



Adam Wilder: Embodied Sovereignty



Adam is a trained counsellor and passionate advocate for meaningful human connection. He is the founder of the Togetherness Movement which helps people to wake up their natural ability to form healthy relationships with themselves and each other. Cultivate embodied sovereignty and authentic connection by knowing and expressing your boundaries, needs, and desires!

TOP EMBODIMENT TIP: Always be in your own body. And if you can't be in your own body, be in the body of a tiger.

Adam's Story: **Adam is a Recovering Chronic People-Pleaser**

- The most fundamental things we need is the ability to say no, to set boundaries, and be authentic with each other.

Defining Embodied Sovereignty: **Dare to Wear Your Inner Crown**

- Embodied sovereignty is about having a power within, not a power over.
- It is being in touch with your needs and desires and moving toward them.
- It is being able to say no, inhabiting emotional fluency, and sensing and responding to stay connected to the world.

Human Needs: **Attachment and Authenticity**

- **Two fundamental needs:** Attachment to others and to be authentic with ourselves (Gabor Mate).
- Behind every **conflict**, there are unmet needs.
- Connection is not all about wanting the same thing; it can be a journey to navigate authenticity versus safety.

Taking: **Take like a Noble Ruler of Self**

- Taking is given a negative connotation in our culture, but it is a necessary skill for getting our needs met and pursuing our desires. Reflect on what you've been taught around taking and challenge yourself to take a positive perspective (ie. "take the space you need"). Make requests.

Desire: **Desire through Feeling**

- To know what we want, need, and desire, we have to be able to feel. Numbing as a strategy to move through life and attachment cut us off from our desires. Try **desire tennis** as a practice. Even if you cannot have what you desire, there is value in acknowledging it. Experiment with what's right for you.

Resources

- ❖ **Courses:** www.togetherness.com
- ❖ **Website:** www.togetherness.com
- ❖ **Social:** Instagram [@houseoftogetherness](https://www.instagram.com/houseoftogetherness) ; Facebook [We.Togetherness](https://www.facebook.com/We.Togetherness)
- ❖ **References:** Gabor Mate, Betty Martin, Sébastien Foucan, Rhonda Brito, Marshall Rosenberg



Adam Wilder





All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



ILAN STEPHANI

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!

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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

Facebook www.facebook.com/ilanstephani