A woman with her hair in two braids, wearing a white blazer and blue pants, is sitting on a white ledge. She is looking directly at the camera with a slight smile. The background is a blurred outdoor setting with a large white pillar and some greenery.

Chen Lizra

My **Top 6 Insights** *for*
EMBODYING
your **TRUE ESSENCE**

CREATE A HUGE SHIFT IN YOUR IMPACT!



Introduction

From my heart to yours, thank you for your commitment to yourself, to meeting your truth and living it!

Before we get to my top **6 insights** for EMBODYING your **TRUE ESSENCE**...

Let me just quickly point out that this is a unique somatic method designed for high achievers, just like yourself, who want the tools to unlock their full potential so they can feel fulfilled and have a greater impact. I usually reserve this content for my top executive coaching clients, so I'm so excited to share all of this with you.

The Somatic Intelligence method allows you to identify areas in your life where you have something blocking you, find the root cause of what is blocked, and then work on releasing it, allowing you to live the life you truly desire and deserve.

This process of realignment is especially important for change-makers who wish to lead and impact others. When our emotional container feels spacious and is free of what holds us back, we can easily tap into our inner wisdom, creativity, passion, vitality, and compassion so that we can truly make a difference in the world around us.

I'll guide you through some experiential practices **so you can feel the power** that this somatic wisdom can bring to your life, **just waiting to be unleashed.**

You are a change maker.

PLAY AS BIG AS YOU CAN BE.





1) ELEGANCE

The Somatic Element of Confidence

Learn to Anchor Deep Within

Elegance is the possession of ourselves, the quietness of being ourselves. It's the element of confidence, pride and self-worth. It gives us the BEING that balances our DOING, emotional resilience, power, peacefulness, and stillness.

There are many techniques for anchoring. One very powerful one is focusing on something that you feel very proud of. Something that you could easily say about "No one can take this away from me!" Maybe you've climbed up the ladder to the position you are in, created a successful company, raised impeccable kids, you're proud of the values you hold... whatever it is – you did it, yourself!

Now, at moments when you feel like you need something to hold on to and give you confidence, just get connected to one of these memories and how they make you feel. **Feel it somatically**, let the feeling of joy from your pride fill your whole body as if it was happening right now. Let the happiness that comes with it make your heart sing. Take at least 5 minutes to really feel and embody it.

Once you'll really let go and feel it, you'll notice that your spirit has uplifted, and you'll feel more anchored and confident.

If you have a negative conversation around pride equaling arrogance, then remember – **PRIDE** is just a good feeling you have about something you did or who you are being. **ARROGANCE** is when you think that who you are being or what you have achieved makes you better than someone else.

You can tap into these emotional anchors at any given time. The more proud moments you collect, the more emotionally resilient you become. And no one can take them away from you! They are yours for life.

We all need a jumpstart to leap into the next level in our lives.



Moving Back to Israel and Crashing My Life

In 2013 I moved back to Israel to be close to my dad. After 17 years in Canada and a very successful career, I felt like I was missing the most important parts of my life. I didn't want to go back when it was too late. I wanted to go while there was still time to create beautiful memories together.

Moving back to Israel after so many years in Canada meant giving up my whole reputation and starting from scratch again in Israel – in a place where I was asked to prove myself all over again, where most of my previous track record didn't mean a thing.

The first year was an extremely hard year. I felt like I was failing non-stop at everything I did. I grew up in Israel but my whole adult life, studies and work experience, took place overseas. I wasn't used to the Israeli market or mentality. I jumped headfirst into it and fell on my face repeatedly, for a year straight. It was brutally painful. I went from living a powerful life where whenever I said I would do something I'd hit that goal hard, to failing daily. It was a humbling new start.

Every time I reached a breaking point, I would put my TED talk on and say to myself "You did it once, you can do it again. No one forced you to make this change, to move back home. You decided to change your whole life. Remember who you are! Just do it!"

I used the TED talk as an emotional anchor to tap into my pride – no one could take it away from me. I already achieved it. It was mine to hold on to as an anchor during this time of turbulence. I knew where I wanted to get to, I just didn't know how I'd get there yet. And it worked!

Years later, here I am leading retreats around the world, coaching international clients and Somatic Intelligence is becoming a known international brand. Everyone told me it was impossible, that I was throwing my life away when I left Canada, but I knew it was possible. I just had to keep believing in myself, and for that I had to tap into my pride, which is connected to high self-worth and confidence.





2) INTENTION

The Somatic Element of Meaning & Drive Live Daily through Powerful Determination

Intention gives us meaning, drive, and purpose. Holding an intention in the body focuses us towards something **like a sharp arrow**. It's the element of DOING and is very important for determination, perseverance and achieving our goals.

Practicing embodying intention is about creating a habit for success. Take a moment daily to decide on the intention of your day, then act out of this intention all day - i.e. loving, playful, humorous, serious, peaceful, connected, inspired, achieving... play with a different one daily and notice how it affects the quality of your day, and your connection to others. Lock down eventually on the ones that resonate most with you and start living daily from them. Start your day by getting connected to your intention. Decide between 1 and 10 how strong your intention will be. You can close your eyes, breathe softly, and focus on it, imagining what the day will look like as if it already happened. You can set an intention to a day, a meeting, or even a different one for each important event during your day. Setting your intention at the beginning of each day will impact the quality of your life.

Say hello to FEARLESS You.

The Power of Seduction TED Talk

The night before my TED talk, I sat in my bed and asked myself "Why are you doing this?"

I was about to take the stage the next morning, in front of 2500 people and to be broadcasted internationally live. I was about to speak about seduction - a brave act by all means, according to what I was told. Such a taboo topic would draw towards me 50% lovers and 50% haters worldwide. I sat in my bed and contemplated my decision. Why the hell was I throwing myself into the lions' den?

I just sat there and waited for some kind of answer to come to me...

Then the answer came - it was my way of forgiving the world for what had happened to me in my childhood with my mom. I needed to make this world a better place to live in, a more compassionate one. Doing the TED talk was about changing people's point of view, showing them a different way of viewing the world, and daring to have a voice big enough to speak my truth, without fear of what others might think of me.

And so, this became my anchor. I now had something to hold on to on that stage, something that would ground me.

The following morning, I took the TED stage and spoke my truth. I was scared. I was nervous. I was excited. I was grounded. I had a clear intention, anchor, and a purpose.





3) TEMPO

The Somatic Element of Enjoyment

Learn to Fill Your Own Cup with Vitality

Tempo is the inner rhythm of enjoyment that releases endorphins and dopamine through body movements, leading to a natural high. When we get addicted to the pace of DOING, we feel stress, depression and anxiety. That's when we need to detox from doing and the antidote - enjoyment.

There are many moments when we feel drained or out of energy, like we just want to give up, or we are too tired. Maybe we've had a bad interaction with a client, a close friend or a partner, the kids are too demanding, or we just had enough.

As adults, we need enjoyment to balance out, yet many people "delete" this function or repress it, and then they get depleted and depressed. Enjoyment and responsibility balance each other like the Ying and the Yang. Enjoyment is a life energy which replenished you with vitality.

It doesn't need to be big; it can be 5 minutes of enjoyment – yet find daily at least 3 things that give you pleasure and take the time to truly enjoy them. It can be soaking up the sun outside, listening to the sound of the birds or a song you love on your favourite playlist... Make sure to have daily enjoyment and keep playing in your life.

Make sure each breath you breathe in life counts. If enjoyment remains a must, just as breathing and eating are, then you'll remain vital and happy throughout life.

Stress leads to negative thoughts and feelings and reduces our happiness level. When we get stressed, we lock our breathing and jaw, and our body becomes stiff. When we relax in our bodies, so do our thoughts relax, allowing us to meet our circumstances from a more flexible and enjoyable place.



Do Us All a Favour and Have a Mojito

In 2008 I was leading a group in Cuba. While the group was busy with an activity, I was running around organizing things, physically running from one part of the city to the other. I was very intentional. I needed to get things done. I got answers, dashed, asked for something I needed, dashed again, got something else done - my 'To Do' list was shrinking.

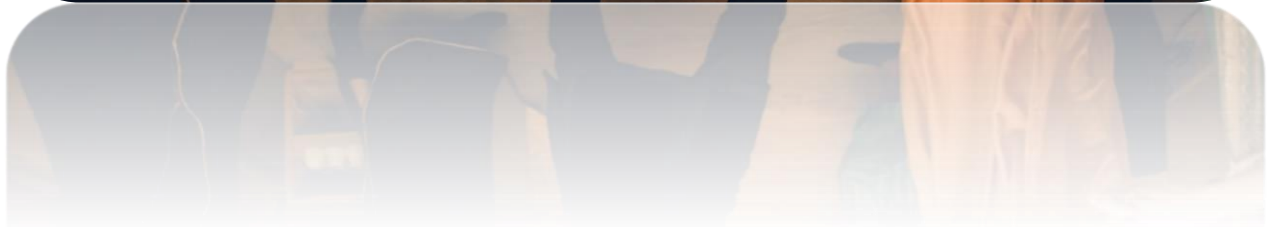
Two hours into it, as I was dashing back again to take care of something. A Cuban guy stopped me on the street, put his hand on my shoulder firmly and said: "*Do us all a favour and please have a mojito or something. You are driving us crazy all morning.*"

I've never been before to a city where everyone was connected like one unit, where I could feel the impact of my energy on the flow of this human fabric. I've never been to a place where enjoyment was the number one priority before productivity.

I decided to accept it and take it on. I adjusted my pace to fit the local rhythm and started paying attention to how the city moved as a whole. I allowed myself to enjoy their rhythm letting it teach me what pleasure was, learning how to achieve but without losing the fun. To-date, I believe it's one of the most important and precious lessons Cuba has taught me about living life to the fullest.

Picture Yourself

BALANCED. DARING. ENERGIZED. CONNECTED. FREE.





POWER OF
SOMATIC
INTELLIGENCE
Embodying your True Essence

4) SABROSURA

The Somatic Element of Love

Tap into Your Divine Feminine Energy

Sabrosura is the sensuality that's inside each and every one of us, that sits on physical self-love and releases endorphin in the body. The sabrosura connects us through bonding, empathy, generosity and feelings of love to the Oxytocin, which together with the endorphins are responsible for our happiness.

It's important to know that there are male and female forms of sabrosura – we don't move the same way. Men and women alike possess female and male energies and qualities. How much of each we have depends on our personalities and sexual orientation.

To connect to the sabrosura you need to relax your muscles and take out the edgy sharp movements. Relax the jaw and breathe softly. Start by using a soft head motion rather than a sharp one when you turn your head sideways. You can also [move your hand slowly on a loved one's skin](#), looking for that enjoyable magical soft pleasure in the finger tips (you can try it on your own skin too).

Make sure to focus on your own pleasure and not on theirs. When you reach that state of pleasure, because you'll allow yourself to take and not give, that's when they will actually feel the most magic through your touch.

The whole idea of sharing (*compartir*) is either a cycle of 'give-receive-give,' or of 'receive-give-receive.'

Then try to move your hands in the same way in midair without touching anyone. Imagine the same feeling of touch without touching anyone this time. You'll know you are doing it right when you feel warmth in the body and even butterflies – that's your physical self-love. – your diving feminine (sabrosura) embodied.



Walking Seductively

One day, I was strolling along the Malecón near Prado in my tiny black miniskirt and small purple top, revealing my stomach and back. Men were coming on to me left and right. My hips felt loose, and my shoulders moved softly. I felt so sensual and alive, almost as if I was dancing instead of walking. The heat made my muscles relax in a way that isn't possible in a cold climate. Part of the softness came from the heat and humidity, the other from the way men checked me out and made me feel.

The dancing, the music, the seduction, all contributed to that sexy feeling. I relaxed my arms and legs muscles, my hands, my shoulders, everything. The feeling was so sensual and beautiful that men noticed my glow and smiled back.

Cubans say *cuchi-cuchi* [sex] is very important, because it relaxes your muscles. In Cuba, sex is considered a necessity, just like breathing. And as I walked around Havana, I noticed how relaxed Cubans were.

- From [My Seductive Cuba](#) – Chen Lizra's bestselling book.

"I realized in this retreat how important Somatic Intelligence is to the world and how much it can offer people. The energy that we've built internally from the somatic sessions, just alone for that, I would do this again!"

Tierney Powers



What's preventing you from living your best life?



5) MYSTERY

The Somatic Element of Playfulness

Tap into Your Power of Attraction

Mystery is our attraction power which taps us into our playful side. This element has a sexual form – seduction, and a non-sexual form – social charm. It's the element that most people struggle with, yet we cannot live without it or lock it up, because our sexual energy is part of our life energy, our vitality. And it is known already that when we waste our sexual energy we die at a younger age.

At work we don't use sexual attraction, we use our social charm – the charm that activates people through fun and "play." It is an amazing motivator. **Using mystery in business** can be a trailer, or an ad that intrigues and evokes curiosity – showing just enough, waking up the desire, yet not giving too much. For example, we can show an ad that shows a little riddle. Our mind starts working on it and wondering – what are they advertising? We get seduced by it to play...

When it comes to love relationships, it's about learning how to keep the "maybe" alive, waking up the desire in the other, keeping it interesting and warm. We do not want to fall into a boring routine and turn into roommates. A good example is to keep flirting without it always having to lead to sex. If flirting always means sex, then flirting stops being a flirt.

So, if a man, for example, comes into the kitchen sees his wife, gives her a kiss on the neck, touches her hip sensually, making her feel beautiful, and walks away while looking at her with desire. She will start laughing feeling the "maybe" alive. Same for women. Try it!

In a new relationship, it's about attracting someone to you, showing what is so amazing about who you are inside, but without giving it all. Like giving an enticing preview. It's a flirt.

“Chen Lizra takes the practice of Somatic Intelligence to a remarkable new level of depth, precision, and impact. Her years of study and her fierce commitment to understanding transformation have made her an inspirational practitioner of the very highest order.”

Nicholas Janni
Founder, Core Presence



Seduction War with Giordano

From Day One, Giordano — one of my dance teachers — kept forgetting that this was a class and started seducing me for real. This is normal for Cubans; he couldn't help himself. In Cuba, this is not considered unprofessional. Boundaries are flexible and loose, and almost everything is possible and permitted. It's the most promiscuous place I've ever been to.

One evening while in Havana, I went with a friend to see a live show. At the next table, a man was shoving his hands inside his woman's dress and touching her breasts in front of everyone ... no big deal. No big deal? Huge deal! I couldn't help but be shocked. It doesn't matter how many times I've been to Cuba; nothing ceases to amaze me.

Havana, to me, is Sin City. A friend of mine jokes that this is the one place God never visits. But while people think of a Sin City as a dark place full of criminals — the sort of metropolis Batman needs to save — Havana is different. It's a place where anything can happen because the boundaries are loose, yet it's a colourful city full of rhythm, interesting people, passion and seduction.

Which brings me back to Giordano, who spent half the class teaching me and the other half trying to seduce me. One day, he asked me, "*¿Tienes miedo?*" [Are you afraid?] after he got into my personal space on purpose, up close and tight, making me nervous.

Giordano is a hot, young black guy with the perfect, toned body of a dancer, every muscle in his body defined, and with the sweat dripping off his body, he looked delicious. He has Ochún as his Santería mother, and his Santería father is Changó. For those who know the orishas, that says a lot. He is proud like Ochún, and as manly, strong and stubborn like Changó. When I say "*rico*" about something he teaches me in class that I like, he responds with,

"*¿Te gusta, mami?*" [You like it, mami?], showing off his body and looking at me teasingly. And I just hit him with the bandana and tell him, "*Giordano, focus!*"

He plays these little games all the time, these tiny little things that crack me up. His tricks aim for my heart, but they don't get to it. I can see through them, and I've been around Cubans long enough to know that there is usually a wife somewhere. I simply don't get involved.

So when Giordano asked me if I was afraid, it was because I ignored his attempts at seduction. But he couldn't let me avoid it altogether, and since he stepped into my personal space like that, I declared a seduction war on him. Because goddamn it, if he could push my buttons, so could I. That day, I went into the ring with my sleeves pulled up, ready for a fight.

Half an hour into class, right after demonstrating how a guy dances with a woman, using his body to seduce her, he suddenly looked at me in a sweet and sexy way and murmured, "*Dame un beso, mami*" [Give me a kiss, mami].

I looked back at him seductively, walked towards him slowly, and then, at the last minute, turned to Zuyima, the other dance teacher standing beside him, and gave her two kisses, one on each cheek, and gave him a teasing look back.

"*Sorry. I ran out of kisses. Zuyima got them all,*" I said, smiling my most innocent of smiles. He gave me a heart-wrenching, miserable puppy-dog look. I walked toward Giordano and gave him a big teddy-bear hug. He wasn't thrilled, but what else could he do? Round one was over — one for Chen.

No worries, though; rounds two, three and four were coming. Seduction doesn't rest for long in Cuba, and I had two more weeks to go. The seduction war with Giordano kept me on my feet all week, and when he saw I was fighting back, he stepped up his game.

Welcome to Cuba! As for what happened with Giordano, we'll come back to that subject later.

- From [My Seductive Cuba](#) – Chen Lizra's bestselling book.



6) MINDFULNESS

The Somatic Expression of Grounding Listen to Your Body & Create Moments of Peace

Your body is your primary home, and [peace starts at home](#). Your body knows what you need at any given moment. If you just listen to it, it can communicate with you what is good for you and what is not. Yet do you know how to listen?

By developing Somatic Intelligence, we can develop the capacity to understand the messages our bodies are communicating with us through feelings and sensations, and act on them. When we don't know how or don't listen to our bodies' communication, we get sick, depressed, and more. If we lock up love, for example, the body will manifest a symptom to indicate that this is unhealthy for us.

The somatic body will always come out with a symptom as big as what we are hiding.

It will start small and over time the symptoms will become bigger. Ignoring the signals will escalate the situation to the point that we will not be able to ignore it anymore. Then depression will start, and if we keep resisting over time, eventually suicidal thoughts will surface.

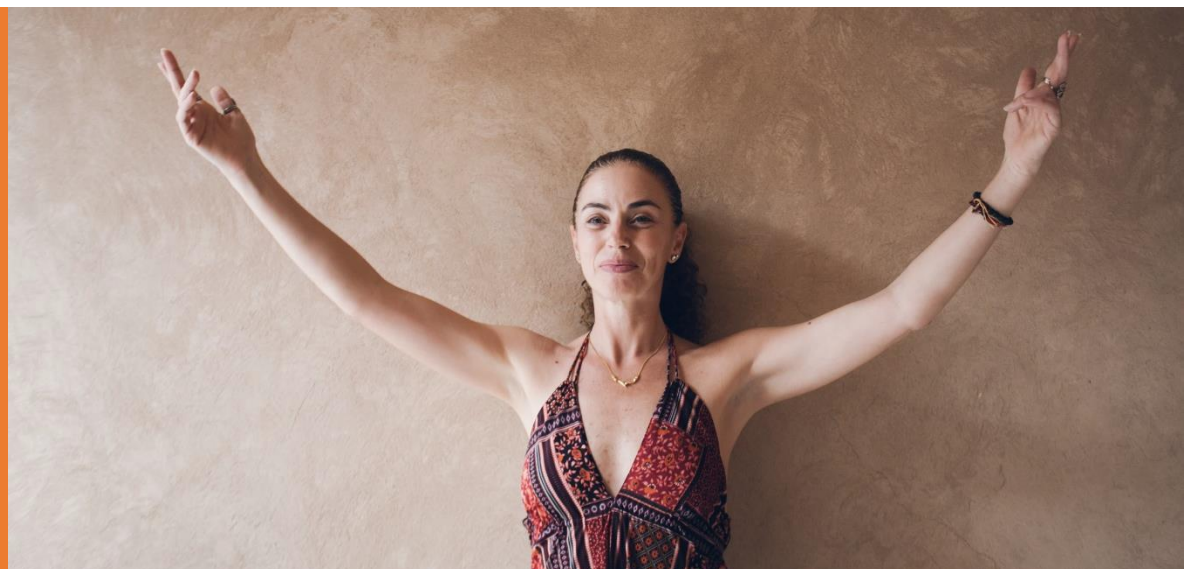
At the end of the day, even if we don't like the new reality that we are facing, it's better to give up resistance and surrender to the new status quo right away. To learn to love the new situation even if we don't want it, choosing to see the gifts that come with it. Living with such gratitude elevates us to living in greatness.

Therefore, when something is stuck physically, we need to explore internally what is blocked emotionally.

The soma, the body, is a mirror into the self, reflecting to us what goes on inside.

"For the first time since a very long time I could truly enjoy myself and finally ground myself peacefully in the present moment."

Trevor Hanh



We Might Not Be Able to Save Your Arm

In 2017, I walked into the doctor's clinic, the best orthopedic surgeon in the country. Steroids were injected into my arm a few months prior, after an inflammation I had didn't go away for 10 months. The steroids damaged the muscle in my strong arm – my right arm. It took a whole month of fighting for it to get this appointment and an MRI done, and my arm was deteriorating fast.

The doctor took one look at it and she said *"I don't know if we'll be able to save it. You must leave your arm on a pillow, without moving your wrist or fingers, for two whole months. I'll tell you exactly what to do to try and get better. I'll need to check you again in a month and I'll be able to tell you if we caught it in time. I cannot operate on it."*

I came out of her office and broke down crying. It took me about 15 minutes to collect myself. My body, my tool for work, my home, my base, was broken. And there was an option that this would be it. I was devastated by the news.

After 15 minutes of feeling sorry for myself I stopped crying and collected myself. I assessed my options quickly – option 1 - meant being depressed at home for 2 months. Feeling sorry for myself, crying about how this is not fair and why this was happening to me. This would also mean using up the energy in my body needed to heal, and my arm might never recover. Option 2 - meant to take on a positive attitude, putting all my energy into my healing and not allow myself to get depressed even one second. If there was a chance to come out of it, I would give my body the best chance of recovery.

I looked at my options and declared a period of two months dedicated to personal development. I gave up the option of depression.

At the end of this period, I knew that would understand what my future would look like. If there would be a disability, there would be nothing else I could do, I would have to adjust my status quo to a new base line, yet I would know I did all I could. Life is meant to be fully lived, even with a disability, I preferred to take on the world rather than sit there feeling sorry for myself.

For a month I could not cook, barely sleep from the pain, take out trash, dress by myself, write... literally do anything basic. I watched videos, read books, and did everything the doctor told me to do, including daily passive physiotherapy with a specialist. I only told very close friends and family about my condition. I didn't want any energy wasted on anything other than healing. I didn't want a pity party.

A month later I came back to the doctor's office. She looked at my arm and said: *"It will take you about 2 years in total, but you will be OK. I don't know if you will come back completely to your 100% but even if not, it will be very close."*

As a gift, I enlisted her into sabrosura classes. She was dealing with lots of stress in her daily work as a top surgeon and needed to balance her own energy. She saved my arm, and I was ready to give her what she needed. As she came to classes, she kept telling me that I was like fresh air in her life as I coached her on how to embody the sabrosura to release the tension and stress from her high-profile job. And due to my 2 months' personal development the Power of Somatic Intelligence came out 3 years earlier and is still making headlines.



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

The body is always practicing something. As such, we should ensure the habit we are practicing is one that empowers us and connects us to our inner wisdom, vitality, compassion, and flow. These are key qualities we need for success in every area of our lives.

The body can also practice a habit that's bad for us and stops us from getting to what we truly desire in life. If the body practices, for example, shutting down an emotion in a specific area, it will practice this in every part of our life. Therefore, when we learn how to let go of what blocks us, it impacts all the areas impacted by this block.

The more in tune we are with our body, the more self-aware we become, the more powerful our decisions become, leaving us feeling empowered in our lives.

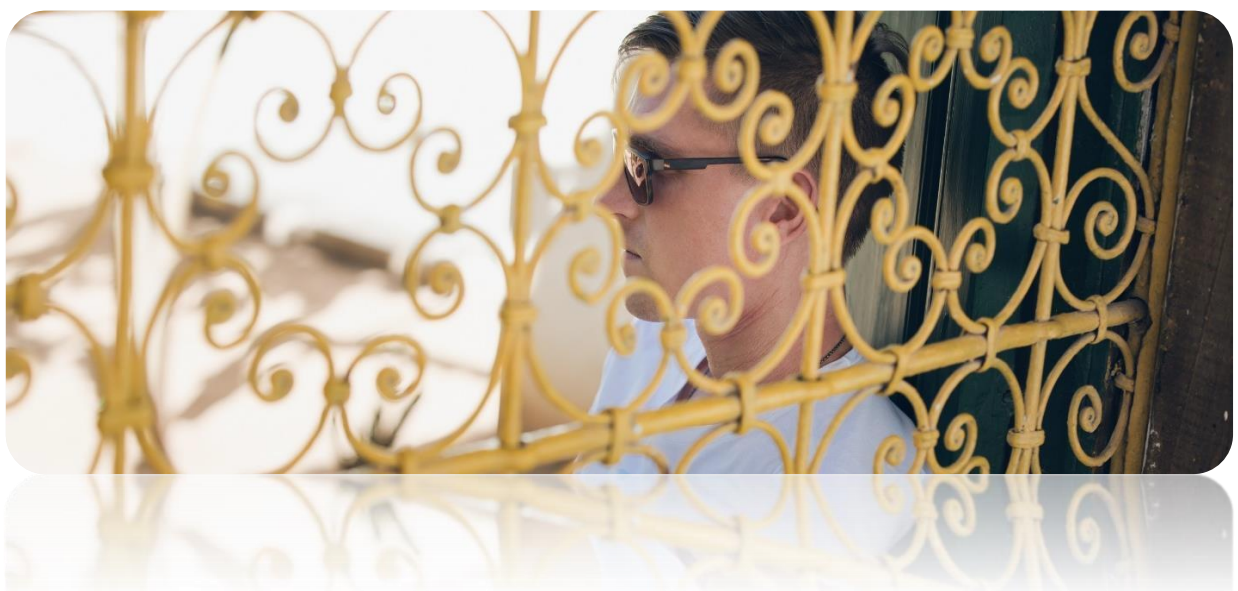
Mindfulness is at the core of somatic learning and Somatic Intelligence. Like a muscle, it needs to be flexed constantly to strengthen our ability. Mindfulness is about learning how to be quiet inside – the possession of ourselves.

How do we shut down the constant chatter and noise and be in the present moment? We think and talk too much, not feeling enough. We then escape to unhealthy habits. Many people fear meeting what they deeply feel inside. We need to learn how to be with it and to unpack, process, and release it.

Like a computer, our cache gets full. We need to clear it occasionally. If we don't, the system crashes. We need time to process our thoughts and feelings, to understand what goes on inside us. The quieter and more mindful we become, the more we pay attention to what goes on inside us. We tune in and make better decisions. We stop blaming others or getting triggered easily. Our communication becomes about the truth rather than the story we created about it.

Be sure to check in with your feelings daily because what we repress or ignore eventually manifests itself in unproductive ways. **Where intention goes, energy flows!**

Instead, create moments of stillness and understand what you feel. We need time to process our emotions that need our attention so we can handle situations with grace and poise. Having this emotional spaciousness inside creates fertile soil for the sabrosura to flourish and gives us the quietness of being ourselves needed for embodying elegance.



The Solfeggio Frequency of Sonic Healing

The Solfeggio frequencies were used in the past to achieve greater sense of balance and deep healing. They are 9 frequencies that balance our energy and keep our body, mind and spirit in perfect harmony, giving us access to higher mind states.

The following practice will allow you to come back home to your body in a very deep sense. [Please use this music](#) and play it while sitting in a meditative position. Stretch your back as long as you can, embodying Elegance, close your eyes and bring down your tone of voice as low as it can be. Take a big and slow breath in and bring out the air making a long low long AAAAAAA sound, coming from your abdomen. Your aim is to get into harmony with the music. Repeat this over and over for 10-15 minutes.

If thoughts come up, gently let them go, coming back to harmony and the present moment, emptying your mind. After 10-15 minutes, when you feel ready, open your eyes gently and just notice the feelings in your body, notice how this practice impacted your sense of confidence and grounding. If possible, continue into your next activity without speaking, just staying mindful. Please avoid escaping to text messages, social media, and other distractions to really feel the impact.

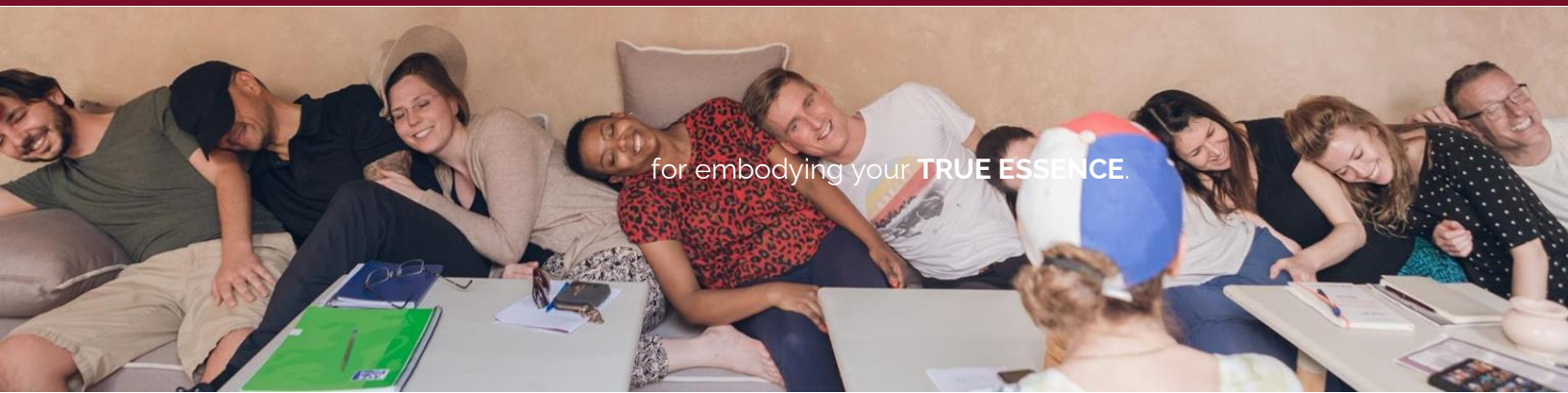
Life is meant to be lived fully.





I hope that you have enjoyed the

6 INSIGHTS



for embodying your **TRUE ESSENCE**.

My hope is that you'll dedicate time to embodying these practices daily, showing your commitment to living your best life, by coming back home profoundly to your body – your primary home. The idea is to close the gap between who we are inside and how we show up in the world - our embodiment.

Over time I hope that this wisdom will change the status quo of how we live life. Living a happier, more meaningful, and balanced life, full of daily enjoyment and intimately related connections.

I look forward to having you with us and working with you through the [Somatic Intelligence 1 on 1 coaching](#), the [SI Wisdom Academy](#), [Retreats and Live programs](#), and more.

With love

Chen Lizra