



Marisela Gomez: Embodying Social Change: Individually and Collectively.



Marisela Gomez is a mindfulness practitioner, an alternative medicine physician and an author. Of Afro-Latina ancestry, she lives in Baltimore, Maryland USA, and is involved in social justice activism and community building/research and co-facilitates mindfulness gatherings with Baltimore and Beyond Mindfulness Community for BIPOC and Social Activists. Find out why it's so important to be aware of the anger and pain we embody and how to transform it.

TOP EMBODIMENT TIP: Start to notice nature more and bring yourselves into nature because it is so inside of us that the more we're with it, the more we begin to embody ourselves.

Embodying Our Surroundings: How the Body Reacts to What We See And Do.

- We all embody whatever is happening around us and it can show up in many different ways.
- When we encounter social injustice we start to embody it; This can show up in the body as headache, sleeplessness, flare-ups or, tensions and anger.
- This works the other way around too; When we spend time in nature we're more relaxed and joyful and often kinder to others around us.

Justice Seekers: Difficulties In Embodying Social Change.

- When we notice something is not serving us as a society, we can start to embody the social change as justice seekers and really bring our bodies, minds, our hearts and our spirits into these places of social unrest and social injustice.
- By doing this we also take in a lot of struggle and anger; We need to be careful not to embody it and bring it back to the world unconsciously.
- We might be working on one identity issue, like racism, and at the same time we could be perpetuating some other injustice in those spaces unknowingly.

The Work Of Change: "Hurt People Hurt People."

- We need to come into our justice spaces with heart and with insight, not just coming with hurt and pain that is unacknowledged and uncared for.
- When we acknowledge the embodiment of change we have transformed it.
- Join Marisela on a noticing exercise to see how we can do this in practice.

Resources

- ❖ **Books:** Deb Dana: *Polyvagal Exercises for Safety and Connection* / Thich Nhat Hanh: *Being Peace. & Anger.*
- ❖ **Website:** <http://www.mariselabgomez.com/>



Marisela Gomez





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)