



Tony Fonderson: Choosing The Right Partner for Deep Intimate Connections



Tony is a sought-after source of guidance, wisdom, and expert advice in matters of the heart, mind, and soul whose natural talent is interacting with people in ways that provide the insights they need to solve deep personal problems. Explore what a secure relationship looks like and how to choose the right partner for it.

TOP EMBODIMENT TIP: Go into your body, find that secret place where your essence resides and have conversations with yourself. You'll be amazed at the responses you get from your own divinity and your essence.
You 're wonderful, you're powerful, you deserve love and you deserve to love.

The Definition of a Conscious Relationship:

- Three essentials for a conscious relationship are **being seen** (you exist), **being cared about** (you are loved), **being valued** (your needs are important).

Key Factors: **Your Self and Communication**

- You need to start from a place of self love, self knowledge and self awareness.
- It's important to treat yourself with the same kindness, compassion and consideration as you treat your partner and find a balance between getting your needs met and meeting the other's needs.
- Educate yourself about your and your partner's **attachment and communication styles**.
- The way in which we communicate has just as much impact as what we're communicating.

The Pillars for a Long-Lasting Happy Relationship: **Secure Attachment**

- **Feeling safe:** Anticipation of and response to partner's stress and help with soothing.
- **Feeling seen and known:** Being yourself is OK.
- **Feeling valued:** "Your needs are important to me".
- **Feeling cared for:** Caring for the partner has to spark joy and delight.
- **Feeling supported in our development:** Being accepted when changing.
- If you consider beginning a relationship with someone go through the list and ask yourself: "Do I feel this coming from them?" and "Am I prepared to do that for them?" If not: Why do you want to be in a relationship?

Resources

- ❖ **Books:** *From Struggling to Cuddling*
- ❖ **Website:** tonyfonderson.com
- ❖ **Facebook:** [TonyFonderson](https://www.facebook.com/TonyFonderson)



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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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