



David Abram: Between the Body and the Breathing Earth



Listen into the words of David as poetry for your soul. Deeply connect to what the modern human has forgotten and wrap yourself in the silkiness of remembering. The body is our axis to the world; listen in to get a sense of its potential for reconnection.

TOP EMBODIMENT TIP: Become omni-sexual, unite with all parts of the earth intimately.

Ecology of Perception: **The ecology of sensory experience.**

- Of our senses, of our eyes, of our skin, of our ears, of our nostrils, functions to bind our separate nervous systems into the encompassing ecosystem.

Earth Body: **Our ways of speaking alter how we feel.**

- We must think of the earth as our body; we are intertwined.

Senses Hold Secrets: **Trust your senses.**

- Directly sensed experience is a forgotten art form, held secondary to other, more scientific, ways of knowing.

Trees Breathe Us: **Take a clue from indigenous people.**

- Everything is alive. Everything has agency.

Eairth: **Spell Earth Eairth**

- Put an "I" in earth, so we can remember we are a part of it. We remember our upright reality and unique role as the only true bipedal beings on earth.

Resources

- ❖ **Books:** *Becoming Animal, Earthly Cosmology*
- ❖ **Website:** www.wildethics.org
- ❖ **References:** *The Overstory (Richard Powers), Reindeer Moon (Elizabeth Marshall Thomas), The Poetry of Gary Snyder or Wendell Berry, The Writings of Terry Tempest Williams, Braiding Sweet Grass (Robin Wall Kimmerer), A Song of the World & Joy Of Man's Desiring (Jean Giono)*



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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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