



## Steve Kokker: Conscious Touch



Steve Kokker is bodyworker, tea ceremonialist, counsellor in sexuality, workshop leader and shaman of touch. He is committed to spreading the simple magic of presence during touch and life itself. Explore how to deepen the quality of your touch to allow touch to be a transformative experience for both the giver and receiver.

**TOP EMBODIMENT TIP:** Be the touch, don't give the touch.

### Conscious Touch is NOT a Technique:

- Can not be taught through linear ways, it **comes from a place deep within.**
- Conscious touch defined as responding physically, **from a heart space of unconditional acceptance and deep listening.**
- Irony is that **it takes practicing the techniques to be able to drop the techniques.**

### Conscious Touch Within the Giver: 4 Inner Qualities

1. **The giver is sensitive to one's own body** and understanding of the space in which that touch is coming from.
2. **Being honest with one's own motivations and desires.** As an example, sometimes in an attempt to satisfy our own unmet needs and desires we offer unconditional giving.
3. **Become friends with the emptiness within.** Ideally our actions come more from this space than from head space.
4. **Make oneself disappear.** The less "little me" that is present when giving touch allows for deeper connection to arise. Thoughts like, "Is this good?", "Do they like this?" can take you away from the space of deep listening and flow state.

### Conscious Touch Within the Giver: 4 Outer Qualities

1. **Dropping expectations on what will happen.** Can have direction and intention, but letting go of the attachment of how you will get there. It dilutes some of the cleanliness of your touch and puts some expectation on the receiver.
2. **Cultivating gratitude for access to that person.** Truly acknowledging this person and that they are giving access to their body. At the same time, not getting lost in the sacredness of it all.
3. **Cultivating an awe for the human body.** Helps to diminish the "little me" as the massage giver and helps decrease our judgments and preferences and instead allow for a more clean touch.
4. **Practice.** On different kinds of bodies, with new techniques, and coming from a place of non-technique.

### Each Conscious Touch has Five Different Micro Stages:

- Touch begins from the **thought/intention**; next is the **approach** as the hand makes towards the body; third, is **hovering over** just before the landing, where the receiver's body senses there is going to be touch; fourth, is the **actual touch** - the way the skin on skin contact happens tells the receiver much information; and fifth is the **release**, which is just as fundamental as the touch.

### Direction of Transmission of Information; Three Directions of Touch

- Towards the receiver, From receiver to giver, Neutral.

### Resources

- ❖ **Website:** <https://teaandtouch.com>



❖ **References:** Betty Martin, Peter Levine.

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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