



POWER OF
SOMATIC
INTELLIGENCE
Embodying your True Essence

5 Best Ways to Develop *Embodied Presence*

DARING. ENERGIZED. CONNECTED. PRESENT. FREE.



Embodied Presence means you walk into a room, and you own it with your *presence*, confidence, ability to connect deeply, while leaving people with a certain energy that's hard to forget. The kind of *presence* that can get you a TED talk with 11 million views!



How do you develop such *presence*?

What practices can you start to use?

First, learn to bring your energy to your base. Operating out of your base, gives you a feeling of being grounded, present, at home with yourself in a profound way, calm, and feeling a deep trust in life. We tend to think too much, not feeling enough, as a result our energy rises up to our chest and mind area. Learning to bring the energy down to our base (pelvic area) and to operate daily from it will impact your sense of security, confidence and the depth of your relation to others. It will turn you into the kind of change-maker who is a calm sea at a time of a turbulent storm.

Second, **learn to get attuned!** A big part of Embodied **Presence** is **in being able to be with what you feel and sense**, and at the same time be fully present with another person or a group of people. Emotions are always in motion if we allow them to flow naturally. That's how emotions get processed and released. When they don't release, we end up with somatic blocks that hold us back from getting to what we want in life. It's so easy to escape to the mind and disconnect from what we feel when it's hard to be in our bodies. Life around us provides all the possible distractions.

Learn to process emotions rather than repress, avoid, numb, or keep busy, in order not to feel. It's when we really learn how to be present in our own body and ~~be with all that we feel that we~~ gain clarity of what matters to us most and make bolder, more confident and grounded decisions.

Third, use **Elegance** in an embodied somatic way to **boost your confidence**, in just 2 minutes! Elegance is a Power Pose that changes the chemistry in our bodies, which changes our behavior, and changes the results. When we learn to fully embody Elegance, it's like the shift from **Kent Clark to Superman**. It truly changes how we feel about ourselves, impacting how we speak, enter a room, present and hold meetings.



Over the years, I've heard many people who watched my TED talk say: "I wish I possessed the kind of confidence Chen Lizra demonstrates in her TED talk. It was inspiring to me." The more confident you feel, the more you inspire the same confidence in others.

You have the power.

Next, **create a sense of protection**. Adding Elegance to the body leads to the possession of ourselves, the quietness of being ourselves. One of the challenges most of us face today is connecting with our vulnerability while not feeling safe.

When this happens, we can get reactive and react in ways which may come across as aggressive. [Learning to add a "No!" in an embodied somatic way](#), making others feel the boundary through your body language, gives you a sense of protection.

This in turn allows us to expand beyond where we are comfortable, to connect deeper, to relate in a more authentic way, which are essential for leading and inspiring others. It's the kind of **presence** that commands admiration and respect.



And say hello to Fearless You.

Move with **presence**, power and purpose.

The final practice is – **make yourself approachable**. When we add a lot of Intention and Elegance in an embodied somatic way, we become more powerful.

When we add protection to the body it can become a bit like a hard shell around us. So to make sure you remain approachable and warm, **by adding Sabrosura to your body**. It will soften your whole being and **presence**. It will make you have that *je ne sais quoi*.



To add Sabrosura, you can learn how to tap into it somatically by adding it to your body motion – arms, hands, upper body, hips, knees etc. You can also close your eyes and connect to something that fills your heart with love, almost like an outer glow. Then open your eyes and let this love exude through your being and eyes, while remaining elegant and intentional in

your body. It will make you approachable, warm and powerful but without feeling aggressive.

You are a Change Maker.

PLAY AS BIG AS YOU CAN BE.



Now that I've shown you what to do, the trick is practicing. Practice makes perfect! To create a new habit, you need at least 60 consecutive days of daily practice.

So, what are you waiting for?

It's a brand-new way of looking at your life—and it'll take your breath away.

With love,

Chen Lizra