

The Embodied Seat

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The Embodied Seat

- Meeting and facing what is
- How you are being with yourself, determines the success of the therapy & meditation
- 70% of the therapist's work is non-verbal
- Techniques are informed by the being-hood of the therapist
- Presence - Attunement - Being kind



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"The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with.

To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes."

— Pema Chödrön

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Therapist Seat

*"A deep contemplation of self
with the fierce engagement with life"*

~ Manuela Mischke-Reeds



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You are a precious instrument

Practice taking care of it,
so you can be of true service



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Take One's Seat

- A commitment to meet yourself on a regular basis in breath and attention
- A sense of sitting in one's own presence and facing what is in any given moment
- A sense of confidence to whatever arises
- An attitude that the "emotion" the client is experiencing is not a problem
- A sense of calmness when the client is in a stormy place



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Fearlessness

- Taking one's seat is about being fearless with great reverence.
- It's meeting the moment head on, not trying to getaway from it or shrink away, but meeting it with eyes wide open and a view of the situation that includes all possibilities.
- The attitude is that of a firmness and steadiness that the client needs in this moment.



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Somatic Seat

- Requires working one's own somatic experience and cultivating more body awareness:
 - How am I sitting?
 - Where/how is my breath?
- Recognising somatic markers and being able to self-regulate
- Never leaving yourself, so you can be abundant with the other



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