



**Fleet Maull: Healing and Transforming Individual and Collective Trauma for Social Change through Neuro-Somatic Mindfulness**



Meditation and Embodiment Teacher, Developer of Neuro-Somatic Mindfulness (NSM), author of Radical Responsibility and founder of Prison Mindfulness Institute and National Prison Hospice Association. Discover a deeply embodied form of meditation that empower to self-regulate neurobiological and emotional experiences for self-healing and resilience.

**TOP EMBODIMENT TIP:** Take micro-moments throughout the day to stop, feel, breathe and just be.

**Interoception: Capacity of our body to feel itself from the inside out**

- The bones, bone marrow, connective tissue, circulatory system and lymphatic system have neuronal cells connected to the central nervous system.
- The form of development of the embryo into the fetus and in a newborn implies that our internal tissue is essentially made up of the same tissue as our skin. So, it is very sensitive.
- The marker usually used in the interoception research is our ability to detect our own heartbeat and changes in the heart rate.

**Two main networks: Internal feedback loop**

- The default-mode-network is related to a limited self-structure. It is a main source of anxiety and stress. The evolutionary purpose probably was time travels.
- The task-positive-network (or executive network) is related to focusing or engaging in a particular activity. It activates when we synchronize with the body as it is.
- Both networks mutually inhibit themselves, we can feel these networks switching in the brain and feel our discursive cognitive activity.

**Neuro-somatic mindfulness: Trauma and social change**

- Where our awareness goes, so the energy flows. Tapping into the presence of our body, usually in the background of our experience is very nurturing and healing.
- With strong interoceptive awareness, we can also develop the ability to activate the body's capacity to internally self-regulate.
- This gives us the foundation to be engaged with the world. We can work with our fellow human beings to face the challenges we have, from climate emergency to racism and pandemics. From a place of grounded beingness and ownership we can promote creativity and resilience, preventing and healing primary and secondary trauma.

**Resources:**

- ◆ **Website:** <https://fleetmaull.com/>



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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.

**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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