



Nadav Or: Falling in Love Vs Rising in Love



Nadav Or is the Founder of Magic of Love - The International Tantra School, and the creator of the Quantum Leap Freedom Program - Tantra Teacher Training. Nadav Or (his given name that means generous of light in Hebrew) grew up in Israel until 2010. In his 'previous' life he had a private college, law & business degrees & 25 years of teaching experience. In his 'spiritual education' Nadav Or is an NLP Life coach, specialising in relationships, Intimacy & sexuality. Explore through education and experience the difference between falling in love and rising in love.

TOP EMBODIMENT TIP: Do remember open mouth breath and body. Keep on this practice by itself, it can be life changing.

Relationships can Heal Wounds by Sharing Consciously:

- The purpose of relationships are to heal wounds from childhood, grow, and expand in love relationships.
- The process of falling in love has predictable stages which ultimately lead to a pain based on our own wounds.
- Intimate relationships can reveal our honest desires and boundaries through consciously relating.

The 'Pyramid of Conscious Relating' is a Tool:

- The Pyramid of Conscious Relating is a process which addresses honest desires and boundaries.
- From Magic to Love moves through these stages:
 - 1) Awareness - The pain is from my own wounds (my partner is just the trigger).
 - 2) Responsibility - Using the tools for emotional release.
 - 3) Radical Honesty - Express, release and forgive.
 - 4) Tantric Sex -- base on patience, compassion, present, truth.

Sexuality is a Beautiful Tool our Body Provides Us :

- Tantric Sex is a practice that requires building relationship through a slow and long process.
- Continuing to stay present in the body through the tools introduced and use over and over.
- Based on patience, compassion, presence, truth and vulnerability, we learn how to be honest with our desires and boundaries.
- Training offered in three areas:
 - Free my Mind - Self Love Realization
 - Free my Heart - Conscious Relating and Intimacy of Truth
 - Free my Soul - Practitioner Training

Resource

- ◆ **Website:** magic-of-love.org



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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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