



Soma Miller: Transforming Our Pain into Purpose



Soma Miller is an embodied men's coach and founder of The Essential Man - an organization aimed at guiding men to live, love and lead in service of a better world. Soma is deeply dedicated to building a new culture of masculinity where the age of the lone wolf is over. During this interactive presentation Soma will illuminate how addiction to comfort keeps modern men in repetitive cycles of numbing and avoiding that which provides greater depth and meaning to their lives. Learn in this interactive experience how not to be trapped in the past and how to cultivate the capacity to be present in life.

TOP EMBODIMENT TIP: Bring your awareness to your breath!

Introspection: Looking inside yourself - Explore what living from your wounds means.

- How do we look at Trauma and emotional pain as resources? How does the experience of separation affect us?
- What causes us to live in a perpetual state of anxiety?
- Discover what caused men to not want to look at themselves. What are you hungry for?
- What parts of you remain untapped and unexpressed as potential?

Pathways: Reasons Why - Learn how to draw from the wounds to become your authentic self.

- Why have we been conditioned that in order to build a life of depth and meaning it must be a solitary one?
- How do you begin to examine the stories that you are living under?
- What is stopping you from confronting threats and fears?
- How do we acknowledge un-lived potential, not being enough and unexpressed anger?
- What does being out of integrity do to us?

Purpose: Embodiment - What is the medicine you can draw out and stop self loathing?

- Discover the steps to transformation.
- Find the purpose of your pain, the signal from conscious to unconscious. Look for ways in which pain is helpful.
- Claim your wholeness. How do you work through your pain?
- Stop escaping the moment and become connected with purpose and clarity.
- Pay attention to patterns, The purpose of intentional vs unintentional thinking.
- Discover how telling your untold story will help you to claim your true essence towards embodiment and your authentic self.

Resources:

- ❖ **Books:** *Iron John* Author Robert Bly
- ❖ **Website:** <https://www.theessentialman.net>
- ❖ **References:** Michael Mead



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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)