



Damien Bohler: Embodied Relating - Listening and Expressing from the Essence of Who You Are



Damien has been facilitating and teaching groups in intersubjective and relational practices for 9 years. He is motivated to offer his work out of a love for planet earth and a deep, compelling desire to contribute to human evolution. Join Damien in an exploration of an embodied relating meditation and the concept and trajectory of Evolutionary Relating.

TOP EMBODIMENT TIP: Practice! You only become embodied through practice.

Embodied Listening Meditation: **Foundations for Relational Work**

- Develops your capacity as a generous listener. A way of orienting, holding ourselves on the inside as we listen.

Four Domains of Embodied Listening : **Internal Postures of Listening & Separating Experiences**

- **Presence (Open Body);** Bring your awareness to the physical sensation, sensory experience inside of you in your relation with this other person. A form of stillness, holding yourself that lets go of everything other than this moment.
- **Appreciation/Acceptance (Open Heart):** Opening up to the emotional experience of being in front of this person. Simply be with, and meet someone where they are now. Accept them in this moment, and meet them with total acceptance. Hold this state in your own body, this state of open heartedness and acceptance.
- **Non-Judgement (Open Mind):** Notice the thoughts that arise in response to being with this person. Invite curiosity into your experience.
- **Spaciousness (Open Soul):** The essence of who you are does not infringe on others; we can all live in the full expression of ourselves, there is enough space for everyone. We can hold this possibility for one another in our listening. Hold ourselves to empower others.
- Take a **'mental snapshot'** of each state so you can return to the experience and deepen this practice with anyone you encounter. **Compare and contrast** the experience of each and notice how distinct they are and how they complement each other. **Maintain a connection** of these four states throughout your life as it becomes a way of living.

Relational Intelligence: **Mastering the Energy of Attention**

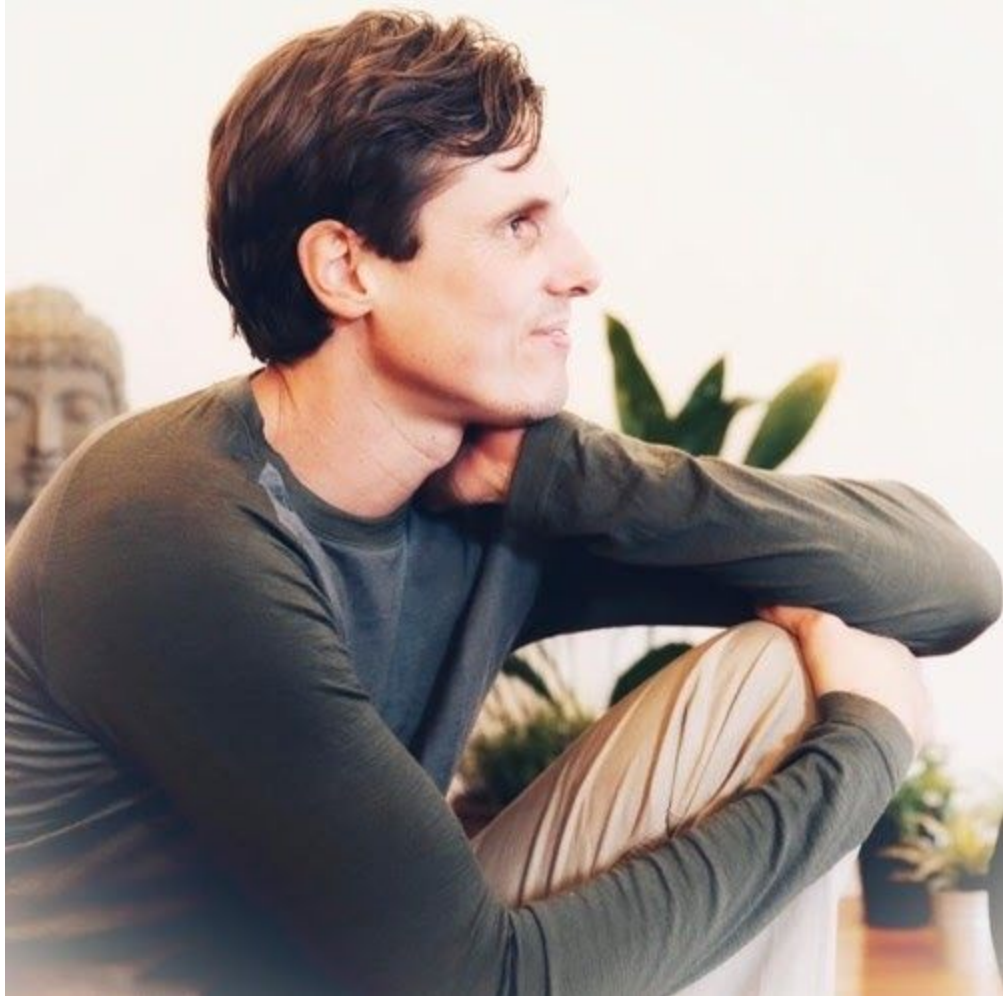
- **Authentic Relating:** Conscious application of listening (receptive, reflective, active/curiosity), Expressing, Attuning.

Resources

- ❖ **Book:** *Sand Talk: How Indigenous Thinking Can Save the World*, by Tyson Yunkaporta
- ❖ **Courses:** [Authentic Relating](#)
- ❖ **Website:** evolutionaryrelating.org
- ❖ **References:** Ken Wilber's Integral Theory, Circling, Don Beck & Christopher Cowan's Spiral Dynamics, Turquoise Consciousness, Charles Eisenstein



Damien Bohler



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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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