

This practice was created on the unceded sovereign lands of the Wurundjeri people of the Kulin nations. I pay my respects to their elders past present and emerging and extend that respect and my solidarity with all first nations people, I stand behind them and they fight for sovereignty and freedom.

My name is Sumarlinah, and I want to introduce you to transomatics. This is a practice that I hope will be useful to people in the trans and gender nonconforming community. The purpose of transomatics is to offer another approach to dysphoria in our community. So often our knee jerk reaction to dysphoria is to remove ourselves as far from our body, as we possibly can. That is to say we disassociate. And many of the suggested solutions to dysphoria are focused on changing our bodies, taking hormones, undergoing surgery, changing the way we dress, the way we present. These are of course important aspects of who we are. But I think we all know that they don't make dysphoria disappear completely. With this offering transomatics I'm hoping can help address what I think is the core issue of dysphoria that struggled to find a home within our bodies wanted to offer a practice where we can learn how to sink into our bodies, instead of trying to flee it.

I wanted to develop a practice that helps guide you through being present in your body. They're short 10-15 minute exercises, a very simple movements that are just aimed at creating a state of mindfulness. It's a series created and narrated by someone who has personal experience of gender nonconformity me a non binary person, and with a team consisting entirely of trans and gender non confirming and gender diverse people. So I hope that this practice and this series can really feel like it belongs to all of us and that it can connect us with our own selves, but also with each other.

transomatics has following intentions. First, safety. we're practicing in not judging ourselves or our bodies. We're practicing and exploring bodily sensations. And we're practicing in soft observation and experimentation

Second, Nonviolence. nothing in this practice should hurt or cause pain. All the movements should be soft and at your own speed and to your own interpretation and third slow we're practicing in mindfulness. The practice of sinking into our bodies requires moving away from our busy daily minds. When we let our mind and our body sink, we can unlock and explore bodily wisdom, which we may otherwise not be able to access. I want to emphasize that this practice involves observing without judgment. We want to explore our bodies just to understand this part of ourselves. So we want to observe with kindness and with patients.

I called this practice transomatics. trans, because it's for our community and somatics, a term coined by Thomas Hanna, which means the body has experienced from within. I'm really excited to be able to share this with you and have you here. And I genuinely hope this can bring some peace of mind and some comfort and help you connect with your body. I know it's hard and I know it's complicated. And sometimes it helps to just take a moment and really think about how comforting it is to have a solid body, no matter what it may look like or what we may want it to look like. Maybe it can sometimes be enough to know at least we're here.