



### Leila Sadeghee: Rituals to Embody True Self Worth



Leila Sadeghee is a healer, ritualist, yoga teacher, and priestess. Skilled at creating powerful healing spaces wherever her voice is heard, Leila is known for her loving, supportive, and intelligent tone, and her talent in bringing the depth of esoteric spiritual teachings into immediately accessible and salient focus. Leila will lead us in movement-based and meditative practices.

**TOP EMBODIMENT TIP:** Honor yourself... Your bodies open up when they know they're being honored.

#### Self Worth in Spiritual Practices: Centering on Self

- Leila shares that **the acquisition of true self-worth is at the center of many spiritual practices**

#### Somatic Movement Practice: Sensing the Fluidity

- Leila invites us to sway side to side.
- The majority of the substance of our body is fluid.
- Experience buoyancy in sensing the fluidity of the body against gravity. It is easy it is to forget the natural buoyancy of the body when we feel oppressed. Through different movements both standing and on the ground, Leila emphasizes feeling the fluidity in the body

#### Guided Healing Visual Practice: Getting in Touch with Our Ally

- Leila leads us through a visual healing practice that put us in touch with our ally
- Our ally looks at us with awe at our ability to transform the circumstances of our lives by weaving healing code in every place that has been challenged.
- Leila invites us to use symbols in ritual work

#### Resources

- ❖ **Website:** [www.leilasadeghee.com](http://www.leilasadeghee.com)
- ❖ **Instagram:** [@leilasadeghee](https://www.instagram.com/leilasadeghee)
- ❖ **Facebook:** [www.facebook.com/LeilaSadeghee](https://www.facebook.com/LeilaSadeghee)



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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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