



Justine Baruch: Feel the Emotion AND Question the Thought



Justine Baruch has a coaching practice running workshops and retreats facilitating the work of Byron Katie. Discover effective tools to bring the subconscious to the conscious in order to heal the past and transform your future.

TOP EMBODIMENT TIP: The mind body and emotion are intimately connected. When we honour this connection and the loop that goes between them, we can develop resiliency and ability to flow with life.

Consciousness & Connection: Alignment with Our Mind, Body and Emotion

- Sometimes we are connected to the body sensation but not the emotion and sometimes to the emotion but not the body sensation. Explore the sensations and develop the vocabulary to connect to these.

Guided Practice of Emotion to Thought:

- Justine gives a guided experience followed by a Q&A as an individual experience.
- You can use the emotion wheel available on the website.

Guided Practice of Thought to Emotion:

- Justine gives a guided experience followed by a Q&A as a guided group facilitation:
 1. Take the thought “Am I good enough?”
 2. Question “I’m not good enough?”
 3. If you believe it, how do you act?
 4. Who would I be without the thought? What do you notice?

Byron Katie’s Work: Turning the Vocabulary Around

- Listen to the message you are telling yourself and turn it around. Then find examples.

Be Compassionate with Yourself: Mindfulness Awareness

- Develop more awareness around your emotional vocabulary.
- Sometimes things are pre-verbal so just be with the emotion.

Resources

- ❖ **Website:** justinebaruch.com
- ❖ **References:** [Byron Katie](#)



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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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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

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