

Embodiment: Achieving Therapeutic Presence Through Your Heart-Brain-Body Connection

2024 ACEP Pre-Conference Handout
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This workshop is based on my recent #1 International Bestselling book *Embodying Grace: Trusting Yourself, Your Life and Your Divinity*. While reading the book is not a pre-requisite, I highly recommend purchasing the book so you can refer to it after our workshop. The material is based on the wisdom I've discovered and field tested over the past two decades working in traumatized communities and as a spiritual mentor using the Embodying Grace Framework including optimizing our Heart-Brain-Body connection, the 5 Stages of Embodied Grace, The Grace Process® and EFT.

The Importance of Therapeutic Presence

Emerging research indicates that therapeutic presence is an essential initial step in establishing a secure environment for clients and in fostering a strong therapeutic connection and effective therapy. Some of the components of therapeutic presence have been described as (1) being grounded and centered in oneself, while (2) feeling deeply immersed in the moment, with (3) a larger sense of expansion or spaciousness (Geller, S.M. 2017). Much like Heartmath research that substantiates neurophysiological changes we experience in heart coherence, Geller affirms her belief that therapeutic presence activates a neurological sense of safety and a sense of connectedness that leads to transformational change.

According to Heartmath findings, when we come into heart coherence our physiology regulates and we begin to feel safe in our bodies, our right prefrontal cortex—the spiritual part of our brain—is activated. Communication between the heart and the higher brain becomes harmonized with our innate human capacities. From this state, our ability to access forgiveness, love, compassion, intuition, connectedness, transcendence and oneness allows us to harness the energy of grace to receive the healing and transformation we desire (Childre, D. et. al., 2022, Leyden, L, 2023).

Therapeutic Presence with the Embodying Grace Framework

Refers to a healing arts professional's ability to be fully present in heart coherence by optimizing our Heart-Brain-Body connection.

When you are embodying grace, you are truly **personifying your spiritual journey** in a way that **allows you to trust yourself, your life and your divinity**. It means that you have a **sense of inner safety**, to be **fully present in your heart**, with **access to all you need in the moment for peace, healing and transformation**. When you are living your life in embodied grace, you are **able to**

navigate the challenges of life with a deeper love for yourself, compassion for the circumstances you find yourself in and a sense of connectedness with your divinity.

Now imagine holding space for your clients to do the same!

5 Stages of Embodied Grace Summary

Stage 1 - Separation: You continue to play out unconscious trauma-dramas that keep you in “suffer and struggle” mode leaving you to feel disconnected from the Divine, helpless, alone and a victim of external circumstances.

Stage 2 - Stirring: You continue to experience pain and disconnect in “suffer and struggle” but your heart begins to break open to a yearning for more meaning and purpose. You begin to seek answers in books, workshops, spiritual practices and spiritual teachers. This stirring tends to be the longest state for most individuals and the hardest to break out of.

Stage 3 - Surrender: You begin to experience intermittent moments of grace. Your pain and disconnect begins to conflict with your increasing yearning for more experiences of grace. You begin to realize that grace drops in instantaneously when you accept what you are experiencing in the moment as a Divine healing opportunity. From this place you begin to experience more and more gratitude, love, joy and wonder.

Stage 4 - Stillness: You are experiencing more and more moments of being fully present in your heart in states of deep receptivity. You begin to trust that in this state of stillness you have access to all that you need in the moment for peace, healing and transformation. You begin to receive more glimpses of yourself, others and circumstances as unique expressions of the Divine.

Stage 5: Synergy. You are consistently aware of when you're in Ego and choose to transcend it with greater ease for the good of your True Self. Characteristics of this stage include honoring and integrating all parts of yourself, optimizing the resonance field of your Heart-Brain-Body connection and consistently experiencing Oneness.

The Grace Process Formula

The Grace Process is a psychospiritual somatic-based formula for resetting your physiology and optimizing your Heart-Brain-Body connection for healing and transformation. Essentially, it is a method for healing the illusion of separation from the Divine One Heart so you can trust yourself to embody your most authentic, heart-centered self and step into your divine destiny—your unique purpose. We do this by transcending our negative egos, becoming heart coherent with the energy of grace to experience our own divinity. The Grace Process is the cornerstone of learning to embody and live from grace.

Definition of Grace

I define grace as a transcendent experience of remembering your oneness with All That Is. That sense of oneness or connectedness can be with yourself, other people, nature and the Divine One Heart. When we are in states of grace, we are aware of the divine truth, goodness and beauty in whatever we are experiencing. We experience grace when we are at one with our divinity. In grace, our ego and sense of separation dissolve into a resonance of harmony and peace with the Divine One Heart.

The Formula

(Choice) → (-Judgments + Forgiveness) ↔ (Gratitude + Love + Joy + Wonder)

→ Receiving and Harnessing Grace

The formula is based on five elements of healing:

- 1. Choice and intention:** Choose to live in the beauty and wonder of what this life was meant to be, and create the most expansive intention for manifesting the healing and miracles you desire.
- 2. Releasing judgments:** Become aware of any and all judgments you may have about yourself, others, the circumstances in which you find yourself, and the Divine. Pay particular attention to those that relate to your intentions.
- 3. Opening to forgiveness:** Forgive yourself, others, the circumstances in which you find yourself, and the Divine. Pay particular attention to issues that are related to your intentions.
- 4. Heart coherence:** Practice gratitude, love, joy and wonder. Hold within your heart the highest coherence of gratitude, love, joy and wonder in as many moments as possible as you cocreate your intentions with the Divine One Heart. These are the highest frequencies for attracting and harnessing grace.
- 5. Receiving and harnessing grace:** Receive and honor the miracles and gifts supporting you to live in the energy of grace. Welcome the transformation of your healing and the realization of your intentions.

Key Understandings About the Formula

- Judgment and unforgiveness hold the resonance field of ego in place.
- Gratitude, love, joy and wonder hold the resonance field of heart coherence in place.
- Once we transcend our egos, we can raise the level of our heart coherence to receive experiences of grace.

