 🔥 NO formal schooling to learn to use embodied intelligence
- 🔥 Embodied habits that make feeling sensations more difficult
 - 🔥 Computer crouch, skipping meals, substance abuse
- 🔥 We don't know where or how to look; absence of distinctions

COMPETENCY: FEEL MORE

 Temperature



 Pressure



 Movement



SELF MASTERY

Foundation of Confidence, Courage, Adaptability, & Resilience

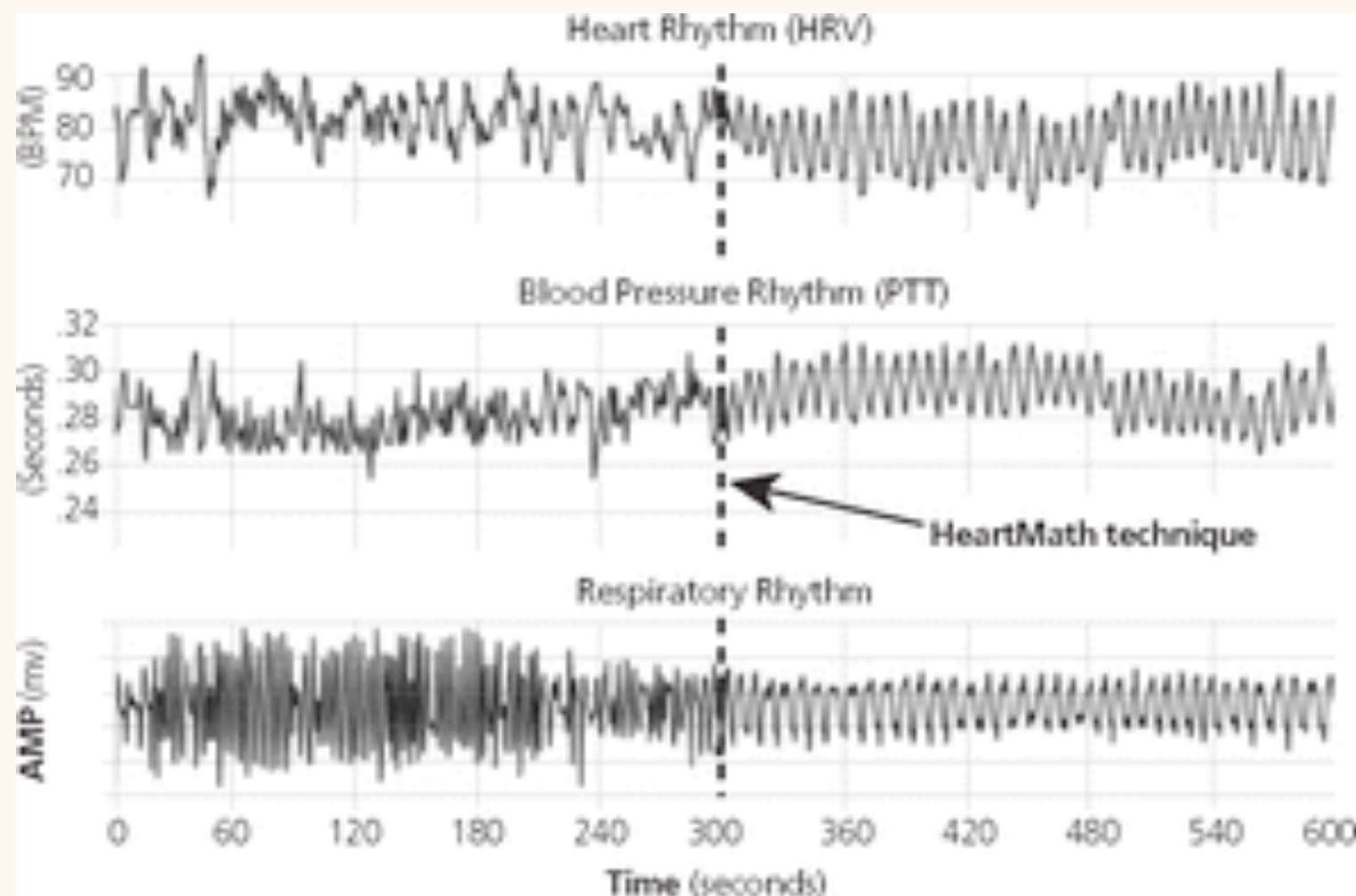
BODY UNDER PRESSURE

- 🔥 amygdala fires
- 🔥 autonomic nervous system responds to perceived threat
 - 🔥 *mobilizes resources to fight / flight / freeze / appease*
- 🔥 adrenaline & cortisol are released
- 🔥 body enters a state of psychophysiological incoherence

PSYCHOPHYSIOLOGICAL INCOHERENCE

Disordered /
Incoherent

Ordered /
Coherent



McCraty, et. al. (2001) Science of the Heart

STRESS IS PHYSIOLOGICAL

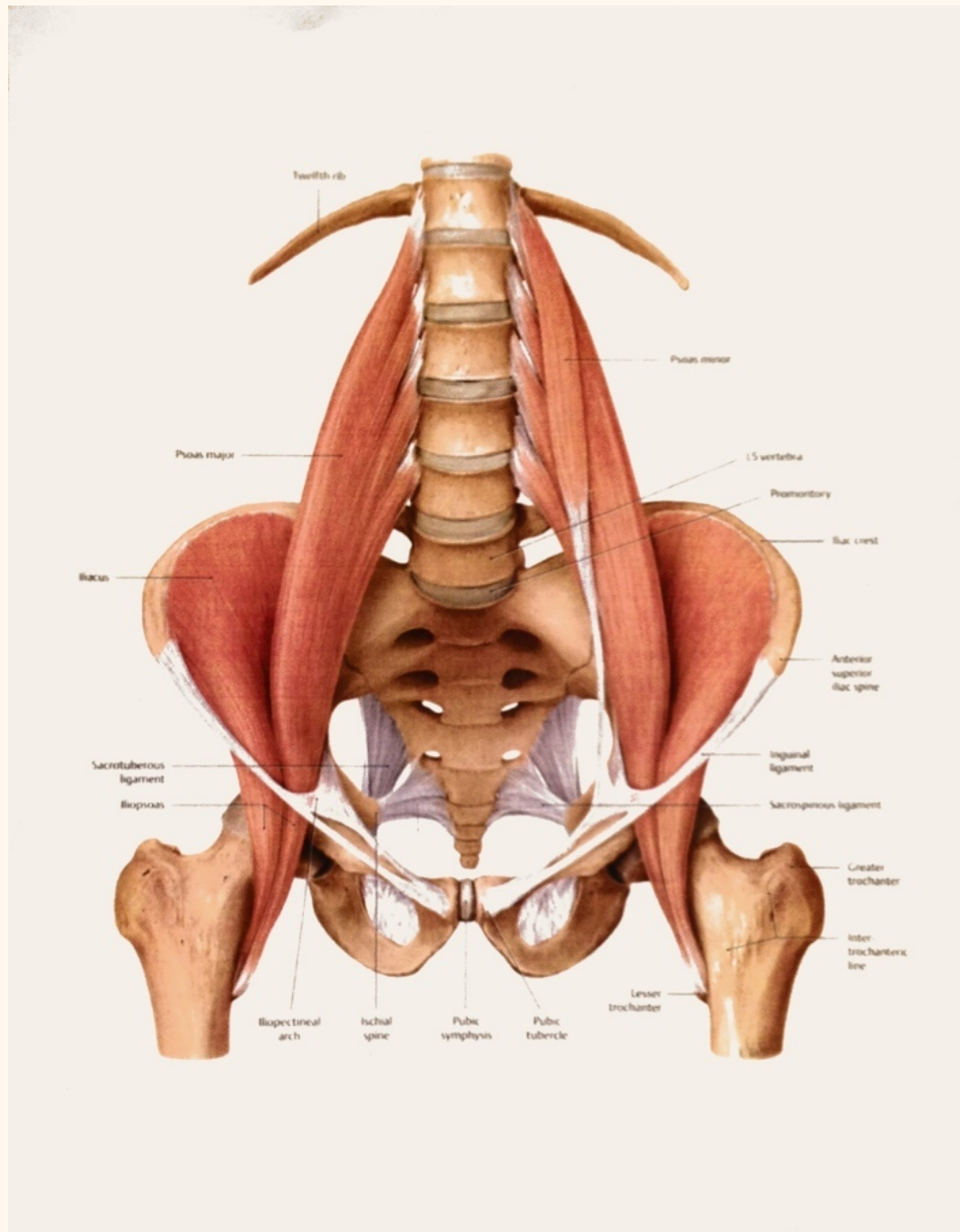
🔥 If stress is a physiological process, *then*
so is emotional regulation & resilience!

🔥 Most direct & durable route to greater adaptability: **train your body.**

COMPETENCY: CENTER

- 🔥 sense (i.e. feel more) & **regulate** your internal state
- 🔥 organize yourself to allow the maximum amount of metabolic energy to move through you and dissipate (in other words... tolerate more sensation)
- 🔥 deliberately adjust your physiological & psychological reaction to pressure
- 🔥 includes centering in
 - 🔥 *body (all 3 dimensions)*
 - 🔥 *mood (what you care about)*
 - 🔥 *mind (what has meaning for you)*
 - 🔥 *spirit (the mystery; “something larger”)*

PSOAS & CENTERING



- 🔥 Neuroceptive muscle
- 🔥 Functions unconsciously
- 🔥 Closely tied to fight-flight response

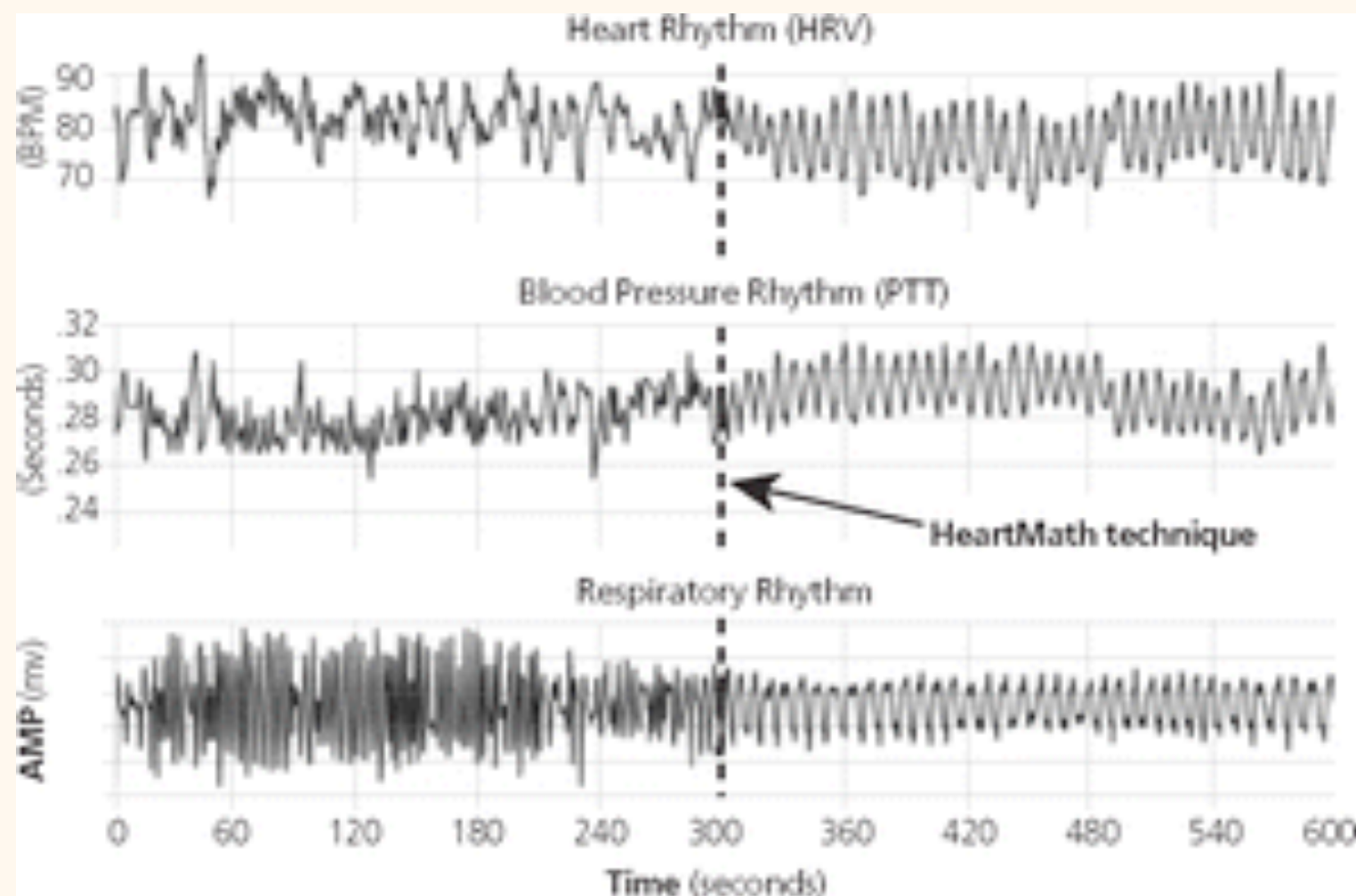
CENTERED BODY

- 🔥 amygdala is quiet
- 🔥 autonomic nervous system enters into safety state
 - 🔥 *mobilizes resources for rest, relaxation, and play*
- 🔥 body enters a state of psychophysiological coherence
- 🔥 MPFC is activated

PSYCHOPHYSIOLOGICAL COHERENCE

Disordered /
Incoherent

Ordered /
Coherent



McCraty, et. al. (2001) Science of the Heart

MIDDLE PREFRONTAL CORTEX

Structure: ties neocortex to limbic system

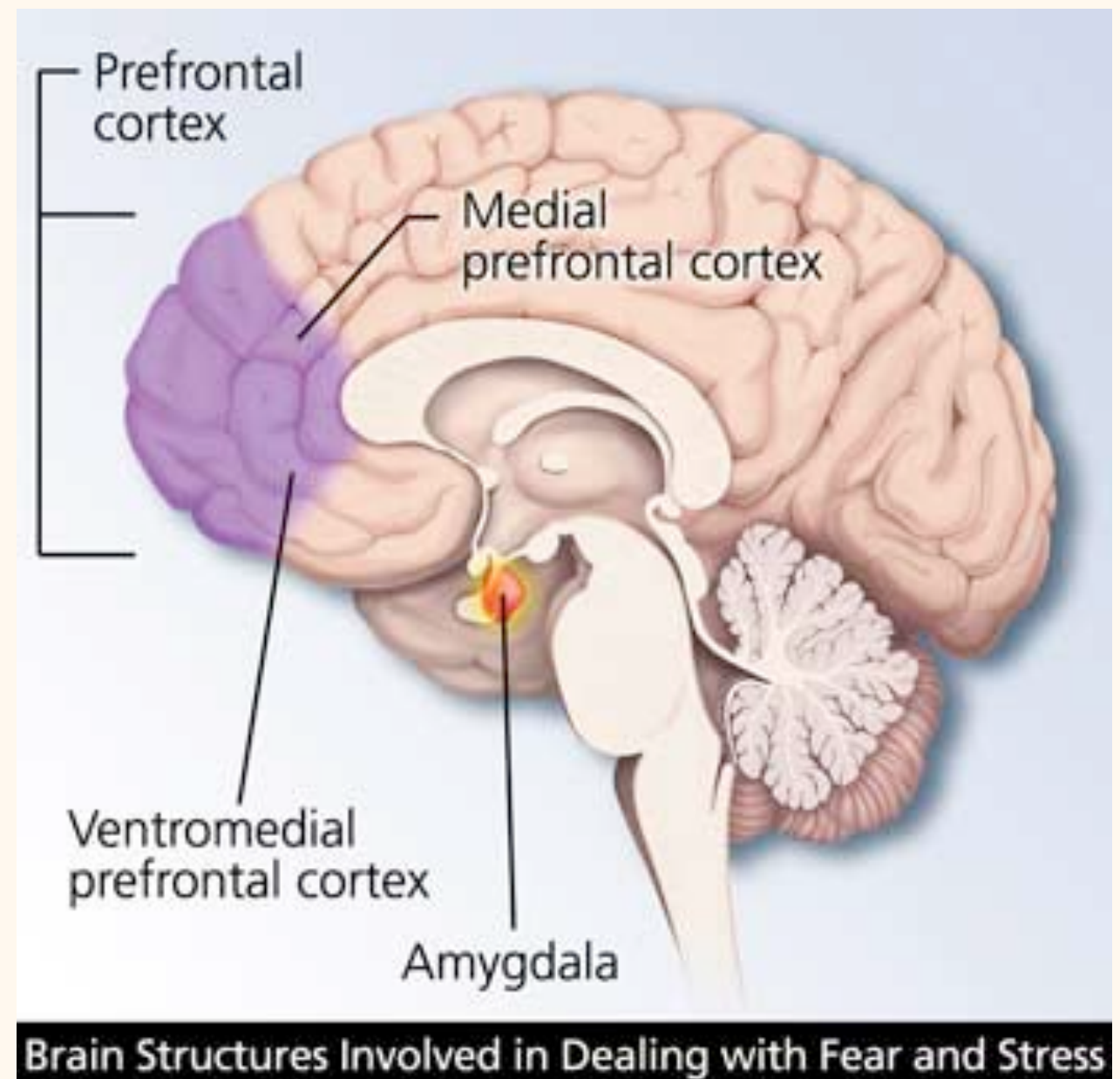
Functions of MPFC

insight into yourself
intuition
ability to regulate the body

emotional balance
response flexibility
ability to extinguish fear

empathy
morality
ability to attune to others

DMPFC: cognitive self-awareness
VMPFC: embodied self-awareness



<http://mybrainnotes.com/memory-brain-stress.html>

NEXT: PRACTICE!!

EMOTIONAL INTELLIGENCE



with credit to Goleman & others

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RESOURCES

🔥 Today's experience probably won't make you much more self aware or masterful.

🔥 The body only learns through rehearsal & practice.

🔥 *music, sports, theater, chess...*

🔥 Free support: **Stress to Serenity Guide**

🔥 **embright.org/centering-challenge**