



uyen somatic-embodiment mindfulness yoga meditation  
self-care, self-compassion & body - mind awareness practice

## **transforming your relationship with yourself**



- what this practice is
- key activities & exercises for you to explore and discover yourself
- what to do when the lesson over
- how often to do your practice
- a little note on awareness
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# What this practice is



- how to embody peace when we don't feel peaceful?
- how to feel loving when we do not feel necessary loving?
- how to become comfortable when we are not comfortable?
- be comfortable in our own skins, be confident about who we are - not at all egotistical neither afraid nor aggressive - be properly grounded and rooted in our body?
- be able to remove the "membrane" between our conscious mind and all the stuff we are carrying in our sub-conscious so that we have a waking dream to experience all the hatred, maybe all the terrors, all the fear but also the beauty all the love, all the oneness, all the unity, all the joy, all the presence that is in us?

My teacher told me once *“when facing a difficult challenge, don't focus on the fear, ask yourself what is the gift that's hidden behind this?”*.



Each of us has a tremendous innate healing capacity secreted deep inside us. My passion is to help you find ways that suit you that encourage you to have curiosity and faith in yourself, to be curious to find out who you really are and have a courage to take a pause between the stimuli and responses before making decisions.

In short, I help you to explore and discovery yourself:

- stay present with a conscious awareness.
- get in touch with yourself and inquiry into you and your life experiences.
- explore relationship of different parts of your body.
- find appropriate practices that support your capacity to pause between the stimuli and the response so you can make choice.
- to be awoken for a full life experiences of joy, peace and freedom and to be able to get into relationship to it.

Our practice is included activities and exercises for:

- self-reflection
- self-regulation
- deep breathing
- self-awareness
- self-exploration
- grounding practices
- yoga postures (asana)
- mudras (hand gestures)
- contemplation / meditation



This work is great for everyone in any ages, especially for those who are experiencing stress, pain, vexation, anxiety, depression and trauma. It involves both physical work and emotional work in which appropriate to your age (7 to 100+ years old) to help to balance your physical health, emotional intergration, intellectual awareness and spiritual practice.

\*\* Somatic embodiment mindfulness yoga meditation is one of ancient movement and stillness practices that helps you to feel and sense yourself in doing and being right here right now. In short, it is a practice of **Being Presence**.



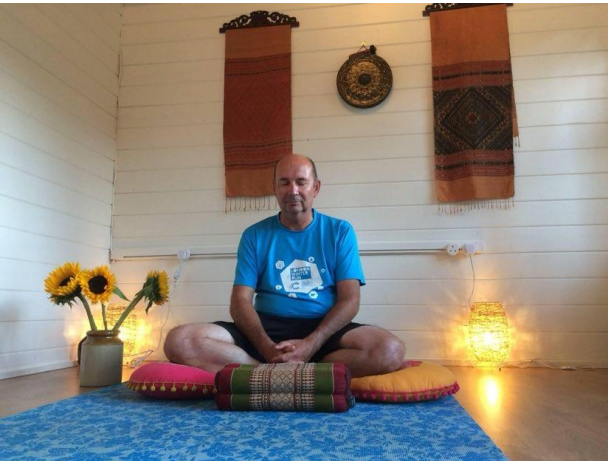
I will guide you step by step to tuning into your physical body sensations, your feelings, your emotional state, your posture, your breathing, your patterns of thinking and reacting with curiosity and compassion and acknowledging your possibilities to help you see the truth for yourself which will liberate you.

This is a practice of **transforming your relationship to yourself.**

# activities & exercises 1

## compassionate inquiry (self-reflection)

I want you to be happy, to be free from whatever it is that is holding you back and be able to fully enjoy your life. This is the place where we have some small chats with simple questions and simple exercises related to your feelings and emotional state to help you to understand what is going on in you and what happened to you. You are in control of these small chats.



Compassionate inquiry is a self-reflection practice with simple exercises to help you to see for yourself how you form a sense about yourself and others.

I invite you to do this with curiosity, honesty, creativity, compassion, fearlessness and openness to:

- look into your difficulties, problems and
- look at all life factors, life experiences, perception (point of view) that contribute to your illness, disconnection, stress, anxiety, depression, pain or trauma

so that you get to know yourself, to accept yourself, to love yourself, acknowledge your possibilities and change your life.

## activities & exercises 2

### **Vibrating yourself by using audible breath/sound & spontaneous movement**

Sound and vibration are amazing shape changers. I will introduce you to a stream of **sounds** (audible breaths) and **spontaneous movements** to:

- unlock your structures
- invite movement of fluid into your tissues
- optimise your tissues' & nerves' capacity and functions
- penetrate deep into your stressed, traumatised, starved tissues to release whatever is being held there
- mobilise the paralytic system (unchanging information) whether in your body, your nerves, your thoughts or your belief system





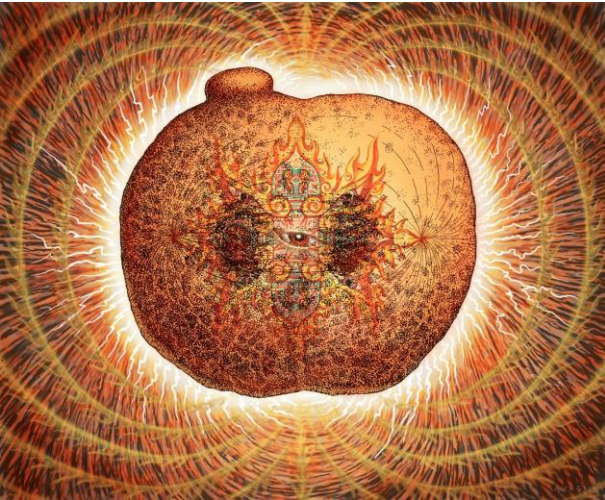
In short, you are vibrating and stimulating your body with audible breath/sound to soothe and loosen what is stuck, dense & tight.

The invitation is for you to travel deeper into yourself and stay present with the invisible connection that you already have to nature and all forces of life. My teacher told me once *“as you step into your garden, the trees already know you are here!”*.



# activities & exercises 3

## **embody the process of embryological development**



From embryo development to become a full person, many structures in our body disappeared (be absorbed) and become our other body structures & functions. The disappeared structures leave the pathway (energy, space and creation's information) of what we had created from cells to be able to support our growth as we leave our mother womb. This approach helps to awakening you to your inner-self!

Our development in the womb has a universal influence on our physical, perceptual, emotional, and cognitive functioning; that shapes how we bond, defend, learn, organise, and sequence information, and how we relate to ourselves, to others, and to the world.

In this time of development, all your tissues including the bones, nervous system, fat, immune system, muscles, bloods and more comes into being.



This is one of the main spiritual practices that help me to:

- regenerate my nerves & feeling liveliness
- embody peace when I don't feel peaceful
- be loving when I do not feel necessarily loving
- explore the invisible forces that are sustaining me
- re-build the body-postural tone, organs' tone & strength
- reconnect with my inner-self when the world is too much to take on
- Softening the egoistic mind to make room for the authentic mind

and I would like to share this practice with you. Revisiting how we create ourselves and exploring the early processes as adults can be eye-opening, transformational, and life changing.

# activities & exercises 4

## Yoga postures/gestures with release and relax focus

The yoga postures/movement sequences are designed for you to safely explore yourself, make a clear sensory distinction and integrate of different parts of your body as whole. It helps you the release the chronic and unconscious unnecessary contraction of your muscular system that caused some stress & anxiety in your tissues.



Exercises are gentle, slow, small movements/yoga postures, and highly personalised to open up you to yourself. The variations of these movements/poses are **pleasurable and enjoyable** and aiming to work with the sensory-motor part of your brain to stimulate meaningful changes.

This element is especially suited to help you in reducing chronic pain, increasing ease and smooth in your movement, increasing your brain learning capacity, releasing stress, anxiety, depression, PTSD and trauma.

This also helps to you balance the movement both sides of your body, bring balance into your skeletal system and breathing system, release strain and stress in your tissues, well-organising from inside out. This is a necessary and a great preparation for you go into meditation and moving in life with greater ease and comfort.

These sequences are creating condition to facilitate the learning capacity of your nervous system and working directly to your brain for you to :

- self-regulate
- breathe calmly & pay attention to yourself
- see how different movements and postures affect you
- form a deep relationship with your internal sensory system
- see that you are changeable
- have a sense of time that allow you to accept the “what is” and “this shall pass” (this is important in helping overcome trauma)
- learn to contain yourself and to safely experience your body
- feel safe enough to feel things that you may be afraid, otherwise, to feel, especially when you do not really want to feel what you feel and know what you know
- release the unnecessary contraction of your postural muscles/tissues & thoughts.



## activities & exercises 5

### **Yoga postures/gestures with physical challenges**

This class is designed for you to experience yourself in various challenges. Yoga postures in this class are challenging to your body.

This is also another great way to help you release stress, anxiety, depression, PTSD and trauma.



It is an invitation for you to play, explore, inquire and study yourself moment to moment so that you can:

- breathe calmly & pay attention to yourself
- see how different movements and postures affect you
- form a deep relationship with your internal sensory system
- see that you are changeable
- have a sense of time that allows you to accept the “what is” and “this shall pass” (this is important in helping overcome trauma)
- learn to contain yourself and to safely experience your body
- feel safe enough to feel things that you may, otherwise, be afraid to feel, especially when you do not really want to feel what you feel and know what you know
- stay focused
- know how to integrate the whole of you
- utilise your inner supports to go through challenges with greater ease and comfort.



# activities & exercises 6

## Awareness through your body

The **game-like** approach helps to enhance concentration, relaxation and self-knowledge in **children, teens and adults**. It helps to explore your body and through your body awaken the consciousness of your entire being and all the parts that form it.



These activities and exercises are focusing on Attention – Concentration-Relaxation and for self-discovery and self-mastery practitioners. You are invited to:

- Come into contact with your inner-self & expand your consciousness.
- Learn your boundary and learn to take responsibility.
- Explore different planes of your being and the depth of yourself.
- Using your senses in a more complete way in which free from judgment and pre-conceived ideas.

# activities & exercises 7

## Contemplation/ meditation

There are 2 basic systems to help you to enjoy your sitting meditation:

- Skeleton system: when your skeleton system is well-organised, you will have a support system that is not in conflict with itself.
- Breathing system: when this energy system is moving regularly in a rhythmic and freely, your breath will go to modulate your lower brain which will help to quiet your nervous system.

When these 2 systems are in balance and quiet, you don't have to struggling with sitting meditation.







This approach is to develop a new and more direct relationship with your body, your feelings, your emotions and sensation in the present moment while you are in your “baby meditation posture” (lying down) and “adults meditation posture” (sitting up). This is a journey of discovery of yourself and the unity of your nature and mature itself.

You are invited to establish a very clear and positive intention towards your body and learn to pay attention to your core self/ authentic-self (your gut feeling) and the life that lies behind and beneath your thinking, your name, your form and is in the roots of your emotional and physical life.

and more.....so that you can be deeply grounded, rooted, reconnect to yourself and something beyond you, find your inner peace and the stress resilience you need to move through difficulties.

# activities & exercises 8

## Mindful attention & daily practice

This approach is mingling and interweaving all main approaches above. I had seen myself to be at peace, calm and stay present when I was on my mat/cushion but just a few hours later, I am back to my life with other obligations, I lost it. Why???? This stuck with me for a long while.

I find that daily practice is the coolest thing. It helps me to go through many “cold winters” and “dark days” with greater ease and find ways to ground and root myself so that the challenges can move through.

This approach is packed with simple exercises that you can do in a maximum of 5 minutes. If you are up to it, you can do this 3 times per day:

- when you wake up and are still on the bed
- after lunch
- before you sleep





We were born with many brain circuitries. They are there for our genuine needs. Some of our brain circuitries are essential for love, attachment-connection, self-regulation, curiosity and more.

When we were an infant, we were present all the time and very connected to our own gut feelings, knowing what we need\*\*. The question is why those get lost when we become adults?

I hope these short exercises of daily practice will do it magically for you as it does for me and others.

\*\* My understanding about a person's genuine needs when we were born are connection, love and being loved, be accepted for who we are and have the freedom to express our emotions.

You will find many videos of daily practice on my YouTube channel.

## How often to do the practice

These main approaches help to deepen, root and ground the resources that lie deep within you.

Strangely enough, the more we tune in, the more open we are to life with much more comfort and ease. It might not appear as such when you first start but it will with practice and perseverance.

You can do these lessons as often as you like. Ideally, take a break of at least one hour between each lesson so your brain and body have time to absorb and integrate the new learning.

If you do them consistently you will enjoy a process of steady improvement.



## What to do when the lesson over

### **How to maximise the benefits**

When you do your practice, some of your old, habitual patterns become released, and your brain and body has an opportunity to access new options for your posture, movement, self-use, thinking and feeling (perception).

When you finish your practice, you may notice a wide range of changes and improvements in your body and posture, ease and range of movement, breathing, a natural flow and sense of well-being.

To enjoy the fullest rewards, when the practice is over, take some time to notice the changes that have taken place. Your awareness in the hours immediately following a practice is powerful and can help to maximise the practice's effectiveness.





After doing a lesson, pay attention to yourself in a relaxed, non-critical way. You can support the new learning and improvements that have taken place by resting or going for a relaxing walk.

Please wear good shoes and avoid carrying a heavy bag. Check in with yourself occasionally to notice changes in the way you move, breathe, think, and feel.

The benefits of the practice may be diminished if you go immediately into a stressful situation in which you are unable to pay attention to yourself.



## a little note on awareness

In teaching, the Buddha said:

*“ when the monks have anger, they are aware there is an anger in me. When the monks experience joy, the monks are aware there is joy in me”.*

Another way to say this is you do not identify yourself with emotions. You notice that it is in you but it is not you. **Awareness is space in which things can arise.**

## Which part of our brain is activated when there is awareness there?

The more unconscious and traumatised we are, the more the evolutionary primitive part of our brain is activated.

- the hind brain which is the reptilian, mammalian part of our brain, the flight, freeze or fly response.
- the limbic system which is the emotional part of our brain. When we are getting old, we lose our memory and our emotional unconscious interpretation of the world).
- the prefrontal cortex which gives us reflection, empathy, consciousness and awareness.







For example, on the same day, I can come from any of those parts of my brain, depending on what state I am in, how much conscious I have, how much present I have.

The awareness is the **integration** of all those parts, I believe, which the prefrontal cortex is in charge. All other parts of the brain have not disappeared. They are essential for my survival, but they **do not dominate** my behaviours.

The more my behaviours and responses stem from the unconscious part of my brain (the childhood part, the defences' part), the less aware I am capable of being.

## a little note on trauma

Before we make the world with our mind, the world creates our mind. Our interpretation about the world came from very early in life. When there were bad things happened to us when we were a child or any phase in life, we might still look at the world with unconscious eyes of a wounded child.

Trauma are **not** the same as:

- suffering
- pain
- fear

Those are natural responses to events.

Trauma is when we get stuck somehow on those events and their impacts on us. It is a hidden wound that you carry in you after a painful event. It is NOT what happened to you. Trauma is what is happening in you after what happened to you. You lost contact with yourself as a result of trauma. In short, **trauma is a disconnection.**





\*\* A child can be wounded by somebody doing a bad thing to them or do not meet a child's essential needs (love, attachment, be accepted and freedom to explore their own emotions).

Trauma could be seen as:

- an open raw wound: it is painful anytime something or someone touches it. In short, it is easily triggered and you are very sensitive.

and

- a scar tissue with no nerve endings (it wrapped around the wound and you are stuck with it): you cannot feel and sense yourself. In short, you lose the connection to the self.

In short, trauma is the sustaining wound that you are carrying. It locked your potential growth to be who you actually are and it is a root of many dissociation and illness in a person.

## something I have learnt by heart

There are more activities and excises that I am using in your lessons but I cannot put all them down in words, but they are all for you to reconnect with yourself. For me, this is a long-life practice. To enjoy the life that I have been given, below are some things I have learnt by heart:



- pay attention to the tension.
- stay present and see how the past showing up.
- whatever time you spend outside, make sure you have exactly the same amount time to spend inside.
- don't be loyal to your suffering. You can be aware of it, hold the memory of it but do not let it affect your present moment, don't let it determine who you are and its impact on your eternal state.

I hope this practice we are going to do to together will give you an insight into yourself and improve your bodymind's health and what I am sharing has some meaning to you.

Thank you for choosing to work on yourself. Have a fantastic day and I look forward very much to seeing you at our lessons! Uyen 😊

Disclaimer:

uyen somatic embodiment mindfulness yoga meditation practice is not a substitute for medical or mental health treatment. If you have a medical or mental health condition, please consult your health care specialist about using these programmes.

I cannot offer any warranty for the effectiveness of the lessons.

Wishing you a wonderful time to work on yourself!

