



Guy Sengstock: The Circling Method--Embodied Connection



Guy is the founder of Circling, an approach to building deep, vulnerable, and profoundly present relationships through listening. Discover the philosophic & theoretic underpinnings of the practice of Circling, including the “7 Stages of Circling”.

TOP EMBODIMENT TIP: Meet Every Sensation with ‘Thank You’

The Context of Our Time: Less Movement

- Functioning in life requires less movement due to the industrial revolution -> results in all these physical ailments.
- Led to the arising of ‘physical fitness’ as distinct from everyday life.
- Circling as a practice reveals, similarly, how estranged are we from direct/open connection in the age of the internet.
- Social media allows how and when we connect with others to be ‘optional’.

What Is Circling?: Increase Your Life Surface Area

- Circling allows people to come and have an encounter with others, to profoundly be with another person.
- We become who we are through relationship, throughout our entire lives.
- Humans are uniquely vulnerable, in that we come into the world as Infants that can’t address their own needs.
- Structurally we work with groups 3-18 people, with a trained leader.
- People receive benefit from intention of profoundly being with that which is.
- ‘Being with you I’m noticing / I’m feeling’ to the person being circled.
- A group leader encourages the relationship to unfold.
- To circle it means to increase your surface area, to be touched by life and having more tolerance for connection with transparency and permeability.
- Moving towards what is most hidden, most uncomfortable, and most true.
- Taking conscious risks by being vulnerable/exposed to another .

Stages of Circling

- 1) Coming into a relationship
- 2) Sovereignty
- 3) The explorer (What is it like being you?)
- 4) Warrior Stage (Being willing to be in the most uncomfortable place)
- 5) Deep sea Diver (What emotions are underneath the insight process?)
- 6) The Midwife (Something new is born)

Resources:

- ❖ **Courses:** circlinginstitute.com
- ❖ **Website:** circlinginstitute.com, circlinginstitute.com/7-stages-of-circling



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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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