



Emerging Practices from Body- Mind Research: Mindful Awareness Practices to Awaken Creativity

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Integrative Leadership Practices

Deeper body-mind practices to inspire insight and access to
new levels of

Creativity, Awareness and Action.

Readiness for profound change.

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I HAVE NO IDEA
WHAT'S GOING
TO HAPPEN.



AND I LOVE IT.

Wisdom and Creativity

*If it comes out of nothingness,
Whatever you do is natural
And that is true creation activity.*



Deliberate body-mind Practices increase creative potential, improve client outcomes?

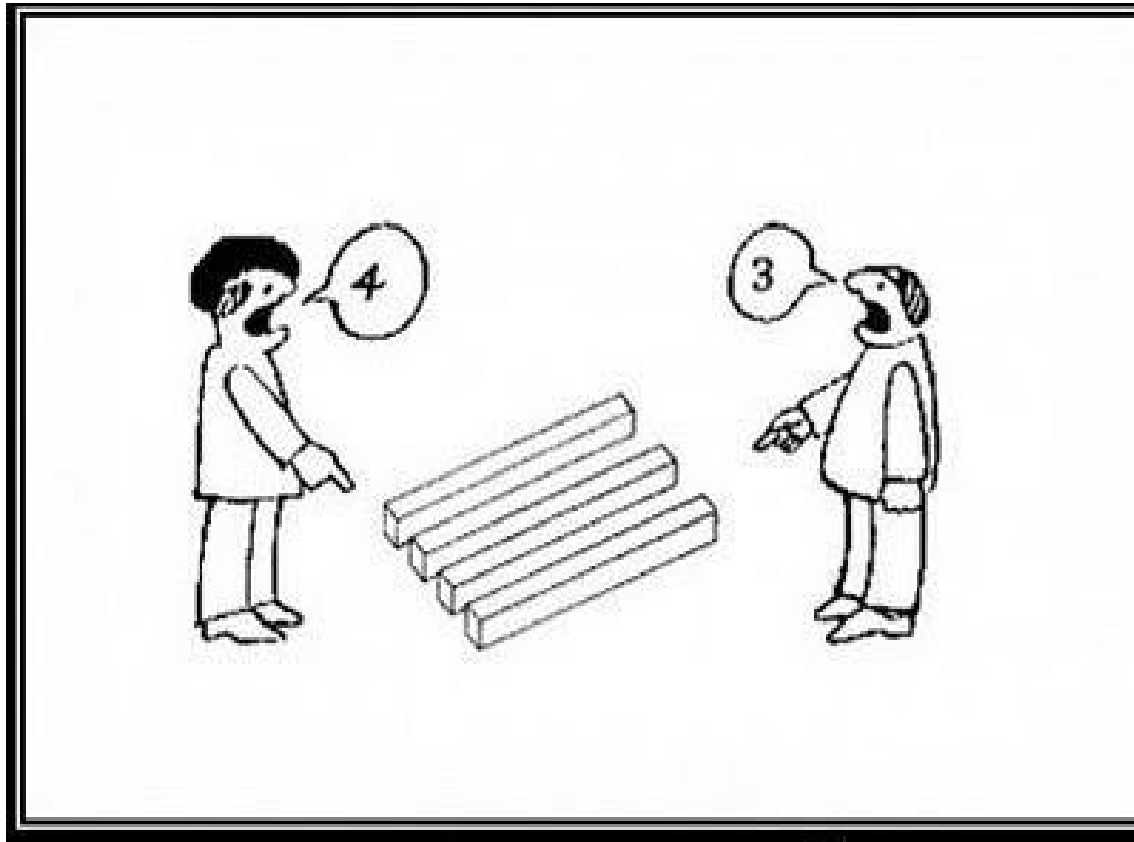
- Personal and team practices that develop body mind synchronization and **resonance**
- Improved attention, coordination, collaboration, performance, productivity, effectiveness, efficiency, wellbeing, hope and happiness, resonance, and..???

INTELLIGENCE

Not because you think you know
everything without questioning,
but rather because you question
everything you think you know.



What do you see?



What word first?



Let's Take a Moment Together

- Breathe
- Relax
- Feel
- Watch
- Allow

- “BFRWA”



Be a Truth Seeker

Start with yourself – (kindly)

What is your intention or wish for this session?

Why are you here? (*What brought you over the threshold?*)

What do you hope to learn?

Calibration activity - 2

- Observe each other carefully, *appreciatively*
- One turns away, other changes one thing on their person or posture
- Person says what noticed about the other, about me (vak)



**"TRUST YOUR
HUNCHES.
THEY'RE USUALLY
BASED ON FACTS
FILED AWAY JUST
BELOW THE
CONSCIOUS LEVEL."**

DR. JOYCE BROTHERS

HAPPYTONSPIRE

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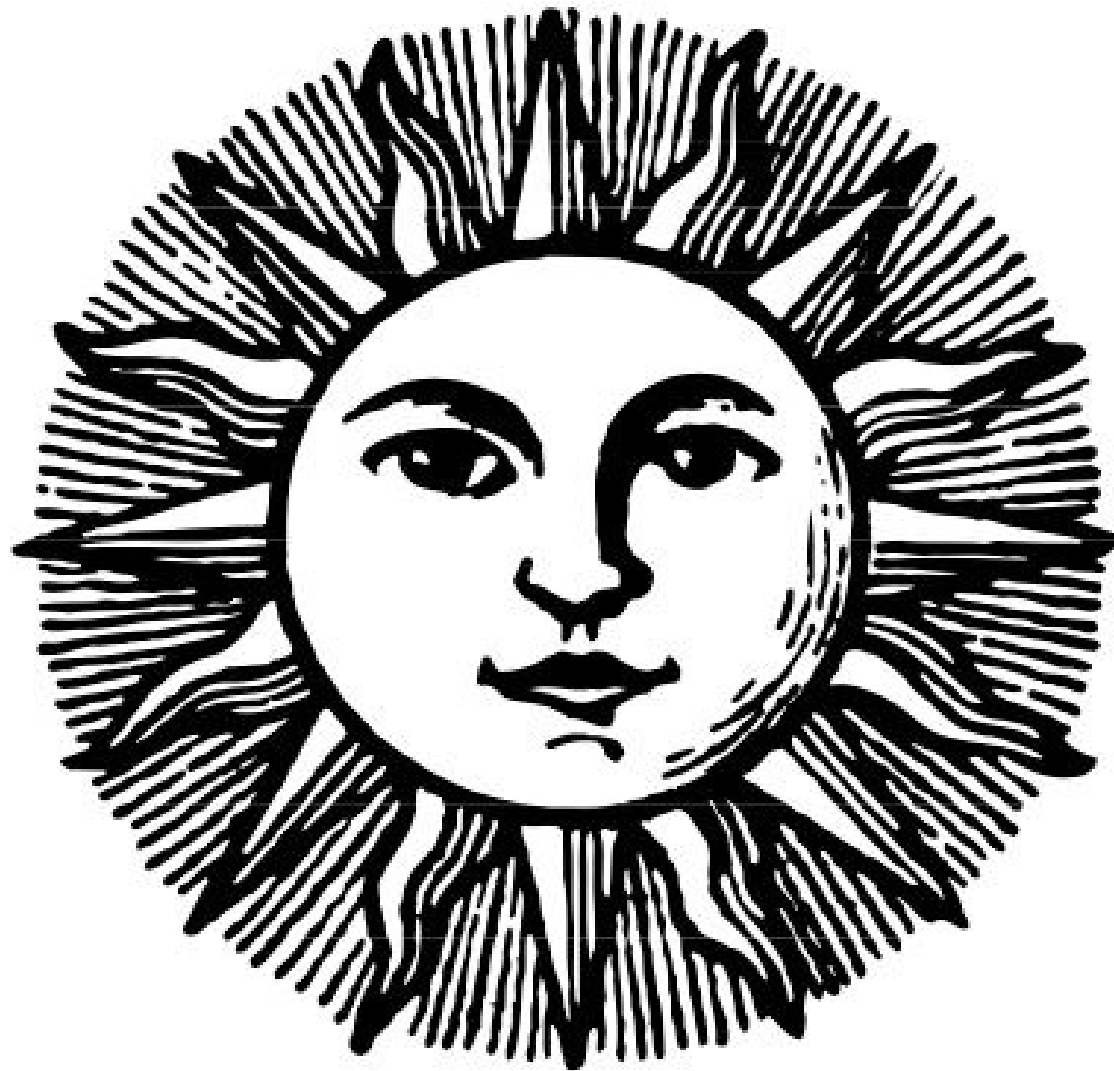


Listening Underneath – 4s

What do I (we)
truly
CARE about?

What matters most to me/us now?

Track: 1) past 2) present 3) future



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diffusion of innovation

readiness for body-mind practice

The many intelligences: affective research at the Center,
call for more mindfulness practice

- Gerard's TedX talk
- Creativity Rising – life skill
- Guy Aznar – EMERGENCE
- Salons and dialogues at CPSI, CREA
- Body-centered interventions in allied health fields – research
- Mindfulness & Leadership
- *Embodied Presence, LEADERSHIP for the human soul, survival of the planet*

How we evolve conscious Mind - Brain - Relationships

- Somatic - body/physical
 - Sensing qualities – FF
- Thinking
 - focus/flexibility neo-C
- Affective- emotions/moods
 - fluidity/stability- limbic/rel
- Energetic/ 'the new'- consciousness
 - Transformative creative potential mpf

(Opening the inquiry into neurophysiology...)

The emerging research

- Performance
- Health
- Wellbeing
- Happiness
- Peace of mind
- Social innovations
- Cultural competence
- Insight & Creativity – ‘Aha’ moments

Relaxation Response

- Herbert Benson – 1970s -Studied TM meditators
 - - R Davidson – FMRI Tibetan monks
 - Jon Kabat Zinn - Mindfulness Based Stress Reduction
 - Harvard/Kripalu FMRI Yoga Research
 - Peter Senge/Otto Scharmer – Presencing
 - Heart Math - GPS for the Soul –Huff Post
 - ***Accessing Collective Wisdom***

Cognitive, Affective, and now Physiological dimensions

- ICCS- Buffalo State University, New York, USA
- CPS - Creativity and Leadership
- Mary Murdock, others integrate Presencing into CPS climate assessment and preparation for leadership readiness
- <http://youtu.be/80PSonhAnMM>
- Affective research agenda – EI/EQ
- **MINDFULNESS** and emerging practices



**BE
AWESOME
TODAY.**

**“CREATIVITY IS
INTELLIGENCE HAVING FUN.”**





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CONNECT with Others

through your

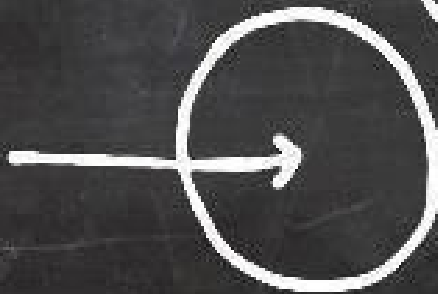
BODY-MIND and

Stand up and in your mind's eye-Travel and
MOVE around the world together -

Italy: 'I never met a mozzarella I didn't like! ©

*Japan, Korea, Turkey, USA, Mexico, Holland, France,
Germany, Greece, Croatia,*

Your
Comfort
Zone



Where the
magic happens

Resourcing Magic – trios

3 mins each

- find two other people to share:
 - 1. Name, where currently living,
 - 2. HOW do you INVITE body awareness or mindfulness activities in your current professional practice?
 - 3. describe an experience of **MAGIC** in facilitating the creative process (or elsewhere!)
 - **LISTENERS: COLLECT KEYWORDS** on post- its
 - 4. what is your **LEARNING EDGE** in bringing more **body-mind awareness** and the deeper practices to your life and work?

if MAGIC = untapped CREATIVE POTENTIAL

- Collect the data on *magic moments*
- How might we increase MAGIC in our work through mindfulness, contemplative inquiry practices? **Power of Intention & Attention**
- CONTRAST: Late 14th Old Fr – *magique* =
 - Art of influencing events and producing marvels using **hidden natural forces**
- Contrast *imagination*=
 - mid 14th Old Fr- faculty of mind which **forms and manipulates** images, concepts

INTENTIONAL MAGIC

WHAT DOES MY BODY HAVE TO DO WITH IT?

- WHOLE BODY learning
- INVITING MAGIC with HOLISTIC LEARNING methodologies
- Moving positively through this transition this time together – offering a **healing agenda** for humanity and the earth
- This work asks us to expand how we are –
‘Capacity Building’



HOW TO BUILD A LASTING RELATIONSHIP:

1. Cut on dotted line.
2. Rotate 180 degrees.



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PRESENCE - What is Embodied Creativity?

- Explore and be happy with your body's way of **letting go**, then letting THE NEW ZONE **emerge** and **Allow THE NEW to be revealed, not controlled.**

Stay connected, letting your mind drop into the body not NOT thinking but **following the energy** inviting you to move toward **new spaces** of exploration.

INVOKE subtle awareness practices at very deep levels- non verbal, sub cortical

Mindful movement - practice of attention & intention

- Art of the True Move – Social Presencing Theatre
- Contemplative Inquiry Practices
- Many others evolving now



Did You Know

**...positive emotions
can increase the
brain's ability to
make good
decisions?**

Learn more at
<http://on.fb.me/explore-IHM>
where a free ebook is also
available to download.



INSTITUTE OF HEARTMATH
Connecting hearts and brains

Pass It on: post this fact on your
wall and share this empowering
information with a friend.



THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF

1. Joy / Knowledge
Empowerment
Freedom / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

DOWNWARD SPIRAL LNF

8. Boredom

9. Pessimism

10. Frustration /
Irritation / Impatience

11. "Overwhelm"

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred / Rage

20. Jealousy

21. Insecurity / Guilt
Unworthiness

22. Fear / Grief / Depression
Powerlessness/
Victim

MASKS HELP US HIDE

- Groups of 5
- Choose a mood (word or image) to play out with your body
- Silently with mask on –
- Imitate, build...YES,AND

Energies



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A night sky with the Milky Way galaxy visible, arching across the upper right portion of the frame. The sky transitions from a deep blue at the top to a lighter blue and then a warm orange glow near the horizon. The silhouette of a mountain range is visible along the bottom edge. The text is centered in the upper half of the image.

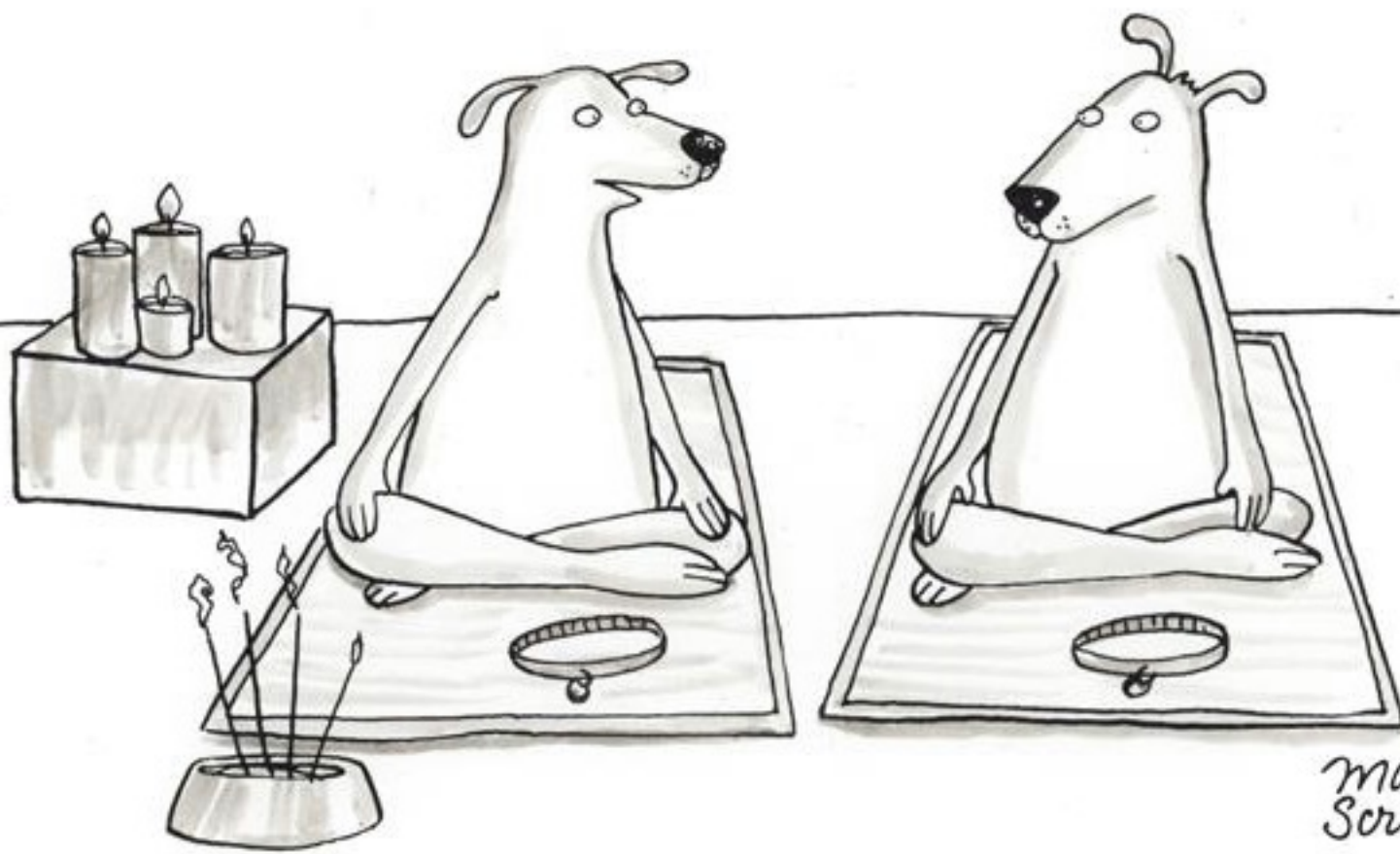
Knock on the sky
and listen to the sound!

~ Zen Proverb ~

Making Time & Space to Listen

- The music is not in the notes but in the silence in between
 - Wolfgang Amadeus Mozart

© Maria Scrivan www.mariascrivan.com



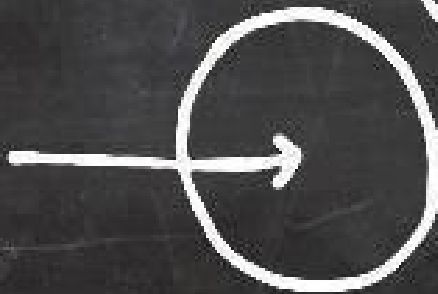
Maria Scrivan

"The key to meditation is learning to stay."

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Your
Comfort
Zone



Where the
magic happens

“the postcard”

non-verbal activity with participants in community:

each participant takes a turn to share an impression, allowing a unique gesture to unfold while connecting with the group in front, also from the emerging collective field (social body).

HARMONY= natural creativity ...from the inside out

✧ WALK the TALK & “RIGHT FIT”

✧ Coherence & Integration

✧ Alignment & Attunement

✧ Mindsight

✧ Dreams

✧ Intuition

✧ Bottom -up

● **ENACTING OTHER WAYS of KNOWING**

○ **Inside out**

vitality and force

myth of the HERO's JOURNEY

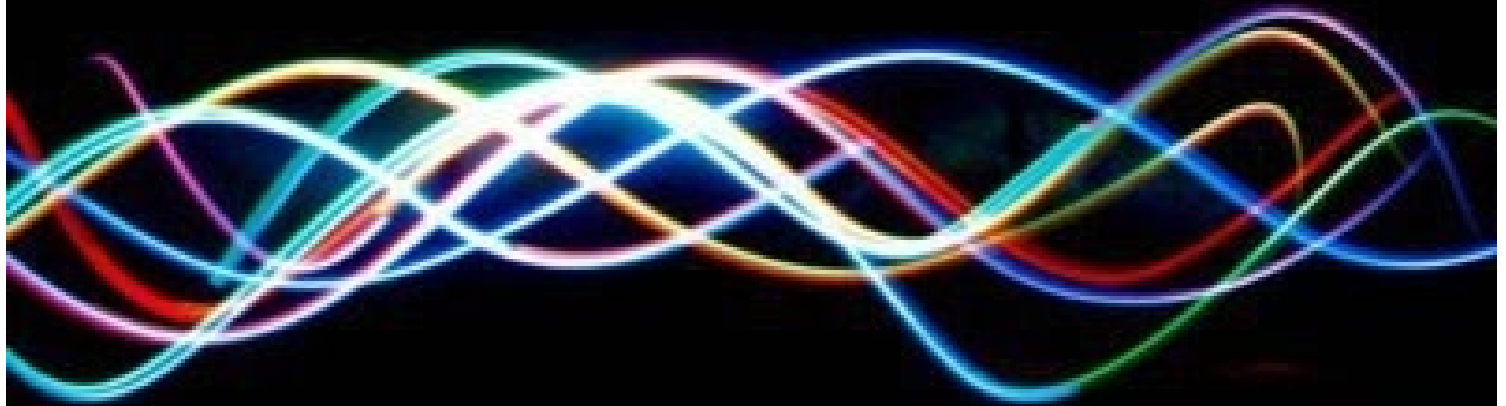
- Bill Moyers: “Isn’t it true that all people are looking for an experience of meaning?”
- Joe Campbell: “No, people are looking for an experience of being fully alive—the rapture of being fully alive.”
- *What in us inspires MAGIC when we are really in touch with it? (breathe in and out)*

Follow your dreams!



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“If
you want to find
the secrets of the universe,
think in terms of
energy, frequency and vibration.”
- Nikola Tesla



LifeByDesignWithCrystal.com

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BREAK

- find something from Nature or any to bring back into the room...something that 'found' you
- Be ready to say what inspired you to bring it back to our shared space

Embodied Insight and Action

Whatever you can do, or dream you can do,
begin it!

Boldness has genius, power and magic in it.

-Goethe



G.R.A.C.E.

Ground, Relax, Aware, Center, Energize

Journey to the breath –

You are the bridge between...

Relational Grounding – 360*






Intro Nature objects

Brain Wave research and creativity: a **PROVOCATION**

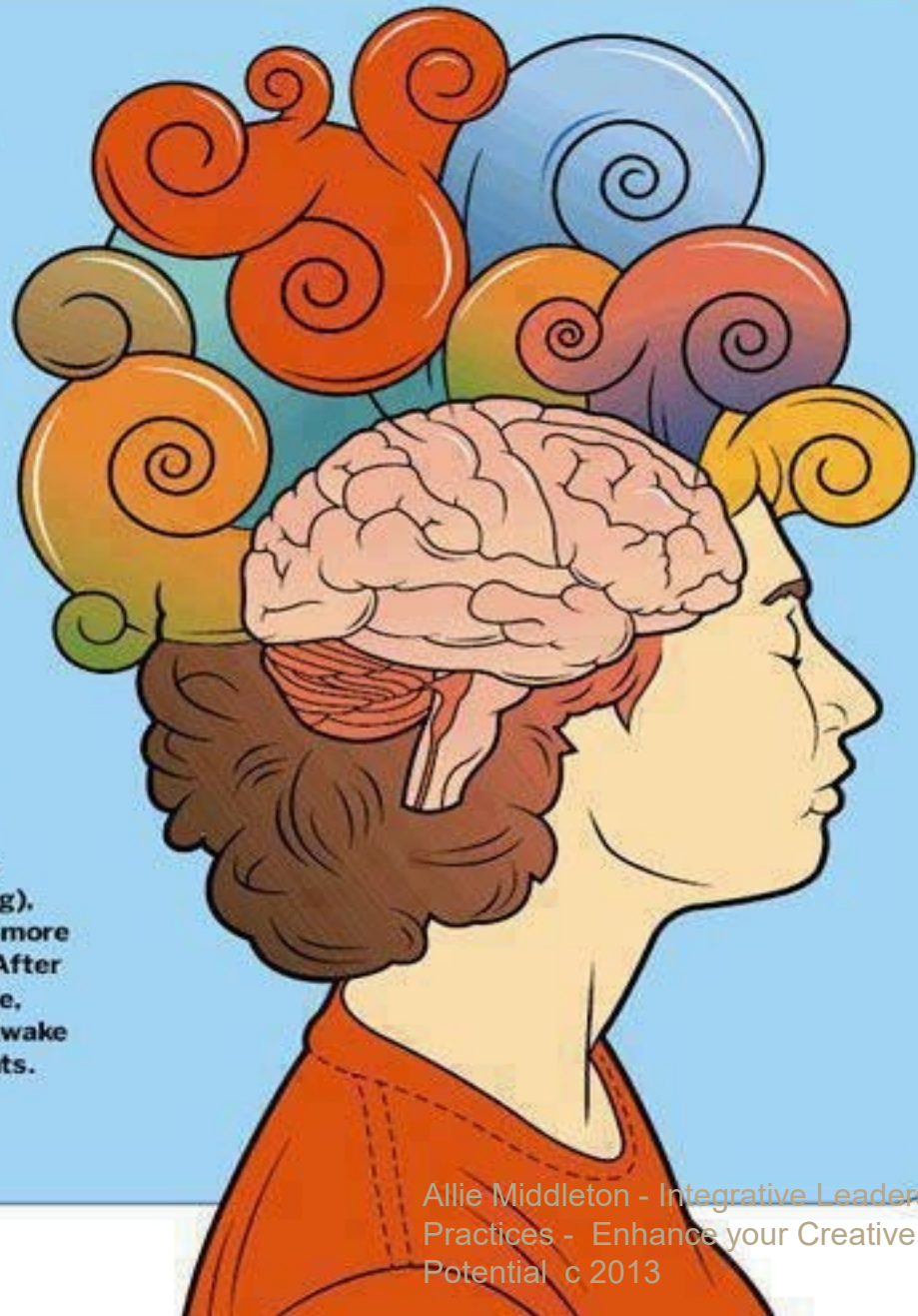
- More relaxed = more creative?
- Reverie states - very productive
- Question of primary and secondary process – cortical arousal
- Distractions and attention
- Associations vs deliberate process
- Memory and awareness
- Quantity vs Quality

MAKING WAVES

The brain wave spectrum divides into 5 bands with different associated states:

-  **DELTA WAVES (δ), 1/2–4Hz:**
Deep unconscious, intuition and insight
-  **THETA WAVES (θ), 4–8Hz:**
Subconscious creativity, deep relaxation
-  **ALPHA (α) waves, 8–13Hz:**
“Spacey” and dreamy state, receptive and passive
-  **BETA (β) waves, 13–30Hz:**
Conscious thought, external focus
-  **GAMMA (γ) waves, 30–100Hz:**
Not well understood, but linked to perception and alertness or anxiety

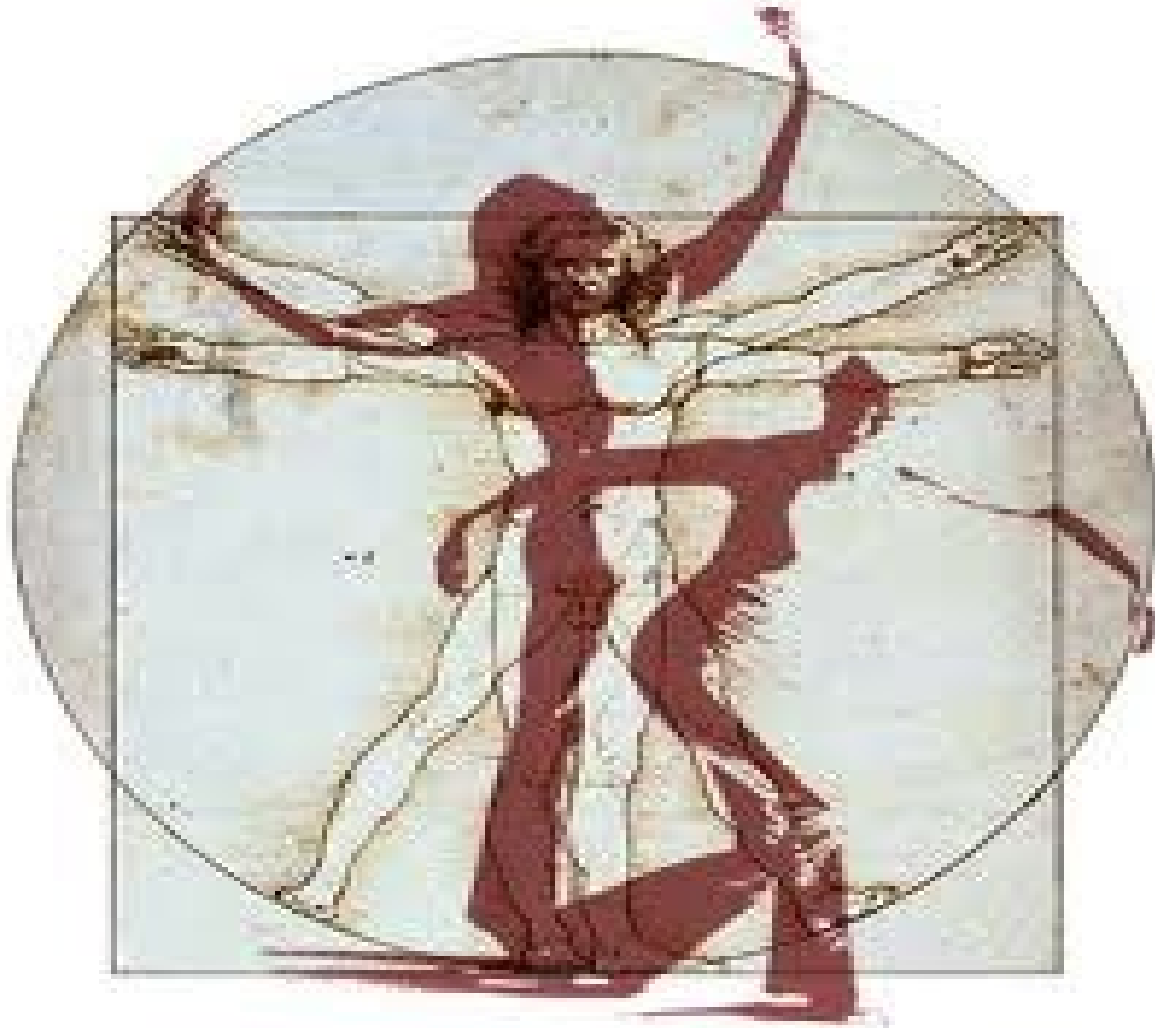
During successful meditation, the subject typically starts off with high beta (thinking), then experiences more alpha, followed by more theta and finally delta, the deepest level. After some time, the reverse process takes place, bringing the person back to beta feeling awake and refreshed, sometimes with new insights.





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The Power of Mindful Action



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Creative ACTION

the Art of the True Move

- We tend to believe what we think
- Does that get us into trouble sometimes?
Unconscious habits of mind?
- Alignment and attunement with ***something*** below our current state of understanding or awareness ?

Body Mind- disconnect draw

- Synchronize
- Harmonize
- Integrate
- From dissonance to **RESONANCE**

RESONANT LEADERSHIP

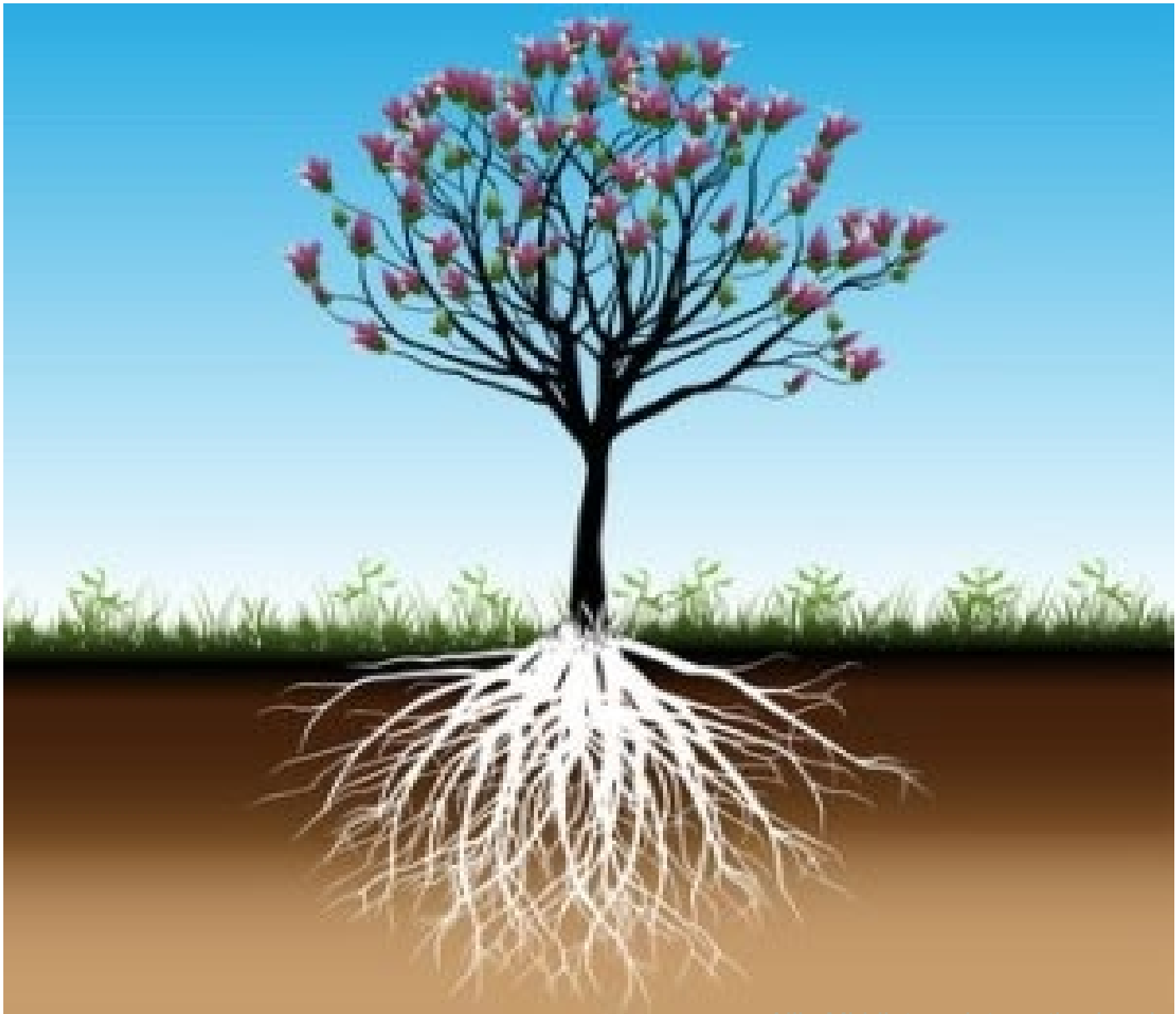
- Mindfulness
- Compassion
- Hope
- GROUP popcorn: what does this mean to you?

MOVEMENT as CO-CREATION

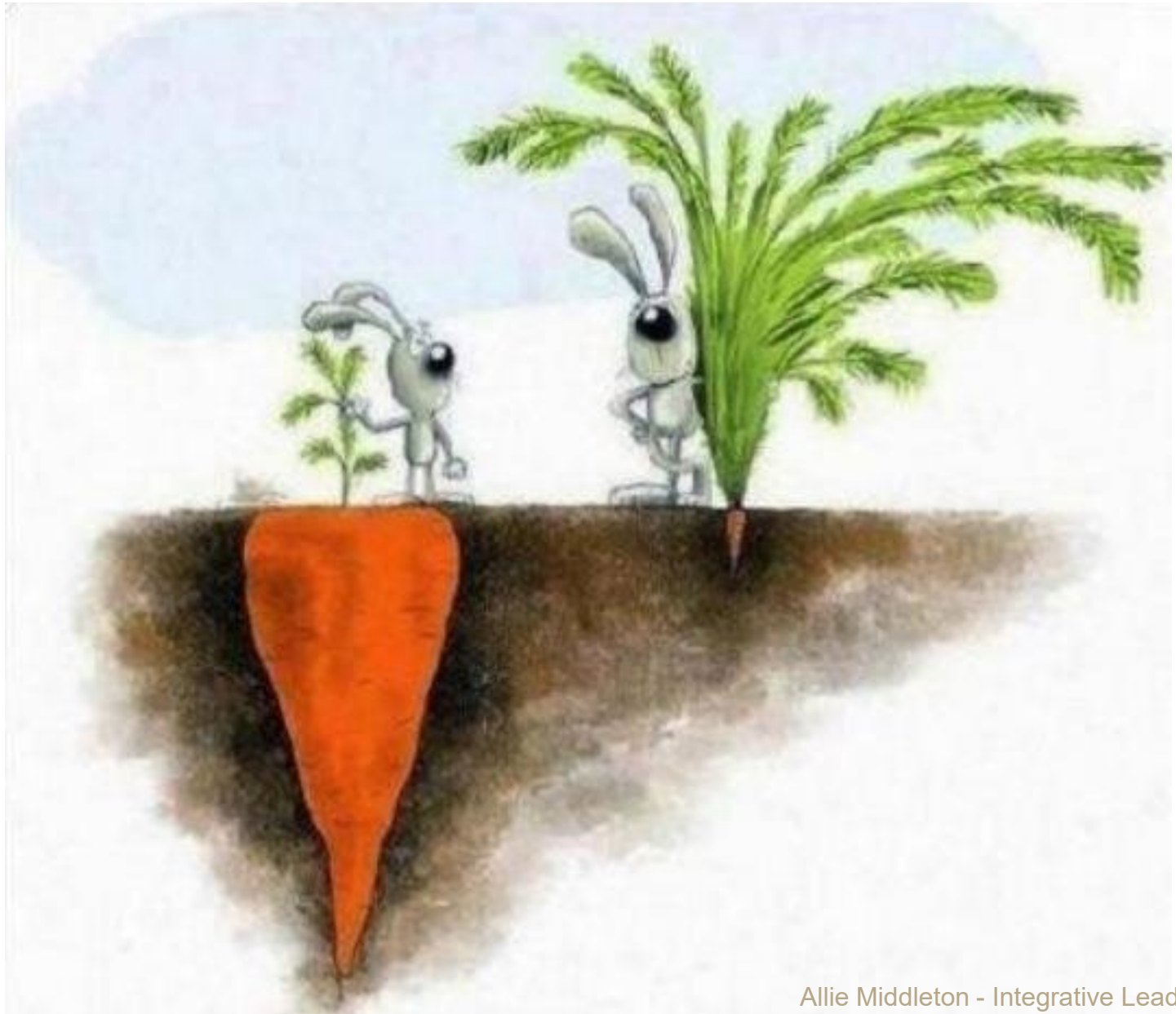
- *“follow your bliss” (Campbell)*
- “[Manifestation is] the art of fashioning a co-creative, synchronistic, and mutually supportive relationship between the inner creative energies of a person's own mind and spirit and their counterpart within the larger world in order to bring a new and desirable situation into being.”
 - David Spangler, [Findhorn](#)

A close-up photograph of a brick with the text "SKY ABOVE ME EARTH BELOW ME FIRE WITHIN ME" engraved on it. The brick is reddish-brown and is part of a larger brick wall. The text is in a bold, black, sans-serif font. The background shows other bricks and some moss in the mortar joints.

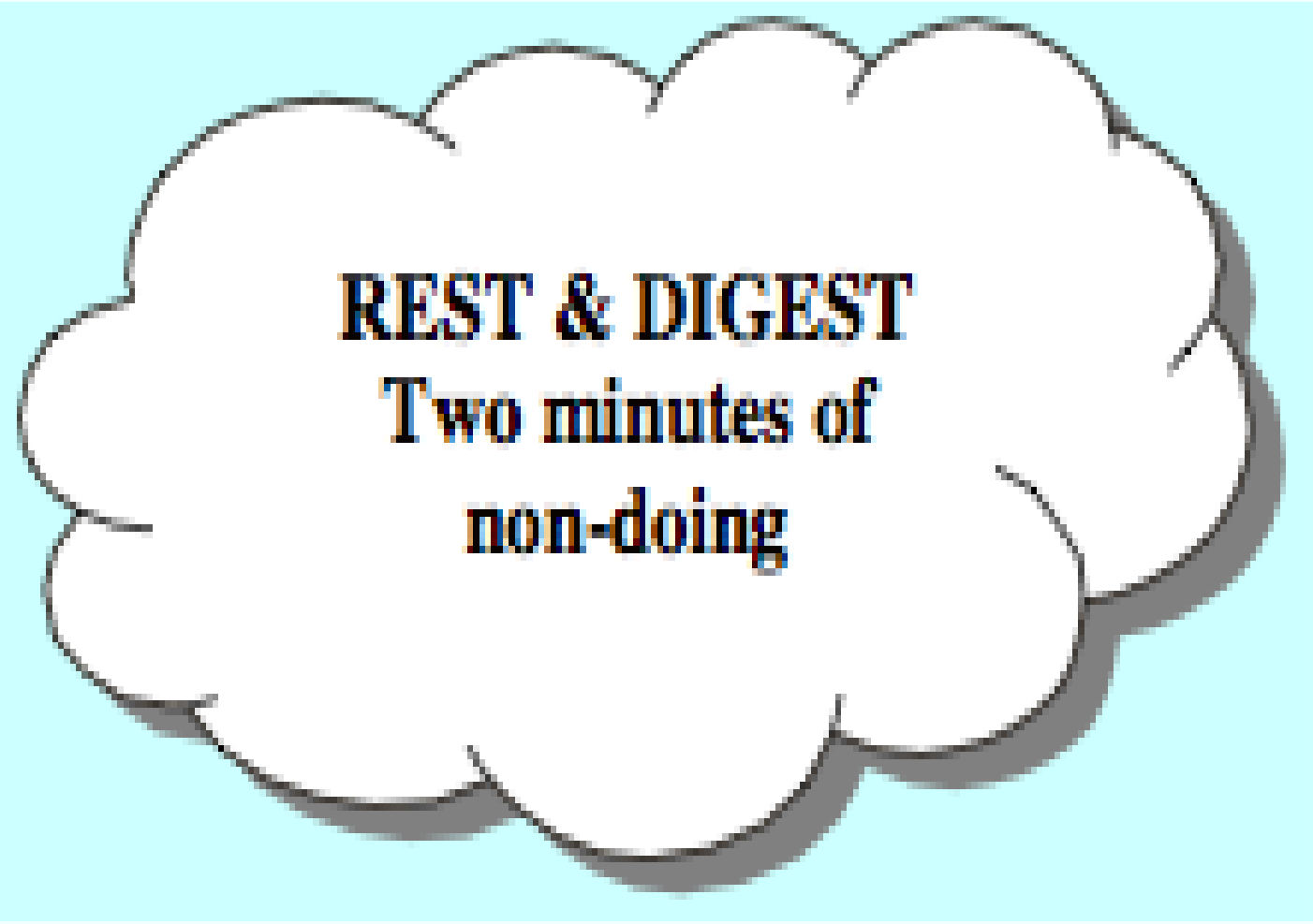
SKY ABOVE ME
EARTH BELOW ME
FIRE WITHIN ME



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REST & DIGEST
Two minutes of
non-doing

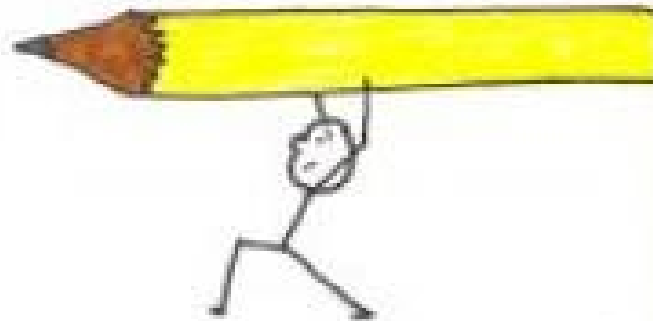
I don't know what to do:

A

B

C

♥



"Just keep choosing Love"

- Justin Rosenstein

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“The stone and the tiger have no choice of life:
the **stone must** gravitate and the **tiger must** pounce.

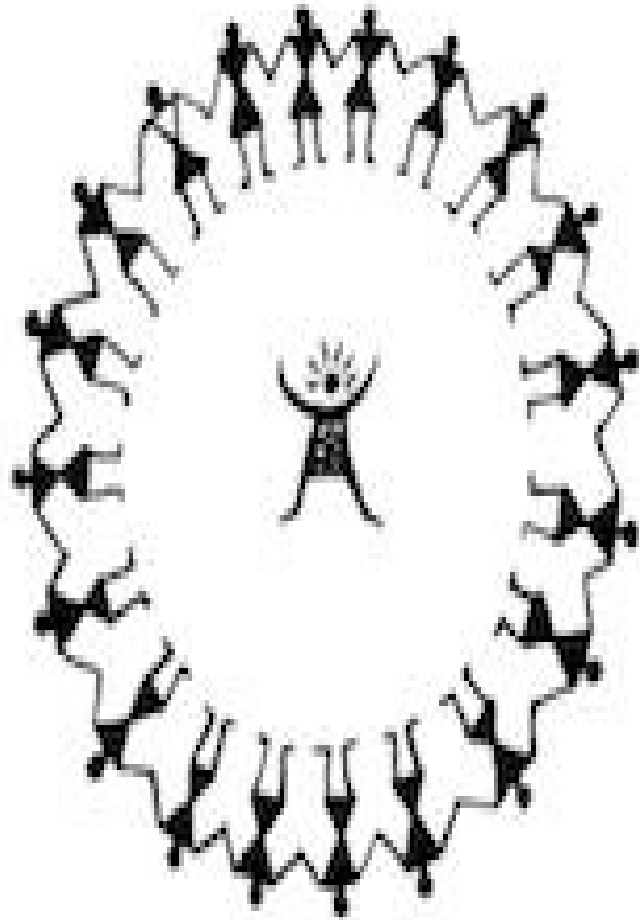
Only human beings are faced
with the mind-boggling responsibility of having, at
each and every moment of their lives, to
choose what to do and what to be.
It is both a **necessity** and an **invitation.**”

-José Ortega y Gasset

I am finding
the antidote to 'overwhelm'
by falling madly
in
Love
with

Stillness.





LIBERATE YOUR IMAGINATION

"The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes of mind. As you think, so shall you be."

—William James



gcoherence.org
facebook.com/GlobalCoherenceInitiative

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WAKE

UP

& BE

AWESOME.


Create Group(s)

- Circle = eye contact, sense, listen
- BRFWA

Thinking, Feeling, Sensing

YOUR STATE = Self awareness, perception of thoughts, moods/emotions, sensations

- the place where our intention originates, what we truly CARE about, is the place of our most aligned and attuned attention
- Body - Mind synchronization practices **harmonize and integrate** our actions with our cares = *mindfulness, meta cognition*



What counts is not
what I do, it's who I am.
It's not my doing,
it's my being
that really makes a
difference in my job.

--Meng Tan, Jolly Good Fellow, Google
at the Wisdom 2.0 Summit

Pay attention - MA

- What is happening now?
- Learn to see the emptiness
- Listen to the silences
- Sense into the mood
- Wonder about the spaces in between
- This is the group field, the social field
- ENERGY activity w hands

"The meaning of life is to find your gift.
The purpose of life is to give it away."



Africa Yoga Project.org

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IF YOU CAN'T
GET RID OF THE
SKELETON
IN YOUR CLOSET
YOU'D BEST TAKE
IT OUT AND
TEACH IT TO

DANCE

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Presencing, sensing & crystalizing your attention, intention and focused action



THE HUMAN BODY - A BRIDGE BETWEEN HEAVEN & EARTH

Partner activity



THE TWO STEP

stand, turn and greet – move and see what naturally unfolds- back body awareness - use whole space – a **VILLAGE** emerges?



WALKING ACTIVITY



Reflection

What inspired you?

What challenged you?

What surprised or delighted you?

What moved you deeply?

Invoking creativity and innovation
from the empty space



EMBRACING EMERGENCE **“MAGIC IN THE MIDDLE”**

Social Presencing Theatre

- Don't think about it
- *Don't plan.*
- Just DO it and BE it.
- *Attend to the personal body & social body, stay with it, and then move into what the field is asking for*
- No need to pretend, act, perform.
- *Take your time.*
- Feel the place where the movement comes from. **Let it emerge naturally.**

NOT MAGIC

- in circles / groups:
- Reflect & embody an experience of NOT MAGIC in facilitating the creative process (or elsewhere!) let the experience come into your body as a shape or gesture
- Listeners or enactors WRITE what you observe one KEYWORD at a time on post – its
- post on other board, next to MAGIC

SPT EXPLORATION – 'MAGIC' and 'Not Magic'

1. Choose one post-it word or image to embody:
'MAGIC MOMENT' or 'NOT MAGIC'

(Groups of 4-7 have a mix of both)

2. *Begin with “Ma” (silence).*

3. Expand into time & space - pay close attention to the sensation and feeling, lean into it and listen deeply into it, until it begins to shift.

4. *Follow the movement of the social body. Don't think, plan or manipulate.*

5. Follow where it leads until it opens up to a natural ending.

6. *Discover what you noticed.*

Group Inquiry: CULTIVATING MAGIC TOGETHER

REFLECTION I

- Describe the turning points when the 'field' (social body) began to shift?
- What did you notice inside your Self, in Others, in the group as a Whole?
- What's the impact of this now on how you might pay attention to your own 'field' (personal, professional)?

Group Inquiry: CULTIVATING MAGIC TOGETHER

REFLECTION II

- What do you feel is wanting to emerge from the Whole?
- What do you feel is wanting to emerge from your (evolving) Self and Work?
- Where do you feel the opening to the future right now?
- What possible seed ideas/initiatives that could help you to explore the future by taking action?

Consciously eliciting the *emergent phenomenon*

- PERCEPTUAL STATE SHIFT

MAKING MAGIC - Moving with Mindsight:

Sensing, feeling, relaxing into, then watching and allowing the new integrative mind-brain relationship emerge

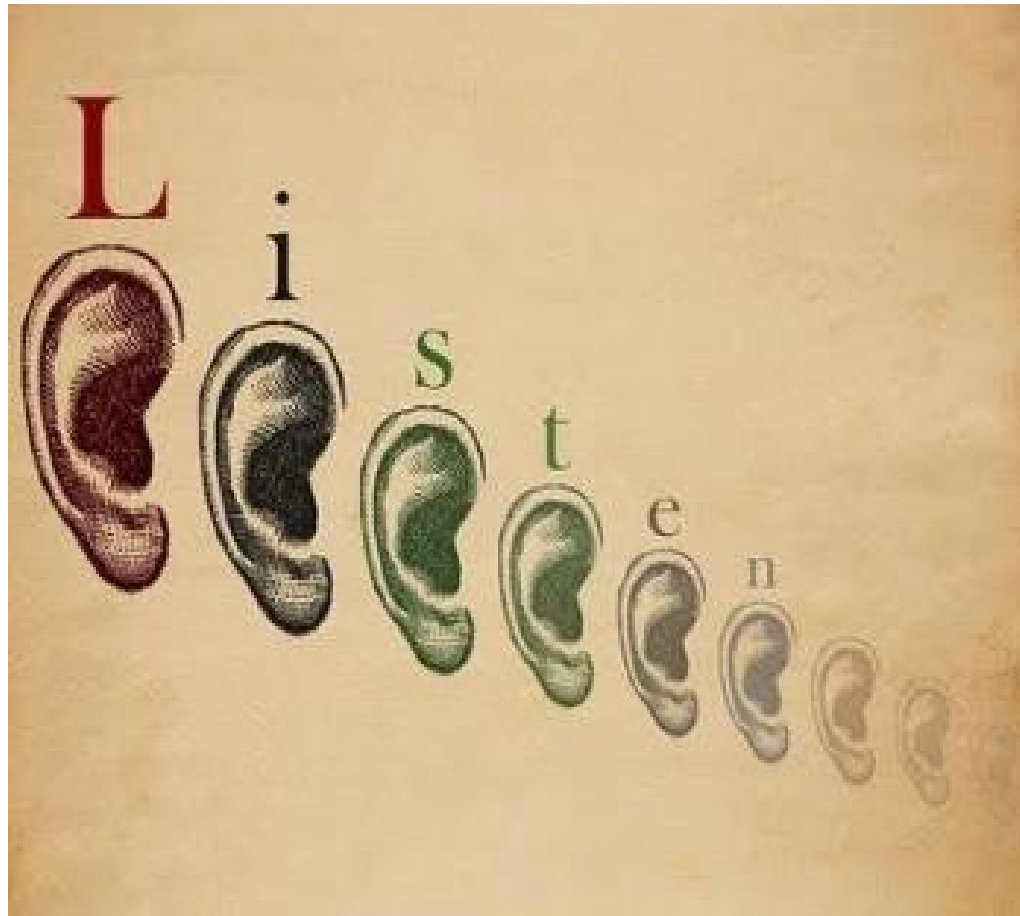
And breathe.....

Deliberate body-mind Practices

increase creative potential,
improve client outcomes?

- Personal and team practices that develop body mind synchronization and **resonance**
- Improved attention, coordination, collaboration, performance, productivity, effectiveness, efficiency, wellbeing, hope and happiness, resonance, and...???

Sharing the Harvest



Co-Listening

- Share your learnings and insights
- HOW will you INVITE body awareness or mindfulness activities in your current professional practice and research?
- Anything else?

EMBODIMENT PRACTICES

self, other & collective awareness & ENERGY

- G.R.A.C.E. and body scan
- Two step and other dyad movement activities
- Relational grounding –around the world- “I never met...
- Body Scales, Breath awareness, mindfulness of sense doors
- “Focus – Flow – Let Go”
- Excursions into the body-mind awareness, perceptual state shifts, LIFT self, others, nature, society
- B.R.F.W.A.
- Co-listening, then writing g/w/c, tracking what person truly cares about
- 4 levels of listening, listen again, deepen
- Cards- what do you see?
- w/ Masks acting out moods, words or images
- Meditation & pranayama, many types
- Embodied Presence: ‘Stuck’ activity, the postcard, The Village
- Human sculpture – SPT: Social Presencing Theatre using group issues
- Moment by moment attention mindfulness, compassion, hope
- RESULTS & BENEFIT: Resonant dialogue, strategic planning, conflict resolution, team development, organizational renewal, increased human consciousness, maturity, \$, fun!

Mindfulness and Creativity

- Sherlock Holmes
- J Kabat Zin
- D Bohm
- Aha! Daniel Goleman
- Chs Limb MD - FMRI brain/jazz, TED
- MBSR & YOGA studies, IAYT
- R Davidson, A Weintraub
- Google, IDEO, Presencing Institute
- Int'l Center Creative Studies, Buffalo (Mary Murdock story re: Theory U)

RESOURCES

- Guy Aznar, La posture sensible dans le processus de création des idées
- David Bohm, On Creativity
- R. Boyatzis, A. McKee, Resonant Leadership
- Joe Dispenza, Evolve your Brain
- Richard Faulds, Kripalu Yoga
- Joseph Goldstein, What is Insight?
- Daniel Goleman, Emotional Intelligence, etc
- Jon Kabat-Zinn – Full Catastrophe Living, etc
- Hellinger, et. al., Family/Organizational Constellations
- Newfield Network, Coaching for the Soul
- Otto Scharmer & A. Hayashi, Theory U & Presencing
- Daniel Siegel, The Mindful Brain, Mindsight
- David Rock, Quiet Leadership
- Bill Torbert, Action Inquiry
- Amy Weintraub



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