



Paisley Heart: FLUIDITY: Embody Your Gender and Sexual Fluidity



Paisley is the creator of the Archetypal mentoring program, Shapeshifters, and works in emotional clearing. He teaches people how to let go of their previous version of self to regain a new version. He also hosts pleasure parties. Explore identity with Paisley as he encourages you to play with different identities, utilizing self-touch to embody sexual and gender fluidity.

TOP EMBODIMENT TIP: Take note of the things you find attractive in others and embody it!

Polarity: Masculinity and Femininity

- Masculinity and femininity are not exclusive to gender.

Heteronormative Narrative: No Room For a Spectrum

- Heteronormativity does not allow much space for love, care, and affection within male friendships. On the other hand, there is more space for women to be affectionate to each other. Paisley encourages more affection - and even sensuality - between heterosexual men.

“Dicks, Pussys & Assholes”: Sexual Language

- Paisley interrogates why our society labels people as “dicks, pussys, and/or assholes”. Why are human genitals degraded in such a way instead of being humanized?

The Label of “Queer”: Everyone Is Queer

- Historically, “queer” meant to describe people who were on the margins of society. By showing up to this presentation, everyone is supporting queer identity. In the presentation, Paisley asks heterosexuals to “try on” being queer and for queer people to “try on” being heterosexual.

Experiment With Your Body: Touch Your Body As If You Are Another

- If you have a vulva, touch it as if you had a penis. If you have a penis, touch yourself as if you have a vulva. If you are a man, touch yourself as if you were another man, and vice versa.

Resources

- ❖ **Podcast:** [Curious Conversations](#)
- ❖ **Website:** hellopaisleyheart.com
- ❖ **Instagram:** [@paisleyheart](#)
- ❖ **References:** Prince and David Bowie



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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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