



Valerie (Vimalasara) Mason-John: Coming Home To The Body - Free Yourself from the Prison of Your Mind



Valerie is an award winning author of 9 books, a speaker, teacher, trainer, coach, and compassionate inquiry facilitator/practitioner. She is the co-founder of the 'Eight Step Recovery program' and 'Healing and Insight'. Discover stories of trauma through the poetic lens and finding the way back to our body.

TOP EMBODIMENT TIP: Befriend the inhale and exhale of the breath

Trauma: Having lost our way home, having lost our way to our body.

- Trauma disconnects us from the self
- The trauma is not the event but what happens inside us
- A way to explore trauma is through the poetic lens

The Self: The Self is home in the body

- We can't find our Self before we unburdened our fixed emotions
- We make up stories to ourselves to make sense of the events that have made us leave our body
- Moving into a story moves away from feeling the pain

The Nervous System

- We need to understand that the Nervous System is 'out of wack' and dysregulated because of trauma
- We need to become aware of what is going on in the body
- Understand the why behind the need to want something (in addiction for example)

Mindfulness and Feelings:

- There are three types of feelings: pleasant, unpleasant and neutral we respond to, decide upon which eventually lead to an outcome based on our decisions.

Reclaim our Self: The questions of the Shaman to help us unburden and reconnect with our Self

- When did you stop singing, (when did you lose your voice)?
- When did you stop dancing (when did you stop to play)?
- When did you stop being enchanted by our own stories?
- When did you stop dwelling in the sweet territory of Silence?
- When did you stop breathing?

Resources

- ❖ **Books:** 'I Am Still Your Negro, An Homage to James Baldwin', 'Detox your heart'
- ❖ **Website:** <https://www.valeriemason-john.com>
- ❖ **References:** [Liberation Unleashed](#)



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Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



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