



Fred Donaldson: There's Nothing to be Afraid Of



Fred Donaldson is internationally recognized for his forty decades of research on the use of *play* with children and animals. An Aikidoist, author and the founder of *Original Play with Children and Wild Animals*. He is a specialist in applying *play* as an alternative to aggression, violence and abuse. Discover how to challenge your deeply held beliefs about life and how it is to be lived and explore how kindness is the embodied realization that there's only ONE-KIND of life.

TOP EMBODIMENT TIP: Don't grab, embrace the world.

Original Play: **Connection to Peace**

- How does original play give us the opportunity to share love, trust and a sense of belonging. Why is it so important to children ? Why are there patterns in play? Are these patterns universal with all children? What do children know, that I don't know?

Falling Down the Rabbit Hole: **Magic**

- Explore how play teaches you how to let go of everything you know to find true unconditional love.
- Discover the patterns of children that exist in animals. Learn about life skills that we all have that are so powerful

No Jacket Required: **Structure**

- Learn what children and animals are teaching us. The relevance of now. How can one have never learned a skill yet be able to navigate with that skill?
- Learning that the beauty of coherence is among all life forms.

Incredible Experiences: **Only What One can Handle**

- Experience of life force through the eyes of nature.
- Discover the embodiment of peace, how to find clarity and what not being clear says. Where is safety? Can you change embodiment?
- Explore organization of physiology: what is the intention I am seeking to embrace. The interesting idea of self disappearance.

The Gifts: **Rainbows of Life**

- Seeing and feeling the blessings. Creating the filament of your life to be full. What does Paul teach us about the mystery of life?

Resources

- ❖ **Books:** *Playing By Heart : The Vision and Practice of Belonging For Real : Replaying The Game of Life*
- ❖ **Email:** ohfreddybear@aol.com



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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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