

## **Know-No Kata**

### **An Emotional Transformation Embodiment Practice**

When we face situations in our lives and emotion arises, there is also a physical reaction, a habitual contraction triggering us to fight, flee or freeze. When we retrain ourselves to recognize and interrupt that contraction, we discover we have other options.

We will now perform a Kata, a physical interruption and transformation of this physical/emotional contraction that we previously experienced as violent anger, shame or dissociation.

#### **First Round: ANGER**

- Stand in complete stillness, Wu Chi.
- Conjure up the feeling of anger as violence in your body.
- Slowly bring your hands in front of you and begin to make fists as if you were about to fight.
- Stop! Change directions.
- Open the hands and press your palms away from you at chest height, fingers pointing up as you release the contraction.
- Slowly and with absolute clarity and understanding, softly shout the words *Know/No*.
- *I know better than this and **no** to the reaction.*
- Feel the clear boundary, fear, sadness and underlying truth of deep caring. Anger energy before it becomes violence is sacred. Your violence was a choice.

#### **Second Round: SHAME**

- Return to complete stillness, Wu Chi.
- Conjure up the feeling of shame as you feel shame's heaviness begin to weigh you down.
- Stop! Change directions.
- Slowly push your palms towards the ground and slightly behind your hips, as if your palms were pressing your torso forward.
- Open and press your chest forward and open your eyes wider as you feel your power and release the shame contraction.
- Slowly and with absolute clarity and understanding, softly shout the words *Know/No*.
- *I know better than this and **no** to the reaction*

- Feel the clear boundary and deep caring beneath the shame. Shame is the introjection of some other's voice, blaming you. Your shame was a choice.
- Feel the caring. Hear the question, "*Are you in integrity?*"

### **Third Round: DISSOCIATION**

- Return to complete stillness, Wu Chi.
- Conjure up the feeling of checking out, avoiding, denying, and dissociating in your body.
- Turn yourself (head, body) away towards one side, and slightly lean back.
- Stop! Change directions.
- Slowly bring your hands up to your head with your palms facing your ears as you lean forwards into the present moment.
- Open your eyes, feel the power of your presence, and face whatever you were avoiding.
- Slowly with absolute clarity and understanding, softly shout the words Know/No.
- *I know better than this and no to the reaction*
- Feel the clear boundary and deep caring. Dissociation, the escape through denial, the turning away from what is, was a choice.
- Return to stillness, Wu Chi.

### **Fourth Round:**

- Feel deeply the freedom of your new choices.
- Smile, throw both hands up above your shoulders and shout "Swaha!" (Yes!).
- Let this swaha take you right into a round of sacred laughter.
- Swaha..., ha, ha ha...
- Celebrate your new understanding and experience.