



## Ryel Kestano: Human Connection: The Transformational Practice of Authentic Relating



Ryel is the co-founder of Authentic Relating Training International (ART), a course leader, course supervisor, facilitator and coach since discovering authentic relating. He travels the world delivering Authentic Relating workshops to people of all backgrounds, cultures, beliefs, and values. Explore how to deepen the relationship with yourself, others and the world.

**TOP EMBODIMENT TIP:** Truly commit yourself to slowing down, especially in the relational space.

### What is Authentic Relating: A Dance between Two Poles

- **Authentic** = Being real, revealed, vulnerable, seen and expressed (Masculine, yang, using the voice).
- **Relating** = Inviting others to be revealed and expressed (Feminine, yin, using eyes and ears).
- **Revealing the hidden:** Becoming conscious to the unconscious, making the implicit explicit.
- The more we reveal all parts of ourselves the closer we become to other people.
- **Embodiment / Self-Awareness:** AR reconnects us with the body and its wisdom and guidance.

### Tools for Authentic Relating:

- Going slow: reacting vs **responding**.
- **Here and Now:** 3 Levels of Conversation: Informational (facts), Personal (emotions, thoughts about the facts), Relational (how it feels to share).
- Hologram: How you show up in this moment is how you show up everywhere.
- Discomfort / Equanimity: Ability to **stay conscious, aware and connected no matter what**.

### The Five Practices: Keys for Profound Transformations in Your Life and Your Relationships

1. **Welcome Everything:** Become aware of everything that is arising in yourself, others and the world, without judgment. Alleviates suffering and pain and it puts you on the path towards wholeness, integration and self actualization.
2. **Assume Nothing:** Notice the assumptions you are making and check out if they are true. Brings you ever closer to an intimate relationship with reality itself.
3. **Reveal your Experience:** Start with revealing it to yourself and then to another; be vulnerable. Leads to more intimate, richer, deeper, more enlivening connections and relationships.
4. **Own your Experience:** Take rigorous responsibility for the experience you're having. Empowers you to find the source of your experience within yourself.
5. **Honor Self and Other:** Knowing your own needs, wants, values, preferences, hopes, dreams, visions, boundaries and biases. Learn about those of others. Live in alignment with that. Boundaries are being kept, suffering and pain end.

### Resources

- ❖ **Courses:** [ART Community Calls](#), [ART Level 1 Authentic Relating Course](#)
- ❖ **Website:** [authenticrelating.co](http://authenticrelating.co)



## **Ryel Kestano**





## All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



**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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