



## Adam Wilder: Embodied Boundaries



Adam is a trained counsellor, passionate advocate for meaningful human connection, and founder of the Togetherness movement. Being able to set healthy limits is the cornerstone of being able to look after ourselves, yet it can be so challenging. Discover why setting boundaries can be so hard and take part in an exercise to cultivate our ability to set boundaries.

**TOP EMBODIMENT TIP:** Notice how you are feeling, sensing, and responding to the world.

### Embodied Boundaries: Saying 'No' and Setting a Healthy Limit

- Boundaries are **the foundation of self-care**, being able to set a limit to say 'I don't like that,' 'I don't want that,' and moving away from that.
- Being in touch with what it is that we actually want, need, or desire, and having the ability to move towards that.
- **Important to practice our boundaries** with our family, friends, and colleagues.
- Bring awareness to not being able to say 'No' and choosing not to say 'No', elicits certain behaviours because we still have these needs, wants, and feelings. Facing the challenge of saying 'No'.
- **What stops you from saying 'No'? What do you do instead of saying 'No'?**
- **Invitation:** Explore noticing how you are feeling, sensing, and responding to the world. The scale of willingness.

### Embodied Sovereignty: "Daring greatly" (Brené Brown)

- Being in touch with the signals that convey 'I want this' / 'I don't want this', which is like a muscle that we need to stretch and re-engage with so that we can really choose when to say 'yes', when to say 'no', when to say 'I'm not sure, let's talk about it'.
- **What do the words 'Yes' and 'No' feel like in your body?**
- Being able to say 'Yes' and 'No' without a big charge of emotion, we are able to express our truth, our boundaries, and our wholeness.
- Still in touch with the world, but also not taking responsibility for other people's responses to that.
- This 'charge' can be about how we feel others might perceive us.

### Two Fundamental Needs for Survival (re. Gabor Mate):

- **Need for Attachment:** Our need to be accepted, loved, adored, and part of the group. As infants and children, we learn that certain behaviours make our care-givers more willing to look after us (**behaviours of attachment**). When rejected, it can feel almost 'like death', deep in our nervous system.
- **Need for Authenticity:** As adults, we develop the need to be ourselves. The need to say what I want, and be seen and loved for who I am. **We often tend to sacrifice our need for authenticity for our need for attachment.**
- The foundation of **meaningful connection and intimacy**, is being able to really say what is going on.

### Resources

- ❖ **Book:** *When the Body Says No*, by Gabor Mate
- ❖ **Course:** Embodied Sovereignty
- ❖ **Website:** [togetherness.com](https://togetherness.com)
- ❖ **Instagram:** [@houseoftogetherness](https://www.instagram.com/houseoftogetherness)
- ❖ **References:** Gabor Mate, Ram Dass, Brené Brown



## **Adam Wilder**





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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!

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