

How to Facilitate ‘Direct Rebalancing’ of an Imbalanced State

What it is:

Direct Rebalancing is a foundational change process in UZAZU that consists of modeling & gently re-experiencing a relevant *imbalanced* state and then safely guiding & supporting a shift into a more regulated, well-balanced version of that same state.

When & Why to Use it:

- To help your client consciously experience the embodied, felt difference between being in an imbalanced state and being in a more balanced form.
- To discover if their body-mind system is able to simply and directly shift the state-activation to a more balanced place, or if more, deeper work will be needed. (Often, it’s a bit of both...)
- To help them learn to recognize the feeling of a given imbalanced state-activation in their daily life, so they can re-regulate on the fly (or soon thereafter.)

How to do it:

1. Help your client identify the primary Area of Embodiment that is currently a challenge, and the imbalance (over and/or under-activation) you want to help them with. Identify the main situation(s) in which these imbalances are occurring.
2. Help them shift into the relevant imbalanced state-activation of this Area—under-activated or over-activated— noticing the sensations, emotions, thoughts, and memories that come up. (Take care to attend to their sense of safety, and what they can manage. Go slowly & gently, and pause or stop whenever needed.)
3. Guide them in moving back and forth 2-3 times between this Area of Embodiment’s balanced & imbalanced forms, helping them to develop a more clear & vivid sense of the difference, and to train their bodymind to more naturally & ease-fully rebalance this state.
4. Invite them to return to Neutral posture and reset.
5. Reflect with them on their experience of embodying & rebalancing this Area of Embodiment, and on how & when they’d like to remember to use this rebalancing process in their daily life.

How to Facilitate ‘Opposite Integration’ of an Imbalanced State

What it is:

Opposite Integration is a foundational change process in UZAZU that consists of bringing the specific positive, supportive, and balancing qualities of a Modes’ opposite (or complimentary) state into the Mode itself so that one experiences the support of those opposite qualities in the background, informing and resourcing it.

When & Why to Use it:

- To help the body and mind embody and utilize the desired, base Mode with more balanced, resilient, dynamic fluidity.
- To help integrate a felt sense of how to embody a mode without over-activating it, or ‘going to far’ in those given directions.
- To help resolve tensions & struggles between overly polarized, ‘either-or’ opposite states, and have a more coherent embodiment of polarities.

How to do it:

1. OPTIONAL INITIAL STEP: Balance the desired Mode, to an initial degree, by using Direct Rebalancing.
2. Enter into the relevant mode/state and experience it as it’s currently manifesting (in its ‘real’ vs more ‘ideal’ form.)
3. Orient and settle back into Neutral Mode to leave that initial state and "reset" your Body-Mind-Awareness.
4. Move into the Opposite Mode, building it up one dimension at a time, and cultivate a balanced, more ‘ideal’ state experience there. (Use positive, inspiring imagery or anything else helpful to generate a positive, balanced state.)
5. Bring your felt sense of the positive qualities and "goodness" of that opposite mode with you as you slowly & sensitively move back into the original Mode.
6. Feel how having the opposite Mode present "in the background" supports you to remain more ease-fully balanced and well-resourced in this original Mode, especially when there’s a ‘pull’ to become imbalanced again.
7. Imagine and rehearse using this more balanced & supported Mode in a specific (perhaps challenging) situation in your life, and notice how having integrated more of the Modes’ opposing, complimentary qualities helps you.
8. Reflect on and integrate your experiences of doing this process.

Practice Script for Guiding the Opposite Integration Rebalancing Process:

Note: this script is for practicing Opposite Integration Rebalancing and assumes, for practice sake now, that the “client” already knows the relevant UZAZU postures. While it would be okay to use this script during a session, you would likely need to slightly adapt it to suit the situation.

Facilitator: “Which Mode and imbalance would you like to work with re-balancing today, and in what kind of situation does this feel most relevant or challenging for you?”

Client: Name the Mode and describe the situation.

Facilitator: “OK. Let’s model how you experience [_____] Mode. Recall, or picture the situation and then let’s embody the over/under-activation of this Mode so you can feel more fully what that’s like.” (Facilitator mirrors along with the client. Explore it together until there is a shared understanding/agreement). “What do you notice, as you do this?”

Client: Notice and share your experience.

Facilitator: Acknowledge their experience, and then: “OK—You can let that go now and return to Neutral. (Pause...) Let your state settle for a moment.” (If that was dysregulating for them, you may want to invite them to shake it out, stretch, etc.) “OK—in a moment, we’re going to have you embody the Opposite Mode to this one, [name opposite mode and show it quickly] and then use it as a way to help balance this _____ Mode. So let’s start by gently moving into a balanced version of [Opposite Mode].”

Guide them into the posture one dimension at a time, then help them embody the posture as needed. Then, invite them to elicit any images or other details that help them to make it more vivid for them.

“Now, bring your felt sense of these positive qualities and “goodness” of this opposite mode with you, as you slowly & gently return to _(original)_ Mode”

Feel how having the opposite mode present “in the background” supports you to remain more ease-fully balanced and skillful in this Mode.

Optional: “Let’s repeat that rebalancing shift again, so your body can get more & more familiar with it.” [Repeat 1-3 times].

Optional (assuming you have confirmed that the client has a more balanced Mode): “What do you feel more capable of now, from this more balanced state?”

To close, have them rest in Neutral for a moment, and invite them to sit (if standing) and then reflect together on the experience.

The Two Main State-Rebalancing Protocols, in Abbreviated Form

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1. Identify the Core Mode you want to balance.
2. One dimension at a time, enter into the Mode in its balanced form and feel it's qualities.
3. Shift into the relevant imbalanced activation-state (under-activated or over-activated) and notice the sensations, emotions, thoughts, and/or memories that come up.
4. Move back and forth 2-3 times between the this Mode's balanced & imbalanced forms, developing a more clear and vivid felt sense of the difference. Finish in the balanced state of the Mode.
5. Return to Neutral mode of Open Awareness and reset.

How to Facilitate 'Opposite Integration' of an Imbalanced State:

1. OPTIONAL INITIAL STEP: Follow the procedure for Direct Rebalancing of a Mode.
2. Orient and settle into Neutral posture to "reset" the Body-Mind-Awareness.
3. Move into the Opposite Mode, building it up one dimension at a time, and cultivate a healthy flow & experience there.
4. Bring the felt sense and "goodness" of that opposite mode with you, as you slowly & smoothly move into the original Core Mode's healthy, balanced state.
5. Feel how having the opposite mode present "in the background" supports you to remain more ease-fully balanced and skillful in the Core Mode.
6. Imagine and rehearse using this more balanced & supported Core Mode in a specific (challenging) situation in your life, and notice how it helps.
7. Reflect on and integrate your experiences.