



Roger Kuhn & Dr Sherri Taylor: The Eros of Embodiment



Roger Kuhn is a psychotherapist practicing somatic sex therapy and is a member of the Poarch Band of Creek Indians. Dr Sherri Taylor has a background in clinical psychology, is an ordained minister working in the psycho spiritual sphere. Join them on an intellectual and practical exploration of how Community is a key to the Eros of Embodiment.

TOP EMBODIMENT TIP: Roger: “Honour my body through honouring my ancestors. Sherri: “It’s you the World Wants”

Eros - What is it?:

- Working in the field of spiritual psychotherapy and social justice, how does the principle of Eros align in an area which is often seen as heavy?
- Eros is a synonym for creativity, a synonym for pleasure.
- Sherri: Audre Lorde talks of Eros being the power that comes from sharing deeply in a pursuit with another person - like what we have on Zoom now!

The Container: The Place We Feel into our Aliveness in an Embodied Community

- **Community is a key to the Eros of Embodiment:** sometimes we are born into it and sometimes we create it “Pleasure Activism”.
- Roger: Indigenous people in America having a container through the Pow Wow and non gender specific dance.
- Sherri: **Dream Lab for Black Women:** dreaming is the landscape of Eros, is a technology of the body.
- **Roger: How do we use dreams, dance and community as a reclamation of the erotic and a way to rewrite narratives of resistance and survival?**
- Dreams can create movements and movement is action and action is embodiment.
- Sexuality was forced upon indigenous people from a colonial Western mentality and how can I reclaim my identity through circle and community (container).
- Roger: Sometimes embodiment is seen as an individual pursuit and the importance of embodiment from a larger community (indigenous) perspective can be overlooked.
- Sherri: The transmission of benevolence, joy and resilience in Embodiment: sometimes concerned about fetishization of trauma, held in a group setting - **“because as much as the body keeps a score of its trauma, it keeps a score of its joy. And you’ve got to invoke it.”**
- **How do we dig deeper for joy? Roger - does it through being in service to the community - find something that you are passionate about and take it into action in the community. Sherri: Joy is not about feeling good or feeling happy, it’s about being willing to take the risk to participate deeply in life.**

Resources

- ❖ **Books:** “Diverse Bodies Diverse Practices”
- ❖ **Website:** Roger: www.rogerjkuhn.com Sherri: www.sherritaylorpsyd.com
- ❖ **References:** Audre Lorde’s *Uses of the Erotic*; Allan Jones’ *Soul Making*, James Baldwin, Mary Oliver



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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