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A Simple Practice to Harness Your Unshaming Power & Change Your Life

What if I claimed you no longer needed to feel yucky about yourself when shame, guilt or self-blame came knocking at your door? Well, it's true.

I developed a specific holistic set of tools for therapists and healing professionals to guide them in helping clients melt the shame freeze, the embarrassment burn, the stuckness of feeling unworthy. From my *Alchemy of Shame Transformation (AST) Model™*, I've extracted a key practice to share with everyday people so they could begin mastering the ability to shift shame at home and on the spot in their lives. I'd like to share this simple, gentle, yet powerful practice with you in this article. Although I can't predict exactly how this practice will impact you, what I can tell you is that when practiced regularly, this bodily intelligence will de-intensify shame's awful physical and emotional grip, so you can keep moving forward in a positive life direction.

When you've mastered this practice, this unshaming process will become your go-to response and you will find it harder to be triggered into a shame attack. In other words, you will be creating new neural pathways based upon self-worth, self-respect, greater confidence, and feeling more present and connected to yourself and others. **Plus, I give you four quick steps for how to access this go-to response during the eye of a shame freeze storm.**

Keep in mind, like any thawing process it can take some time; the deeper the freeze, the more time it takes to thaw. The good news is as the deep frozen core of shame, guilt and self-blame melts, the more YOU becomes available to experience life as the miracle it is and yourself as the true gift you are.

Navel Intelligence: Harnessing Your Secret Unshaming Power

The navel is at the center of all yoga traditions, and in the West it is considered the center of self, autonomy, and movement. For our purposes, it is the center of our unshaming world.

Try this practice when you are *not* experiencing a full blown shame attack. Practice it regularly so you are ready when the shame freeze hijacks you. (It has the added benefits of improved physical alignment, deeper breathing, and an authentic sense of resolve.) Or, just keep it in mind (and body) until you next find yourself in a shame corner and want to pop yourself out.

Ongoing Practice: Melt Shame's Freeze using Navel Intelligence

We are going to use a technique called *embodied imagination* where you imagine and feel something taking place in your body. In this case, specifically in and around your navel. It doesn't matter if you are sitting or standing. The most important part is that you not only see each step take place, but you also feel each happen in your body.

1. Allow yourself to sense your stomach area. As you get some idea how that is feeling for you, slowly but steadily allow your awareness to make its way to your navel.
2. Allow yourself to play around here. Without physically doing anything, imagine your navel wandering. Imagine it moves outward in an extended way from wherever it may be. Feel what that's like.
3. Then imagine your navel moves to your center, wherever it's most neutral position would be. Notice what that's like.
4. From neutral navel, imagine your navel moving inward toward your stomach but not in a forced sucked in way. Notice what that's like.
5. Now play around on your own imaging your navel moving until you find that sweet spot where when it lands there in your mind and body you feel most calm, most confident, most connected to yourself, and the least amount of effort in being present.
6. Then let yourself think about an embarrassing or even shaming experiencing. It could have been last night, last week, last year or 40 years ago. Notice how you feel now. Do a quick scan of your body to get a sense of how it feels. And notice specifically the position of your navel.
7. Allow yourself to imagine your navel moving back to your sweet spot, your neutral navel where you felt calmer, more confident, connected to yourself and present.
8. Take your time. Remember, body time is 3x slower than cognitive time so don't rush.
9. Notice how you feel now. Any relief? Do you feel more like yourself or how you want to feel?
10. Now that you found or are close to experiencing your navel's sweet spot again, bring to mind a time when you felt really connected in a social way to one person or a group. It could have been on a date, a party, as part of a team effort. You want to choose something that was a strong enough experience that you can feel in your body and that was

completely positive. Again, it could have been last night, last week, last year, or 40 years ago. Feel this experience in your body. Is your shame freeze melting??

11. Practice this a couple of times a week for 3 or 4 weeks and see what you notice shifting in your LIFE...

Practiced regularly people commonly find

They feel more like their adult self

They feel they have the ability to set a boundary for themselves if necessary

They feel more confident

They feel more connected to themselves, sometimes other people

They feel more ease in their body

On the Spot Unshaming: When you are becoming your Shame Freeze

1. Locate your navel by feeling how close or how far it is from your neutral sweet spot
2. Imagine your navel moving to its neutral sweet spot
3. Allow it to find its sweet spot and hang out there for a few seconds.
4. Now that you found or are close to experiencing your neutral navel sweet spot, bring to mind a time when you felt really connected in a social way to one person or a group. You want to choose something that was a strong enough experience that you can feel in your body and that was completely positive. Again, it could have been last night, last week, last year, or 40 years ago. Feel this experience in your body. Is your shame freeze melting??

Signs that your shame is shifting toward empowerment

You might experience your chest floating upward and your head following.

Your gaze may be directed more center and not straight down at the ground.

Your sternum may feel more expanded and your shoulders a little wider.

Your chin may be moving upward a bit.

To your surprise your stomach may be feeling calmer again.

In this unshaming process, people often find

They regain their ability to move, to speak, to think and act on their own behalf.

They stop acting stuck because they have an embodied experience of *not* being stuck.

They give up feeling yucky because at the very core they feel connected to themselves, their worth, and their warmth.

Keep in mind, this practice was not developed for just anybody. It was developed for *you*. No special skills, or a super yoga lifestyle, or a specific body type, or personality profile is required. *You* can experience its unshaming benefits! Just find your navel...

Please post on the AST community blog (re-embodylife.com/blog) how using navel intelligence is impacting your life, or contact me directly at caryn@re-embodylife.com.

Here's to your shame-free health!

Caryn