

**The Body Intelligence Summit™**  
**How Body Intelligence is Changing Corporations Paving the Way For a**  
**New Era of Corporate Leadership**  
**With Diana Chapman and Jim Dethmer**  
**February 12, 2014**

[0:00:00]

Lamara: Hi welcome to the Body Intelligence Summit, this is day 3 and I am delighted to be here. This is Lamara Heartwell, your host today. The Body Intelligence Summit is a production of The Shift Network, which has been a fabulous team of people to work with, and right now, the speakers we get to dive in with are Jim Dethmer and Diana Chapman. I'm so grateful you guys are here. Welcome, welcome.

Diana: Thank you.

Jim: Great to be here.

Lamara: So I'd like to let the listeners know a little bit about you two. I am really excited to have Diana and Jim be joining us and they are both working with Body intelligence with BQ in the corporate world and have some powerful things to share with us and regards to how body intelligence is creating transformation for not only people personally but how that can affect an entire organization. So I think you'll find you'll be very inspired by what these two have to share.

They have cocreated, they're the founders of the Conscious Leadership group and the Conscious Leadership Group brings the 15 commitments of conscious leaders to committed leaders all over the world. I also want to let everyone know that Jim and Diana have put together a book they have just completed and is it published yet? Have you guys published your book?

Diana: It will be out October 1<sup>st</sup>.

Lamara: Okay. So they have just completed writing a book and as you heard, it will be out October 1<sup>st</sup> about the 15 commitments of conscious leadership. If you want to check out more about that, you can click on [ConsciousLeadershipForm.com](http://ConsciousLeadershipForm.com). Jim he has been bringing body intelligence to the corporate world for quite some time now. He has coached CEOs and their teams from Fortune 500 companies to

entrepreneurial startups for the last 25 years. So he's got a wealth of knowledge to share with us today. Diana she has worked with 700 top tier organizational leaders primarily CEOs and many of their executive teams and is a regular moderator and retreat facilitator for YPO forums and chapters.

So you two are a dynamic powerful duo and I am thrilled you're both here.

Diana: Thank you.

Lamara: So our session topic here today is how body intelligence is changing corporations and is paving the way for a new era of corporate leadership. Diana and Jim, I'd like to pass it over to you two to share more with us about that of what's happening in your work with CEOs and therefore how it's influencing the organizations and specifically in regards to body intelligence. Yeah I'd love to hear what is lighting you guys up the most about your work in that way?

Jim: Tamara I'll kick it off. The reason Diana and I are passionate about bringing body intelligence into the corporate world is because the old paradigms of leadership in the corporate world and in the world in general as you and most of the listeners know simply are not working. They're not sustainable. In the corporate world especially you know, the primary paradigm of leadership was rooted in the mind, in thinking, in IQ, in the ability to make fast, rational, data driven decisions. Of course, there's absolutely nothing wrong with that. It's essential. We're not saying that the new paradigm of leaders won't engage their minds and the minds of their teams of course they will. But when you look at the new speed that organizations are living at and the transformational realities of the world the mind alone is not adequate for the leadership challenge that the people we work with are being met by every day.

So the entire conversation around the body and body intelligence and how does it fit into the typical corporate world is an emerging I'd say exploding conversation.

**[0:05:12]**

Diana: Uh-hum.

Jim: And it affects many, many things that leaders are experiencing day and day out and how we can highlight several of those but that would be my first kickoff. We're passionate about this because the old paradigm primarily centered in the mind is not adequate for the new challenges

and the new possibilities that are emerging in the world of corporate leadership.

Lamara: Beautiful and will you elaborate on that? Like what differences are you seeing and witnessing by having these folks in the corporate world adopt this new model of engaging the body and not be having the model be driven by the mind only or making choices from a more rational place?

Jim: Good. I'd be glad to. So let me just pick a couple so we could go on for a long period of time. Let me just pick a couple for us to bring into the conversation. So one of the areas where body intelligence is tremendously important is in entire field of emotional intelligence. So as you know and I'm sure many of the listeners know, emotional intelligence is a field that has actually gained tremendous credibility in the corporate world in the last 20 years. Some key publications, some key research has been done to show that over time actually emotional intelligence trumps IQ, EQ trumps IQ for individual's career paths and sustainability of their career and so many different things.

So at least in the last 20 years people have understood that if you will the head alone and the bright mind is not enough. We need a heart and so they introduced the idea of emotional intelligence. Now what we discover is that it's actually impossible to be emotionally intelligent without being deeply connected to the body.

Lamara: Uh-hum.

Jim: So in order to experience emotional intelligence in the workplace, one needs to be able to tune into the body and recognize energetic patterns in the body. Because what is emotional intelligence? Emotional intelligence is many things but one of the thing is do I have the capacity to identify my current emotional experience and then do I have the capacity to be with my emotional experience in a way that is collaborative and contributive to the work product either individually or in a team. Then next can I be with another in their emotional experience and be with them in a way that's collaborative.

Now what is emotion? It's only energy in motion. It's energy in the body so what we do with readers is we teach them how to tune into the body as a reliable feedback mechanism for what feeling states are currently here. We teach what we call the five primary or core feel is sad, scared, angry, joy and sexual feelings. We teacher leaders how to reliably check into the body, feel those various energies, be with them from a place of love and acceptance and then learn from them which is really emotional

intelligence, all emotions are gifts of intelligence. Learn from them so that they can make better, faster, more reliable decisions that are good for themselves and the organization and the collective.

So again the first point I'd make is you can't be emotionally intelligence, which is a buzzword in corporate America. Apart from the body you can't get to emotions through the mind. You can label them. You could have a cognitive or intellectual discussion about them but that wouldn't actually give you emotional intelligence. The only way to have true emotional intelligence is to be connected in a friendly and reliable way to the body because that's where emotions show up. So that will be one example of how body intelligence BQ is the cutting edge of changing the corporate world. I'm a better leader, I'm a better individual contributor and we team better. The more we can be with emotions in a productive, reliable and transformational way and the only way to do that is through the body.

Lamara: Uh-hum.

Jim: So that would be one example. Another way that we see it transforming the work world is that the nature of the world today is that decisions need to be made so much faster. When we look at the centers of intelligence if you just take a simple paradigm like the head, the heart, the gut or the head, the heart, the gut, and the body if all I rely on in decision making is the head, I cut off myself from incredibly important information that comes to me through the body and quite frankly and this is a big one that we teach all of our leaders, the body is far faster at making decisions than the head is.

**[0:10:26]**

Lamara: Oh that's such a powerful --

Jim: It's **[0:10:27] [Indiscernible]**

Lamara: --point Jim. That's such a powerful --

Jim: Right.

Lamara: -- piece for people to get to hear and that you guys have had this direct experience and literally witnessed it time and time again probably that people are able to make reliable, faster, better, smarter decisions by engaging their whole body and not just using the faculty of the mind. So I mean that right there just blows the old model out of the water to have it be so fixated on our cognitive abilities in order to make decisions. Diana,

I'd love to have you elaborate on this if there's anything you'd like to add in.

Diana: Yeah. Jim and I are here on a retreat with ten organizational leaders from the Bay Area and we were asking them this morning you know, how do they experience BQ currently and you know, how is it valuable to them. One gentleman spoke up. He's right in the middle of starting this startup in the tech world and he was saying that he needed to make a decision on staff and that obviously speed is really important right now to get up off the ground. He was saying that he was using what we call a whole body yes to decide who he wanted to bring on to his team. He said that there was one person in particular that looking at the resume looked like the perfect person but when he tuned in, he didn't have a whole body yes to bringing that person on board. He was listening to that instinct inside of him and they took a path and brought in a couple of other folks that he now really believed in hindsight were better choices and might not have been able to see that in the moment. But he said that trust in that instinctual intelligence was so quick and fast and has been really valuable in his ability to move quickly to get his needs met to get his organization up off the ground.

Lamara: That's such an important piece because it's so easy to think oh, okay let's just look at all of our options here with all the "statistics" on paper and I imagine there's tons of organizations that have made decisions that way. Yet at the same time like as you were describing that day and I was reeling back through my life and witnessing other people as well how often we are using that instinct to make a decision even though something may look better on paper to go another direction or choose another person. So it's fascinating to wonder how much we already are all of using these instincts and yet we're maybe denying it to a certain degree or just not bringing it out into the open as much as we could to then therefore have that lead us instead of have it be in the background.

Diana: Right. One of the things that we're noticing is if all the teams understand this instinctual intelligence and value it then especially those who have more access to it don't suppress their intelligence because they don't have an intellectual capacity to explain it. So we're just seeing that there's more of an honoring of that as part of the three centers of intelligence that we all get to use. I think that that's been very relieving for those who do find that their instincts as leaders are strong and are very grateful for the valuing of that in ways we haven't seen 10, 15 years ago.

Lamara: Great.

Jim: So there's something happening in the corporate world because in recent years and for really good reasons there's been a tremendous bias towards what is called data driven decisions with programs like six sigma and things like that. You sit in corporate boardrooms and in corporate leadership centers and people say we're going to be data driven.

Lamara: Wow.

Jim: Part of what they're saying when they say that is we want to get rid of emotion. It's not

Lamara: [Laughs]

Jim: -- we don't want to make decisions based on emotion. We don't want to make decisions based on instinct or intuition. We want to be data driven. Of course from our perspective that's wonderful to have data. Data is a very useful source of cognitive information. It gives the mind lots of things to do. But if I literally and we've been in many companies where they say this, we want to remove emotions from the decision making process. First of all it's absurd and totally impossible. Second, you set yourself up for cataclysmic problems.

**[0:15:23]**

So it's not that we don't want to see corporations practice six sigma or data driven decision making. It's just that once all the data is on the table, if we're going to put all the data on the table that's great. Let's have a conversation about that and then let's all tune into our feeling states. How do feel about this and get the wisdom of the feelings. Then the third and we believe increasingly central one is everybody tune into their bodies. So now you know, we're deciding whether to put a new plant in India and all the data is out and people will share their feelings I'm scared, I'm excited, I have some anger about it because I wanted to put it in Ireland or whatever.

Then we say great, now tune into your body. Several people say, this is really weird. I feel nauseous. I feel tightness in the back of my neck, I feel my jaw clenching. We're just asking them to report body sensations and then we say for example if that nausea could speak, what would it say? If that tension in the jaw could speak, what would it say? All we're doing is at a friendly way to corporate America most support for America inviting them to know the wisdom of the body.

Of course what we discover is over and over again people say all the data said go this way, my stomach said I'm nauseous. I follow the data and it was a horrible decision.

Lamara: Oh that so light me up. [Laughs] It so lights me up I'm imagining--

Jim: Yeah.

Lamara: --yeah that just having you two take a stand for this with the CEOs that you're working with, with the organizations and businesses that you're working with to walk through those corporate doors and take a stand for this how powerful it is. I imagine there's a huge exhale going on with a lot of these people to be able to be given permission to listen to other aspects of themselves. I know for myself and my own journey of diving deep into my body and tuning into the wisdom that lives in myself it's been an exhale in my journey and to have the corporate world where it's so headstrong, way more than anywhere else I've seen. So yeah I just really honor what you guys are bringing and the possibilities that are opening for that that I imagine is transferring to all the people that you're working with not only transferring how they're running their business but how they are in their personal life and the transformation there.

Diana: Yeah. One of the leaders we asked the question to he said I can't even imagine what it would be like to not have my body intelligence accessible in my personal life. I can't imagine going back because I feel like I have access to all kinds of parts of me now, the wholeness I experience is profound. We find that when we teach this in the corporate world we get lots of people reporting back of how different their personal lives are when they include BQ.

Lamara: Uh-hum.

Jim: You know, I think to speak realistically about what we're experiencing Lamara, there is a big exhale as you said on the part of many people. There's also a big constriction in breathing on the part of many people. [Laughs]

Lamara: Oh yeah.

Jim: If they're scared right? So --

Lamara: Yeah.

Jim: --you know, if I went to undergraduate and then I got my MBA and I was taught about analytics and I was taught that traditional patterns of decision making and leadership and now all of a sudden I'm realizing that those are not really sustainable as I once thought they were.

Lamara: Yeah.

Jim: They don't lead to the best decision making and now I have to learn about feelings and I have to tune into my body for many people that's a terrifying experience. It moves them into the realm of the unknown and I think one of the things that Diana and I do well and probably others who are doing this in the field like we are is we're good at shepherding people through that fear.

Lamara: Yeah.

Jim: Because that fear is normal. We're inviting them to play a totally new game and from their perspective the stakes are really high. [Laughs]

**[0:20:01]**

Lamara: Yeah. For all of us. It's unfamiliar. I mean if we just take a look at how we've all been brought up in this culture, in this time it's pretty across the board. We've all been modelled and taught to be navigating and leading with our rational mind. So it is, it's unfamiliar and it's new and like anything else at first it's we have some soreness and some aches and some contraction in response to it. It's like starting a new workout schedule and then over time it's like okay the muscles build. It gets easier and then it starts to get more fun. Yeah and I'm just seeing the bigger picture here of what's happening in our collective humanity. Where the systems are falling short with focusing too narrow and too limited into one particular model particularly in the whole healthcare, health and wellness field, which is what I have studied most in my lifetime and how the one approach is just not working. I mean not that western medicine doesn't have a place. It certain does and people are just waking up all over the place and seeing how limited it is. The importance of having a bigger view and taking in other aspects and having more of the holistic model which I like to call in this realm the full spectrum intelligence where we are really honoring all aspects of ourselves, all faculties and have all systems turned on and ready to go.

So I just I'm so excited imagining companies all across this country and beyond getting to have this new model and have this culture change and the impacts of that.



Diana: Yeah and I want to follow up on Jim's comment because you know, one of the things that is happening in this – these leaders are having to go to the unknown either new practices and also they're in the unknown because – or move into a world of emerging complexity where you can't make the same kinds of predictions you were able to do in the past.

Lamara: Uh-hum.

Diana: So there is more of this people being gripped by the fear that they experience as they enter into the unknown. So BG is one of our favorite tools, you know, the ability to move the body and use your breath and movement and sound to presence fear and find different ways to hold your physical body to change the way you're thinking in relationship to the unknown. That's one of our favorite centers is that body center for presencing and moving and through fear of the unknown.

Lamara: Wow. Well I would love to have either of you share something with our listeners right now where they can have a direct experience of your work and actually get to engage their body intelligence right now while we're on the call.

Jim: Oh, fun. okay. [Laughs] So here's what I would invite to do. We'll go through a very simpler process that we take our leaders through around locating feelings or emotions in the body. It's very simple. Begin by just simply taking a couple of conscious centered breaths deep down in the belly just to engage the whole body and to get here into this now moment. Then as you take those centered breaths, simply ask yourself this first question which is an emotional intelligence question, what am I feeling in this moment, what am I feeling?

To make it real simple just work with what we call the five core emotions. Is there sadness here? Is there anger? Is there fear? Is there joy or is there sexual energy? For many people they could have 2, 3, 4 or all 5 but all we're inviting you to do right now is notice what feeling state is here. It doesn't have to be an intense feeling. If anger is here it could just be a little mild irritation, frustration. If sadness is here, it could just be a little melancholy or blue, a little flatness. If fear is here it could just be a little bit of apprehension or anxiety. If joy is here, it could be showing up as peace or equanimity. Sexual energy often doesn't even have anything to do with the erogenous zones. It's just the flow of life force in the body. There might be an uprising of energy that's really creative sexual energy. So just whatever feeling is here right now just name it, start there.

[0:25:15]

Now that's where a lot of emotional intelligence work stops. We actually just call that emotional literacy. Can I just name the feeling states, which is a big step for many of us in the present moment, what feeling is here. But let's go for body intelligence. So whatever feeling state is here and just take one of them, the next question is where is that feeling in the body. Again you don't have to be right about this. The mind is going to want to interpret and put paradigms and just let it do what it does but just locate where is the anger in the body, where is the sadness, the fear, the joy or the sexual energy. Just notice where it is.

Now this is a big one for us, in this moment, would you be willing to just let the sensation be there? So let's imagine that your anger is showing up in tightness in the back of the neck or if your fear is showing up in butterflies in the belly or if your sadness is feeling like a weight in the middle of your chest, in this moment could you just simply let it be here? With no need to even label it let alone make it go away, could you just open? It's just energy moving in and on and through the body. So could you just let it be as best you can? Don't worry about doing it wrong. As you do that then add a little breath to it so you're breathing and you're tuning into the sensation in the body.

Now if you want to go further we invite you to do what we call magic but we're going to let your expression match your experience. So wherever that sensation is in the body if that sensation could make the sound not so much words. It's not about speaking. If the sensation could make a sound, what sound would it make. It might just be a whimpering, it might be a groan, it might be a giggle. It could be a grrr. It could be a scream. You're just letting the sensation make the sound that it would make, you're matching it. So where is the sensation? Could you let it be here and now could you match it with a sound?

Now if you went one step further with this, stay tuned into that sensation. By the way what we find is many people at this point the sensation is going away. There's a reason for that. Emotions only last a few seconds in the body if we actually presence them and let them move through. If we block them, they can turn into calcified resentment that can last for decades.

Lamara:

Wow.

Jim:

But if you'll just locate it, label it, grieve with it and match it with a sound, it's often gone and that's okay if it's gone, just find another sensation someplace else in the body. A living human being is a constant flow of sensation so just find another sensation.

Breathe, let that have a sound and now the third step is imagine that your body is like putty and you're going to let the body shape itself in a way to match the sensation. So the body might want to just kind of crumble the chest over the knees. The body might want to stop its feet. The body might want to just shake, just let the body quiver as much as it does. Again you're not trying to figure this out, you're not trying to make sense of this. You're letting the body lead the way. You're just matching experience with expression.

Now if we just stopped here and people did this practice, a practice we teach all of our leaders in our experience they would find a dramatic shift in their life because they're letting the body do what the body is absolutely fabulous at which is feel and release emotions. Bodies are made to take in, process and let go whether it's food or water or breathe, same thing with the emotion. It will just let the body have its sensation, support it with breath, match it with sound, match it with movement. It will just release all the way through.

**[0:30:05]**

We find that this is just a simple little practice that brings tremendous transformation to the life. Now the final stage of body wisdom for us comes by simply now asking that sensation does it have anything it wants to say to you? If a sensation is a quivering belly and the feeling state is fear you might ask the sensation what does it want me to pay attention to? Here's an invitation to pay attention to wake up. What am I not fully paying attention to? What am I not seeing? The body will give you the wisdom. It's not yours to figure out. If the energy is tightness in the shoulders, the jaw, the back often that's anger. You might ask that sensation what is no longer of service in my life? To what or whom do I need to say stop?

Anger is the energy of stop. It's actually the energy of destruction. Without anger, we never get rid of that which is no longer of service to us. If the feeling state is sadness there might be pressure in the chest or tears in the eyes or pressure in front of the face. You could just simply say what needs to be let go of. Sadness is the energy of letting go. Maybe a belief needs to be let go of or a relationship and sadness is just inviting the letting go because when we let go, we create the possibility for the new thing that wants to emerge.

So again this is just four or five minutes but this little practice name a feeling, locate it in the body. Give it breath. Match it with sound and movement until releases through the body and then simply ask the body these wisdom questions and what we find is the information that the

body gives, this deep intuitive organic cellular knowing is incredibly reliable. One of my favorite teachers says intuition is only right 100% of the time.

Lamara: [Laughs]

Jim: And intuition often, not always but often comes to us through the body. So that would be a simple practice Lamara, if that is useful to you about the kind of --

Lamara: Oh it's brilliant. [Laughs] It's fantastic. Thank you so much, really powerful, Jim. Before hopping into anything else I want to invite the listeners if anyone has a question they would like to ask Jim or Diana please go ahead and feel free to type your questions in on your web link and I'll be taking them for you.

Yeah the simplicity of that Jim, is so powerful and a couple of things that I want to accent that you shared is how quickly the body moves things through. Immediately as I went on the journey with you and I was referencing in comparison how long the mind can take to process something and not only that but make it more complex and cruise off into stories and really take us away from what's happening. That that piece of the simplicity of how quickly we can move things through the body that actually feelings can just be moved through in a few moments is such an important valuable piece to share and for people to get to example. Hopefully the listeners got to experience that directly because I think that's one of the big reasons why we've trained ourselves to resist going into that place. Because it's like oh it's going to be this tidal wave that I'm going to go down in and I may never come out of or you know, whatever the concern is to really connect with your feelings and then to move it through your body. Yeah.

Jim: You know, it's fascinating I think it was Joe Bolte Taylor in The Stroke of Insight, the Harvard Trained Brain Researcher who said that emotions actually only last 90 seconds and if all you do is use the body as a conduit for moving emotion through that's absolutely true. In fact in our experience, in Diana's and my experience it's rare that an emotion lasts 90 seconds.

**[0:35:07]**

Lamara: Uh-hum.

Jim: That actually are much faster. Now the mind as I think you're brilliantly saying Lamara can keep the story going for decades and we actually call

those thought generated emotions. So if I decide that you've wronged me and I keep replaying that wronging with the mind, I bring up the video tape, I could hear your voice, I can see your angry face, I can remember the exact place we were, it's like a **[0:35:39] [Indiscernible]** that's cut. I can bring that back into the mind and chew on it literally for a lifetime. We all know people who have --

Lamara: Yeah.

Jim: And then of course what happened is it never gets moved through the body. It actually gets stuck in the body and then the body actually starts to take on that energy its literal posture, shape, form, disease all that stuff. Whereas if we just let the body do what the body is made to do if all of this stuff moves through at such a high rate of speed and --

Lamara: Uh-hum.

Jim: --of course all the feeling states are living in and on the natural peace that we are, the natural equanimity, the natural presence. So as we learn to just let those things vibrate through, we return continually back to the state of presence or peace or oneness whatever word you want to use. But I agree with you 100%, we work with so many leaders who want to keep staying stuck in the mental formation of the story. Of course when you do that, you can generate more feeling states. [Laughs]

Lamara: Yes.

Jim: But they're not really supportive or transformative and you don't learn much from it. Actually all you learn is that you are right that the other person is a jerk and they shouldn't have done it. But that's not a very high learning. [Laughs]

Lamara: Uh-hum. Jim I got --

Jim: **[0:37:01] [Indiscernible]**

Lamara: -- a question that's just come in that relates to what you're talking about. A woman named Colleen is asking what are the main obstacles to fully embracing the emotional intelligence model in the corporate world and/or the personal world. Diana would you like to respond to that?

Diana: Yes but say the first couple of words there?

Lamara: Yeah, what are the main obstacles to fully embracing the emotional intelligence model in the corporate world and/or the personal world?

Diana: Yeah I think a couple of things. I mean one is you know, on one level people who are in the corporate world say this –you know, I don't want to look stupid or weird makings sounds and moving my body so I would say you know, Jim and all of the others who are out there how we bring in body intelligence. One of the things we're having to overcome is looking silly and especially because we have school systems that taught us all to sit up straight and be quiet and lay still and we're having to override with that programming.

I think also a lot of us are afraid of the intelligence that this body wisdom is offering. So for example I have a client who has chronic neck pain when I had her come in to listen to what that pain was about, the intelligence there said I don't want to be in my marriage anymore. She didn't want to know that and took a long time just sitting with that before she finally called yesterday to tell me that she finally let her husband know she didn't want to be in the marriage and she said I haven't had neck pain for three weeks since I told him. It's been completely gone.

So that's another reason I think of intelligence and then I'll throw you know, people are afraid of the amount of energy. There is a lot of energy that come with connecting to body and we're finding that a lot of people are afraid of their energy. So they use caffeine and other things to energize themselves because if they really accessed all that energy, a lot of people are afraid what am I going to do with all of this. So there are a few things that come to mind -

Jim: **[0:39:16] [Indiscernible]** I'd come back to something you said in passing which is our experience with a lot of people we coach and that is if I really let my body feel its feelings like if I let the body be as sad as it is, many people believe they would never stop crying.

Lamara: Uh-hum.

Jim: Their heart would never stop being broken. If I let myself be --

Lamara: Uh-hum. Uh-hum.

Jim: If I let the mind be at angry as it is, people think I've killed somebody. Right? You know, or if I let myself be as scared as the body is these are the beliefs that the mind puts on top of the body. So I think what you said is absolutely true. So it takes a little bit of risking to find out that actually

that rarely occurs almost never. I've never met anybody who decided they were going to let the body be as sad as it is who's been crying for the last 20 years.

**[0:40:18]**

Lamara: Absolutely --

Jim: Like you don't **[0:40:19] [Indiscernible]**

Lamara: Uh-hum.

Jim: Right?

Diana: Right.

Jim: But if --

Lamara: Yeah like our bodies feel --

Jim: **[0:40:25] [Indiscernible]**

Lamara: Yeah I mean if we are holding it in our system it can feel like that because if we're holding, holding, holding --

Diana: Right.

Lamara: --over a period of hours or days then it does feel really intense and overwhelming and that if I were to let it out it would just go on forever. So it makes sense where the mind would hang on to that belief and think that that was the case so yeah.

Diana: We had another guy the other he said--

Jim: You know, the --

Diana: I was going to say we had a guy the other day who we were inviting to connect with anger and he said I'm afraid I'm literally going to destroy the office. You know, that his mind was so concerned about the intensity of all that backup.

Lamara: Yeah, yeah.

Diana: So we gave him the practice of helping him see that he could express it in a way that was friendly to himself and others. Also I think people are

afraid of provoking emotions in other people. You know, we all spend a lot of time controlling each other's emotion and so if I let myself be angry in front of you, I want to control your upset over there. That's another biggie is the fear of not being liked or creating some kind of a disturbance over an another.

Lamara: Yes, yes and to actually move with whatever is happening. I really liked how you were talking about that in the exercise Jim to actually match what's happening in your body with movement, which is certainly not something that's promoted in the social world whether you're in your office or at home. I just wanted to emphasize that piece too is it's certainly a personal passion of mine in working with people through movement to be able to move things through really quickly that it's transformational and powerful how quickly we can go right through something when we let our body actually do what it does.

That's definitely the through line that I'm hearing from both of you is really trusting your body and to be willing to trust your body and pass over the not to ditch the rational mind but to really let your body lead the way and then to experiment with it. Actually be a game and have it be something that you have a playful approach to it because you are opening up this new corridor and experimenting with something new.

Jim: We love that point. You know, one of the things, one of our 15 commitments in the corporate world is around the whole subject of play and not taking things seriously.

Lamara: Uh-hum.

Jim: And what you're talking about is true. If we can start to play with things including the body and its sensations and its movement it just creates an entirely different experience of life.

Lamara: Uh-hum.

Jim: The mind wants to make everything so serious and it does appear, I'm not discounting that, it does appear to the mind to be serious.

Lamara: Uh-hum.

Jim: **[0:43:42] [Indiscernible]**

Diana: Especially you know, when your stock price is on the line. You know, they can get --



Jim: Right.

Diana: They can really get caught in serious.

Lamara: Okay. We've got another question that just came in. I'm noticing that it's time to close as well. Let's see. Roy asked the question last now, he just that it – okay. Okay, got it. That last question was from Roy. I want to let the listeners know if you are interested in Diana and Matt's material and in working with them again you can go to [ConsciousLeadershipForm.com](http://ConsciousLeadershipForm.com). You can be staying tuned for their book that they're speaking of about 15 commitments. Sounds like we're getting a little bit of feedback here. I'm not sure which phone that's happening on. All right. It seems like it went away.

The power of presencing things. [Laughs]

Diana: [Laughs]

Lamara: I just presenced the phone giving feedback and it shifted. Okay. So let's see. Any last words as we wrap up here? Jim or Diana, would you like to leave the audience with one last piece here?

**[0:45:08]**

Diana: I would say one of the other big things we really support leaders with is you want to change your mind and particularly in the realm of being able to innovate more creatively than you've got to change your body. So helping people learn how to find new ways to move in their body, we see it directly connected to new ways of thinking.

Lamara: Hmm. Uh-hum. Thank you. Okay. Well this has been a fabulous and really rich call packed with so much good stuff I bow to both of you in bringing this work to the corporate world. It gives hope for a new –yeah a new paradigm shift that is actually already happening. We're just getting to watch it pop all over the place as I was speaking to a woman yesterday who's bringing it to the school world and here I am talking to you two bringing it into the corporate world. So yes, yes to that.

I also want to let the listeners know that Mark Metz and I are cohosting a podcast where we'll be continuing this conversation with leaders and experts in the realm of body intelligence. If you Google in your podcast category for conscious dancer or awakening your body intelligence you will find more on that.

I just thank you both again for joining us here and any last thing from you, Jim?

Jim: I have deep appreciation for you Lamara for hosting this and for everybody who's willing to just put their toe in the water in this exploration. I just have deep appreciation for what we're doing collectively about shifting the game so that will be my final saying just gratitude for what's occurring through this collective conversation.

Diana: Yes, thank you Lamara--

Lamara: Hmm.

Diana: --for leading the way in this --

Jim: Uh-hum.

Diana: --content and we're grateful.

Lamara: Me too. Yes it's happening. [Laughs]

Diana: [Laughs]

Lamara: Yes it's a very exciting time to be alive where we get to watch all of this sprouting and blossoming, yes, yes to that. Well thank you so much to all of our listeners as well. I bless you all and hope you're thoroughly enjoying this summit and there'll be more coming up, okay. Bye for now.

Jim: Bye-bye.

Diana: Bye.

**[0:47:50] End of Audio**

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