

NEWSLETTER

APRIL 2024



We have a cognitive narrative, and a somatic narrative.

We all have a story in our mind about who we are, our memories, our experiences, and how we “think” we present ourselves to the world. That’s our cognitive narrative.

But there’s more than that in us...

While the cognitive narrative is held in the mind, our somatic narrative is held in the body. It’s the story of our somatic self, a story, or our body, of how this part of us responded to life experiences.

This narrative is probably even more important than the verbal, cognitive narrative we tell ourselves.

“This (somatic) narrative holds our history. It carries the legacy of our attachment relationships, our trauma history and is built to maximize the resources of the families. So if our bodies are in a certain environment, such as an environment where we’re not cared for, we have to take care of ourselves, our bodies might be mobilized to do for ourselves and be self-reliant. Or our bodies might collapse and reflect that neglect.”

Dr. Pat Ogden

Just as our brain is wired, built and changed based on our experiences and environment, our body is also built, wired and changed in the same way.

The somatic narrative is created through these experiences and environment

COACH WITH NICOLE

It's this somatic narrative that heavily influences the body habits that we form throughout our lives: how we walk, talk, our posture.

These body habits not only reflect our somatic narrative but sustain it as well.

"The nonverbal somatic narrative communicates to others. It communicates our expectations, our fears, it helps to find the quality of the relationship.

But it doesn't communicate just to other people, it also communicates to ourselves.

For example, a collapsed posture communicates continually the beliefs that are held; the low self-esteem, the lack of support, to ourselves as well." Dr. Pat Ogden

This article is written by The Embody Lab

This is my passion, my work and my gifting.

I'd love to share it with you.

Let's set up a free 1:1 conversation.

I'll share how and why I've focused on narrative for the last 14 years.



Release & Rewire the Body Mind together!

Next Ishtara Body Alchemy Class (zoom)

Saturdays April 13, 2024

9am - 11am MST (6
consecutive

Free Intro Class (zoom)

Thurs, April 4 @ 4pm MST

Mon, April 8 @ 10am MST

Register at

[Nicole's Ishtara Studio](https://www.ishtarabody.com/nicolecameron)