



### **3M Model: Embodied Ethical Decision-Making for Active Multicultural Diversity** **Step 1: Mutual Attunement: Mutual mindful & attentive attunement**

*To Begin. . .*

Find a position in your body where you feel most attentive and attuned to your body's form of communication.

*Neutral Body:*

Invite your neutral body into your body.

Attempt to quiet all thoughts and focus on your breath. . .

Attune to:

- A quiet space
- Notice being absent thoughts, judgements, and emotions
- Feel the presence of being translucent, neutral and unattached to any idea

Notice your neutral body. Record this feeling in your mind. Gently ask your neutral body to sit in front of you.

*Cultural Body:*

Invite your cultural body into your body.

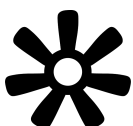
Imagine a scene or space that feels safe and comfortable for who you are culturally. Example: If you could go anywhere in your mind, go to a place where you can totally be yourself. Like your home, a bedroom, your own private island.

This space must feel judgment free, inviting, and positive/affirming.

Attune to:

- Feelings & sensations in your body
- Postures & movements
- Thoughts from your cultural body
- Desires and needs
- Images presented to you

Notice your cultural body. Record this feeling in your mind. Gently ask your cultural body to sit to the left or right of you.



*Professional Body:*

Invite your professional body into your body.

Imagine your work or professional space. Visualize your work. What professional standards are required of you? How are you guided to speak, walk, engage with others, work with clients, complete deadlines?

Attune to:

- Postural changes in your body
- Body movements
- Impulses “to do”
- Images presented to you
- Thoughts or communication from your professional body

Notice your professional body. Record this feeling in your mind. Gently ask your professional body to sit to the left or right of you.

*Oscillate Between Bodies:*

Starting with your neutral body, oscillate between all three bodies for 5 minutes (neutral, cultural, and professional). Notice all shifts and changes that take place as you attune and transition between bodies separately.

In your neutral body, record what you notice.

