



## Alan Lowen: How Intimate Can I Be?



Alan Lowen has been leading workshops and courses for 45 years and founded The Art of Being® as an experiential way for people to awaken, befriend and celebrate all the gifts and attributes of their being. Carl Rogers and Osho Rajneesh have been among his mentors. Here he invites us into a guided journey into our own presence towards expanding our capacity for intimacy.

**TOP EMBODIMENT TIP:** Touch your aliveness when you breathe in and surrender to it when you breathe out.

### What intimacy is: **Intimacy is Deep Empathy**

- Being intimate with someone or something is feeling them, sensing them, having an intuitive sense of them.
- The only way to be intimate with someone is through one's own capacities for opening and connecting, for touching and being touched.

### Closed Doors: **Finding Our Own Barriers to Being Intimate**

- To be able to be intimate we need to explore and discover what prevents us from opening up, connecting.
- Explore the states of withholding that we find in ourselves – they may take the form of hardness, aggression, sorrow, fear, etc. These may be like little rooms or caverns we retreat into from our central spaciousness. We explore the most immediate state.
- Anger vs. aggression: Anger is just an eruption, which may be healthy; aggression is targeted and manifests as blaming, complaining, etc.

### Opening Doors: **Befriending Our Own Barrier States**

- Gently using our breath, we can consciously open the doors to our withholding states and befriend these parts.
- We can thus show ourselves that we are actually safe even in these states and then these spaces can dissolve into the central space of connection.
- This process may take a few seconds, minutes or hours – we take as long as we need.

### The Smile: **Discovering the State of the Internal Smile**

- We may find our own smile as we breathe into our spaciousness and touch whatever is happening within us including distress with a sense of friendliness.
- This is the sense of being intimate and in love with all of existence; in touch with the 'eternal', the 'mystery.'
- It is the state of being totally open and in touch with whatever is happening.
- It is also the state of timelessness.

### Resources

- ❖ **Website:** [www.artofbeing.com](http://www.artofbeing.com)



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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

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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