



**Leanora Bauarschi: Embodiment Through Healing Trauma at the Causal Layer:  
Returning to Our Full Potential and Sharing the Gift That We Are in the World**



Leanora founded Embody Truth in 2012 to support an integral approach to awakening and embodiment. She has been featured on Buddha at the Gas Pump. Discover the root cause of all trauma and how to heal by returning to the Self.

**TOP EMBODIMENT TIP:** Commit to your own life.

**Shadow: In Order to Share the Light We Need to Illuminate the Shadow**

- We often get sucked out of the light by identifying with our story and its accompanying shadow.
- To stay grounded in our True Self we must meet the shadow.
- The more we clear shadows out of our field the easier it is to be ourselves and shine our light.

**Healing on a Dualistic vs Causal Level: Dualism is Separation From Self, Causal is Returning to Self**

- Dualism is “I want to fix what’s wrong with me.” It excludes consciousness and a deeper knowledge of the causes of what is happening in the moment. By saying “I have x-y-z disease,” “I have a problem,” “I am sick,” we energetically take it on.
- Healing on a causal level is returning to the Self. Leaving the Self and the deeper Truth of who we are is the cause of all trauma. The desire to heal comes from love rather than a place of fear or a desire to “fix”. Trauma is not our fault but it is our responsibility to come home, to learn our lessons, and to become our True Self.

**The Self As An Observer: Trauma Leads to a Separation From the Body**

- The nervous system becomes overwhelmed during trauma which leads to becoming disconnected from the body. We then can’t integrate or metabolize the experience, causing those experiences to become unconscious, maintaining a separation. We see our wounds through the wounded part of ourselves which is invested in protecting itself. Even after doing the mental aspect of working through trauma we can still be blind to information stored in the body.

**Path to Healing: Inclusivity, Intent and Stillness**

1. **Inclusivity** - Unconditional love which allows and accepts every part of the Self. It is a willingness to own our life and our journey as a way of living.
2. **Intent** - We must set the intention to return home to ourselves to reach the origin of all trauma and must take ownership of our lives including all of our timelines.
3. **Stillness** - Being in stillness is like giving our wounds to God (the Absolute/Fundamental Reality). The power of transformation is within the connection between the wound (the experience in the soma), the wounded one who lives in our observer, and God stillness.

**Resources**

- ❖ **Website:** <https://embodytruth.com/> which contains further thoughts on this subject



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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.

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