

Impact Report

Somatic Attention Session

Session Overview



Company
Intention Inc.



Date
May 20, 2026



Location
Remote / Zoom



Participants
9



Company Work Type
Somatic Work /
AI-Assisted Focus /
Integration

Key Indicators

Based on participant expressions and observed state shifts



Arrival State

70% Fragmented / Task-Oriented → **93% Present**



Focus Continuity

62% Context-Switched → **88% Supported**



Working Rhythm

64% Cognitive Output → **89% Embodied**



AI Discernment

58% Over-Generated → **86% Directed**

Before / After Snapshot

Before Session

- Doug arrived with many thoughts and tasks active in his mind.
- Shimon joined from an airport terminal after a two-hour drive and felt not very present.
- Timothy had been context-switching before the call, responding to a conference paper comment and losing track of time.
- Andy noticed contraction when looking at the screen, compared with the more pleasant feeling of looking at trees outside his window.
- The group entered with cognitive activity already running, while the body needed time to arrive.

→

After Session

- Doug reported feeling more "presenced" after the grounding practice.
- Shimon appreciated the arrival practice as a way to return to presence in a fragmented travel environment.
- Timothy felt significantly more aware of his surroundings after the practice.
- Andy identified a direct body signal: screen attention created contraction, while looking toward nature created ease.
- Participants were invited to carry the session forward by creating an AI chat titled "Somatic Work" to log embodied experience over time.



Carry-Forward Signals

- Presence** — the group shifted from mental task load toward a more grounded state before work began.
- Environment** — Andy's screen/tree contrast showed how surroundings directly shape nervous-system response.
- Continuity** — the mid-session movement break helped restore awareness during the focused work phase, not only before or after it.
- Discernment** — AI output quality became a key theme: better prompting begins with clearer state and intention.
- Tracking** — Starting the "Somatic Work" chat gives participants a way to turn felt experience into a usable record across sessions.



Key insight: In the AI era, the issue is not only what AI can produce — it is the state from which humans prompt, filter, and integrate its output.

- AI can generate too much, move too fast, or exceed the actual need when human intention is unclear.
- Somatic arrival gives the body time to orient before cognition and AI output take over.
- Embodied tracking creates a second layer beyond the Zoom summary: not just what happened, but what shifted and what can be carried forward.