



Paul Linden: Dehumanizing Is So Human



An Aikido teacher, Paul is the founder of Being in Movement and embodied peacemaking. Learn to create, understand and use a body-state of awareness, power and compassion.

TOP EMBODIMENT TIP: Keep breathing and don't die

Language: Minding the accuracy

- Words constrain how we think. If we use nouns to refer to emotions, we tend to think of them as objects. In actual fact, an emotion is an action.
- You can not release an action. You replace it with another that ideally will be more helpful, effective and efficient.
- If trauma is a series of actions in the body that you have learned and experienced, you have to replace those actions.
- “*I'm releasing trauma*” is not quite an accurate use of language.

Intention: Smoother and more efficient movement

- If you can locate the place in the body where the intention is operative, then you can change the corresponding movement much more easily.
- What we usually consider protective processes, like getting smaller, are ineffective. It is important to personally experience by demonstration. Then, we can reframe the movement and replace it with something better, like a wide open posture.

Power: Love and overcoming trauma

- Powerlessness is the inability to control what happens to us. A situation does not need to be threatening to evoke a trauma response.
- When you are angry or fearful, you numb yourself.
- To be maximally effective, you have to feel kindness, respect and caring towards your opponent.
- When you talk about trauma without being able to settle your body, you are practicing being traumatized.
- Power is the ability to do what you need to do in an open, balanced and loving body.

Resources

- ❖ **Books:** *Reach Out*
- ❖ **Website:** <https://www.being-in-movement.com/>



All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



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.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now