



## Jayaraja: How To Listen and Speak From the Heart



Jayaraja has been a Buddhist and meditation teacher for over 25 years, has formal training in Gestalt Therapy, and is a skilled practitioner of Nonviolent Communication (NVC). In this session, discover how to both express yourself with clarity, kindness and authenticity, as well as how to listen and connect with empathy, understanding, and curiosity.

**TOP EMBODIMENT TIP:** Make sure you dance, be silly, move

### Mindful Communication

- Mindful communication is about creating a quality of connection with ourselves and with others where **everyone's needs matter.**

### Humans Have Very Few Needs:

- Humans have only 7 needs. **The primary need is love.**
- If love is present, then physical well-being needs are met.

### For Relationships to Thrive, They Must be Founded on Friendship

- **You cannot love another more than to the degree which you love yourself**
- We must develop friendship with yourself, and friendship with the other person
- The Yorkshire Poet, David White, says “any friendship of any depth is based on mutual forgiveness”
- The wounds in ourselves we won't look at, are projected outward, and we want somebody else to heal us

### Our “Inner Child” is Still Very Present Within Us

- Children tend to be “black or white” in perception, and we need to move beyond that
- Focus on needs rather than on thinking
- Compensatory behavior distracts us from the ability to live in the magic of connectedness with ourselves
- Being a human being is a constant practice; a constant humiliation.
- We need to have the humility to admit that “I don't live according to my values” from moment to moment
- Knowing that we can fail, and still be kind to ourselves, is so important
- The idea of perfection is a childish thought; the child wants to be perfect in order to be loved
- The more you can open the heart in relation to yourself, and acknowledge your failings and weaknesses with kindness, the more that kindness and love will spill out of your heart to others

### Resources

- ❖ **Courses:** Alfoxton House Retreat Center
- ❖ **References:** *The Eden Project: In Search of the Magical Other* by James Hollis, *Nonviolent Communication: A Language of Life* by Marshall Rosenberg



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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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