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There Is Not A Normal Human: Embodied Spirituality + Neurodiversity with Kay Louise Aldred

What is Embodied Spirituality? What is Somatic Shamanism? What is Neurodiversity?

Today we are #LIVEintheHIVE with author, teacher, and embodiment and spirituality orientated theologian Kay Louise Aldred for a compelling + educational conversation about spiritual needs, safe spaces, understanding the nervous system, embodied ways of knowing, and neurodiversity.

If you, like me, are somewhat new to the term neurodiversity, and it's relationship to spirituality, this is the conversation for YOU!

Kay is a multi-passionate educator, prolific author, and leader committed to questioning and challenging the absence of the body and earth in education, mental health and religion/spirituality.

In this powerful conversation we touch on:

- Her book, *Somatic Shamanism: Your Fleshy Knowing as The Tree of Life*, and she unpacks her understanding of shamanism and its potential appropriation.
- Kay's spiritual journey from childhood, through anglican theology and having an academic (logos) understanding of spirituality, the discovery of liberation theology, into her embodied (eros) spirituality.
- Her work with the nervous system which moved her into her understanding of her neurotype.
- Spirituality > Nervous System > Neurodiversity
- Understanding neurodiversity in profiles of strengths rather than on a spectrum.
- What makes a safe space? What is an intentional space?
- Kay and I plant the seeds for a future conversation around her grandmother and Theatre of The Church!
- All this and SO much more...

Kay Louise Aldred is a visionary change maker: a teacher, liberation, embodiment and spirituality orientated theologian, writer and published author. She catalyses individual, institutional and collective evolution and wellbeing – through education, embodiment and creative meaning making strategies – via interconnected insights and approaches which combine metacognition, intuition and instinct. As a trauma-informed mentor and facilitator, Kay offers online and in-person consultancy, training and resources.

She is a prolific writer and is the author of *Somatic Shamanism: Your Fleshy Knowing as The Tree of Life*, *Making Love with the Divine: Sacred, Ecstatic and Erotic Experiences*, *Mentorship with Goddess: Growing Sacred Womanhood* and *Embodied Education: Creating Safe Space for Learning, Facilitating and Sharing* – all published through Girl God Books.

As a lifelong learner Kay has expanded her skillset adding Wellbeing Coach, Yin Yoga Teacher, Somatic Educator, Trainer and Advanced Practitioner in Energy and Shamanic Medicine and Sacred Feminine Leader to her CV. Most recently Kay certificated as a Victim Focus Accredited Trainer.

Kay focuses her efforts on embodiment spirituality and embodied education, specialising in approaches to meet our very human spiritual needs within society, with the aim of safeguarding, increasing inclusion and access to exploring meaning, purpose, connection and belonging.

She specifically champions feminist, nervous system friendly and neuro-inclusive structures in education, health and community spaces, alongside the creation of networks for peer support and collaboration amongst action orientated, visionary professionals and committed change agents: those currently bridging old and new paradigms.

Kay is autistic and passionate about increasing awareness of the strengths of neurodivergence. She is an Associate at Neurodiverse Connection, a neurodivergent-led, Community Interest Company, set up to improve support and outcomes for the neurodivergent population.

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