

Embodied Transformation Process (ETP)

Formulated by Jevon Dangeli. Inspired by Theory U Social Presencing Theater

*Feel, look, listen and learn from your body.
Nobody knows you better than your body does.*

Identify an issue related to feeling stuck or blocked, then follow these steps:

1. Establish [Open Soma Awareness](#).
2. Let your body take the shape/sculpture that represents the issue.
Enquiry:
What does this shape feel like?
What does this shape want?
3. Allow your body to be moved according to what the shape wants.
Enquiry:
What does this movement mean or lead to ... e.g. opening, closing, ...?
4. Let your body take another shape.
Enquiry:
What does this shape feel like?
What does this shape want?
5. Allow your body to be moved according to what the shape wants.
Enquiry:
What does this movement mean or lead to?

(Repeat steps 4 and 5 until you feel a release or a sense of being complete with the process.)

6. Enquiry: What am I realizing about myself through this process?
7. Action: How will I enact my realization ecologically (win-win-win)?

ETP can be adapted for working with groups. Examples of questions in group work:

- How do I feel my body as part of the collective body (a feeling quality that we share)?
- What do the collective body shapes/expressions look and feel like (social field)?
- What are we realizing collectively (social field sense making and generative dialogue)?
- How will we enact our realization ecologically (win-win-win prototyping)?

[The Open Awareness Integral Process](#) is similar to ETP. The two processes can be combined according to the individual or the group's needs.