



Kira Saundra: A Panther Process Experience Through Narcissism, Masks, Control & Manipulation



Kira is a yoga teacher, astrologist, reiki practitioner and much much more. She carries a wide variety of world medicine from many traditions and intuitive arts. In this session get into your power and your space and become the fullest expression of self.

TOP EMBODIMENT TIP: Be honest with yourself

Power: The Concept of Power and Dependency

- Power is energy and the ability to act and produce an effect. We are constantly chasing power. When we are rejected, we feel shame. And shame is disempowering, it makes us small. When we feel shamed, the anger power comes in.
- Isn't sex about love? Where is your need for love when you operate from a sexual place? That's where codependence appears. When one needs to be taken care of, they give away their power to others.
- A powerless person is looking for an outside force, and sex is the easiest of it. After such an encounter one most probably feels shame and disgust. And becomes even more disconnected from the heart, because it comes from the ego, from the third chakra.
- How do we get to that need? It requires vulnerability. When you are out of touch with yourself, it is scary. Do we want to give away our power? Are we all supplicants? Is that part of our addictive pattern?
- Narcissism appears when there is an unfulfilled need for a long time and you become focused on yourself. There is an empty need and you need to fill it badly.
- One can't touch their authenticity without touching their shadow. If one is afraid to touch it, he or she will repeat the same narcissistic/codependent patterns.

Shadow practice:

- Take a deep breath and allow yourself to sink.
- Know that this is a safe place. Know that you are the co-creator of your life and you are in power to run your own life. Your authentic self is also full of shadow. Give yourself permission to release any judgment. Allow yourself to be present for going deeper and deeper into your shadow. Close your eyes. Take 8 deep breaths. Breathe into something that you want right now. If rational thought comes into play, acknowledge it and move past it. What are you craving for? Allow the body to dictate. Go deeper. What would you do to get it? Allow yourself to touch these layers of narcissism, control and manipulation. If you are afraid to go there, acknowledge the presence of the fear. Give yourself permission to be completely human. What do you see? Who are you with? What colours and smells are present? Now ask yourself, what is the need that is being filled? Acknowledge the price that you would pay to have that. Forgive yourself for it. Give yourself the power of your truth and encourage yourself to be your authentic self.

Resources:

- ❖ **Website:** [pantherprocess](http://pantherprocess.com)
- ❖ **Facebook:** [thePantherProcess](https://www.facebook.com/thePantherProcess)



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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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