



Kim & Asya Belyaeva: Embodiment Super-Powers for Russian LGBTQ+ Community



Kim & Asya Belyaeva are LGBTQ+ activists and educators in Russia. Together they offer a course in Russia called The Queer Facilitator that is grounded in Somatic Embodiment practices. Learn what it's like to be Queer in Russia, and how Kim & Asya teach others to use Embodiment Practices to overcome the psychological stress of the discrimination LGBTQ+ people face. Experience your somatic Super-Powers on this 'Journey from Trauma to Leadership'.

TOP EMBODIMENT TIP: Notice that you always have a choice, because you are creating your bodily habits and reactions. When you step back in fear, you can choose to step forward in leadership.

Journey From Trauma to Leadership: 'From Trauma' to Noticing Felt Experience

- Learn to recognize your bodily habits and reactions, with simple somatic experiments.
- Know that **'I am the one who is creating this feeling in my body'**.
- With this knowledge you can take control and undo those reactions by practicing embodiment and developing your somatic Super-Powers.

Connect to yourself: Developing Somatic Super-Powers

- **Finding Your Sense of Ground:** Connect to the ground, to your body, to your environment - **"I am here"**.
- **Breathing:** Pay attention to your breathing, where it goes in your body and how it leaves. Create lightness, wider vision, more space and release tension.
- **Balance:** Notice if there are any imbalances in your body. Upper body, lower body. Front and Back. Use your hands to move up and down or from right to left to bring balance.

'To Leadership': Embodying Love

- Connect again to your Super-Powers, feel grounded, present and balanced.
- Connect to the feeling of **Love**. Once you feel Love, let it expand and radiate from you. Let it shine in all directions. It can change the mood, your mood.
- **Be Human, be Love**. This is leadership. You still have fears and doubts, but when embodied and grounded, present, and loving, you are in touch with your humanity and can give of yourself to others.

Resources

- ❖ **Courses:** Queer Facilitator: kims.tilda.ws/qfc
- ❖ **Facebook:** facebook.com/kim.elena / facebook.com/asya.belyaeva.3
- ❖ **References:** Paul Linden.



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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.



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