



Chen Lizra: Embodying Your Sensuality to Heal Your Trauma



Learn how to tap into your own body's wisdom, unlock its power, and heal your traumas allowing you to step into your full purpose. Chen Lizra is a somatic intelligence coach, TED speaker, award-winning social entrepreneur, best selling author, and professional dancer. Since 2010 she has been helping change makers return to their bodies, into alignment, and to their true selves.

TOP EMBODIMENT TIP: Land Into Your Body and Yourself

Chen's Journey Healing Trauma: **Discovering That the Sensuality Inside Our Bodies is Connected to Self-Love**

- Chen shares experiences living with a mentally ill mother and the **dissonance** between what she was saying and feeling and experiencing discomfort in her own skin rather than being in a place of **resonance** when we show up exactly as we are, feeling what we are feeling. Chen travelled all around the world to understand embodiment and trauma which led her to Cuba and its rich, conserved history.

What Causes Trauma: **When Something Happens That Our Nervous System Cannot Contain**

- When there is no one to help us feel through what has happened to us
- We automatically and unconsciously protect ourselves and remain frozen when we are unable to feel with someone and process through the trauma. We feel stuck and detached from our true nature which is a natural flow of the full potential with which we were born.

The 2 Key Tools to Heal Trauma: **Witnessing and 5 Somatic Elements**

1. **Witnessing:** The process of connecting my nervous system to your nervous system and bringing you into coherence. I can feel your emotions, guide you through them, provide a spacious container, and restore the nervous system.
2. **5 Somatic Elements That Form our True Nature**
 - *Elegance:* Our confidence; connected to self worth and pride
 - *Intention:* Our drive, meaning, why, and power
 - *Tempo:* All about the inner rhythm of enjoyment
 - *Sabrosura:* Sensuality that is all about love of self, community and motherly love
 - *Mystery:* Our playfulness, cheekiness, seduction

Resources

- ❖ **Book:** *My Seductive Cuba*
- ❖ **Courses:** 5 Ways to Embody Your Executive Presence: somaticgift.com
- ❖ **Website:** <https://www.powerofsomaticintelligence.com/>
- ❖ **Social Media:** Instagram@clizra <https://www.facebook.com/clizra/>



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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.



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)

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