



Ilan Stephani: The Drama of Not Being Enough



Ilan Stephani is a best-selling author, intimacy teacher, trauma educator and former sex worker. In this session, she will present 3 surprising keys to overcome self-doubt and transform our everyday life into an ongoing adventure. Discover more of her work at ilanstephani.com

TOP EMBODIMENT TIP: I'm curious about how we handle- this thing we are- that I like to call "walking gift." I get that this is a very serious challenge, but if we rewire that, I think we can crack the code.

How to Win the Game of Not Being Enough

- Win the game against the drama of not being enough **by surrendering to the "loser" you already are.**

First Phase: Shake it out

- Ilan led a movement meditation to shake out the collective and individual "not enoughness"
- We shake out the social, cultural and collective norms of our individual nervous systems (which we are all equipped to do) and this contributes so much to the lives of others as well.
-

Second Phase: Open your Chest

- There is no preparation: "let's fly because we can't."
- Ilan led another movement meditation:
 - Rub your hands, rub your chest, stretch your arms out and take deep breaths, hug yourself at the end.
- The body-brain is 4x more in charge than your head-brain, in terms of what ends up being your perceived reality.

Third Phase: Unlearn

- There is no right answer.
- Not being enough is not understood by the nervous system.
- We have to unlearn the "shitty loser" that needs something, by tapping into what we already *are*.
- Can I handle my *too-muchness* instead of my *not-enoughness*?
- Ilan led another movement meditation.

Closing

- Recovering from trauma is recovering into our birthright to rest.

Resources

- ❖ **Books:** Buy Ilan's book *Skin and Games: What Sex Work Taught Me About Love* [here](#)
- ❖ **Website:** ilanstephani.com
- ❖ **Social:** Instagram: [@ilianstephani](https://www.instagram.com/ilianstephani) Facebook: www.facebook.com/ilianstephani



All Keynote Presentations are Proudly Sponsored by [Ilan Stephani](#)



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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)