



Melissa Tofton: An Empath's Guide to Polyamory



Melissa Tofton is an Empowerment Guide & Erotic Leadership Coach empowering people to create tools for self-expression and take control of their own erotic domain. Discover a trauma-informed space to find new ways for evolving-lovers to communicate clearly and find ethical roadmaps to agency in relationship.

TOP EMBODIMENT TIP: Honour thy body.

Relationship: **The Two Kinds of Relationships**

- Dogmatic relationship
- Empathic relationship

Liberating Relationships:

- Co-created, collaborative community; Trauma informed pathways of open relating.
- Trauma informed and body based for navigating intentional relationships.
- These tools may not be limited to a non-monogamy or wild-love style of relationship.
- Tools for humans who love any other living thing; woven from a tapestry of lived embodied experience.
- Self-guide your own path, of an empathic version of polyamory, or your own empathic version of relationships and what that may look like..

Love: **The Two Pillars Love Rest On**

- **Surrender:** Our need for togetherness.
- **Autonomy:** Our need for separateness.

Possibilities of Change: **Attachment Theory**

- You can change your attachment style; The way of relating that one developed at an early age.
- From a trauma informed perspective, it is fundamental to have a basic awareness of different attachment styles.

Resources:

- ❖ **Website:** [Elemental Eros](#)
- ❖ **Instagram:** [@elementaleros](#)
- ❖ **Facebook:** [Elem Entaleros](#)



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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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