



**Gregor Steinmauer: Restoring Dignity: How Personal and Collective Trauma Influences Men  
in their Life, Relationships and Purpose**



Gregor embodies 15 years of deep inner work and training in different areas of human development. What makes his work so alive and deeply touching is the absolute passion and trust he shares for human beings, for life, and for a conscious way of living.

**TOP EMBODIMENT TIP:** 1-2 times weekly, for 30 minutes, engage your body with masculine muscle strength and with feminine soothing, nourishing experiences

Trauma:

- Trauma takes us away from embodiment.
- It touches body, mind and soul, and is very prevalent in these times.
- It is not just psychological, but can also be a body's response, as it tries to protect itself.
- It comes from a life event or shock, or a developmental situation - which can be invisible because it is built into our nature.

Masculine/Feminine In Us All:

- Yang: in breath, action, getting things done, power urge, strong, ready for a harsh world.
- Yin: out breath, relax, love, in sync.
- Men feel they have to choose between them.

Masculine Imbalance:

- Manifests as being too rigid, cold, aggressive. Afraid of power, of losing their standing point, and unable to say no on behalf of their self.
- Men often do not have integrated role models from whom to learn balance.

Men's Groups/Therapy:

- Many men suffer from isolation and low self-worth.
- It is important for men to connect, share, and learn together about working with power.

Fight, Flight, Freeze and Please:

- Always pleasing hijacks the capacity for empathy.
- Find tools to tolerate fear of disagreement with women, so both feel safe.

Resources

- ❖ **Website:** <https://www.integralbeing.at/en/conference/>
- ❖ **References:** Komala de Amorim (komalaamorim.com), Peter Levine on trauma



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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.

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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