



Nicole Gibson: How Embodying Love Unlocks Limitlessness



Nicole Gibson is a multi-award winning social entrepreneur who is the CEO of a global movement called Love Out Loud. Learn how being in the present moment is essential in accessing unconditional love and how it can be channelled to supercharge our ability to create and expand our consciousness.

TOP EMBODIMENT TIP: Practice gratitude for presence in the moment.

What We Need to Heal:

- The less I said, the less judgement I had, the more open the space became and the greater transformation came.
- We need to be able to acknowledge what's trying to get our attention.
- We need the space of possibility to lean into to foster healing and transformation.
- The more we get in our way, the more difficult it is to connect to our true power and heal.

The Structure of the Project:

- Actively listening and holding space for others to speak their truth and tell their story.
- The concept is simple: we want clarity.
- Stripping away projection and judgements to be able to hear the true issues happening.

The Next Steps Forward of How to Change the World:

- Stop trying to change it and listen to what is right in front of you.
- Until we are in the vibration of the solution, we will only be perpetuating the problem.

Practices to Get More Fit for Love:

- Practice more generosity of spirit.
- Practice of Acknowledgment of Others.
- Moment to Moment Awareness of "Am I open right now or am I closed?"

Resources

- ❖ **Books:** *Love Out Loud*
- ❖ **Courses:** loveoutloud.online
- ❖ **Website:** loveoutloud.online



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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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