



Richard E. Sims: Embodied Empowerment: For Physical and Mental Illness and Disease



Richard Sims is a Somatic and Mindfulness Practitioner and conversant instructing the art of Aikido. He has worked extensively with individuals and groups, including men who are survivors of sexual assault, and those with terminal illness within Cancer Wellness groups. He works predominantly with stress, anxiety, trauma and empowerment. He advises us to discover the ways we operate and retrieve information from our bodies and to find new resources to develop a relaxed and calm state of being, from where wisdom can emerge.

TOP EMBODIMENT TIP: Practice noticing in an embodied way so when these challenges arise you can access a calm wise state of being.

Goal-Oriented Thinking: **How can you be centred, open and relaxed in a caring and powerful way in the real world?**

- Just doing something without attention. **Just do it, be focused on the goal.**
- Get to the cure/get rid of the Illness without paying attention.

Process-Oriented Thinking: **Paying attention to all the steps**

- More intentional.
- This process is slower. Make connections and then you will start learning how to get there.

Stress Responses:

- Are not autonomic, are actually distress reactions.
- Responding wisely to stimuli encompasses ethics, beliefs and information from surrounding emotions.

Emotions and Feelings: **We do emotions**

- Emotions are physiological actions that you do in your body.
- Feelings are how you experience what you're doing.
- When we have an experience we can intercept, the mind links and **does** the emotion differently

Power and Love: **"Love without power is ineffective. Power without love is brutality"** - Paul Linden

- Power brings choice. Power can be used with a good or a bad intention.
- To bring words into action you need to have power.

Resources

- ❖ **Website:** [Richard E Sims](#)
- ❖ **References:** Paul Linden



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](#)