



## Ashira Prem Rachana: Liberating Ourselves from Trauma Stored in our Bodies



Ashira is a meditation and yoga trainer and healer. She focuses on healing trauma derived from social and political circumstances through liberating people's Kundalini energy and opening the channels of the body using dance, yoga, and breath work. Explore developing methods for daily trauma release to foster more resilience in the body and find peace in the mind, in the midst of the storm.

**TOP EMBODIMENT TIP:** Your body is the greatest gift and has the highest intelligence. Listen to it, care for it, and it will heal you. It carries within it the power to heal you and give you everything you need. It's all inside.

### Trauma as the Teacher:

- Ashira worked as a journalist and through a traumatic event became paralyzed from the neck down. This sent her on a self-healing journey.
- Discovered how to heal, realizing it wasn't the body that was the problem, but the stored emotions that caused her to get to the point of paralysis. Breakthroughs came through visualization and moving the energy in her body.
- Also key, was a process of forgiveness of universe, and letting go of anger towards the person who physically inflicted the trauma. Ashira realized the more anger and resentment she had, the more her body couldn't let go. Also helpful, was the law of attraction, meditations about how she will heal and the way she will heal. And this was just the beginning.
- Ashira continued exploring the mind's influence over the body, and the deeper she dug, the more beautiful the journey.

### Trauma Stored in the Body:

- Each organ is involved and energetically accumulates stored emotions. Examples: chest and breast area is where we feel sadness; liver connected with anger; kidneys and adrenals connected with fear; heart with connection with truth of higher self; skin, glands, and blood are often indicative of unexpressed emotions.
- Western medicine often looks at the body in parts, and not the emotional aspects or the events triggering the physical aspects.
- Key is going beyond speaking and moving into embodiment practices. Each of us has the power to heal our own body.

### Guided Practice: Release of Emotions Through the Organs:

- Meditation involves envisioning each organ, breathing out, picturing yourself squeezing the organ to move out the energy, transferring the energy for metabolism, and active meditation to spread the energy. It's not getting rid of energy, but transferring from something negative to something beautiful.
- The practice moves through the liver, heart, lungs, kidneys, stomach, adrenals glands, others. The practice included being guided through the organs, filling them with light and color and then squeezing. Also included: showering with gratitude for each organ's role, asking the organ how can help support or if anything else to convey, allowing all emotions to arise and using sounds to help in movement of energies.
- Moving all the released energy into groin, transforming into sexual energies and then to feet for active meditation.
- Moving then, into active meditation; moving the energy around entire body to use the formerly stored energy.

### Resources

- ❖ **Website:** <http://www.ashirapremrachana.com/>
- ❖ **Social:** @premashira, Facebook: [ashira](#), YouTube: [premashira](#)



## Ashira Prem Rachana





## 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.

**Ol'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)**