



Chantelle Raven: Integrated Mastery Through Tantra



Chantelle Raven has been facilitating workshops and retreats in the field of spirituality and Tantra for almost 20 years. Raven's energy, knowledge and passion will inspire you to change the way you look at life, love, sex, spirituality and the emotional body in ways that will support you to embody your awakening.

TOP EMBODIMENT TIP: Feel everything fully – the pleasure and the pain – and don't judge it

Tantra: Who is it For?

- For people who want to reconnect with aliveness, and have the whole human experience.
- Not just for hippies, but also realists. Not just for men, but also women.
- Dancing, for example, increases arousal through increasing neurotransmitters such as serotonin and dopamine.

Mastery: Leaving the Comfort Zone and Reach New Possibilities Through the Chrysalis

- If you peeled the cocoon, the caterpillar will have been underdeveloped or even deformed.
- Skipping the essentials might end up with broken wings.
- Developing out of the chrysalis is like the contractions before birth.
- Mastery is when you have so many tools in your pocket that you don't have to think about what you're doing.
- You need to dedicate to learning the skills to achieve mastery.

Integration: Interaction of Gender Polarity

- We need masculinity (**Shiva**) as witness to go into the pain.
- We need femininity (**Shakti**) to feel the pain.
- Your genius and collaborators: worth the expenditure to create a profile on <https://www.wealthdynamics.com>

Healthy Polarity: Balancing Masculinity and Femininity

- **Masculinity** is constituted by logic, reasoning, and action, and turned on by the feminine with receptivity, surrender, trust, sensuality, and beauty.
- **Femininity** is constituted by intuition, joy, and flow, and turned on by the masculine with presence, directness, leadership, stability, protection, and strength.
- Packing the day with actions and events versus turning it in for a day off.
- Each person has to be individually balanced and in union, otherwise you become attracted to exact opposite of oneself.

Resources

- ❖ **Website:** [embodiedawakeningacademy](http://embodiedawakeningacademy.com)
- ❖ **YouTube:** [Embodied Awakening Academy](https://www.youtube.com/embodiedawakeningacademy)
- ❖ **Instagram:** [@embodiedawakeningacademy](https://www.instagram.com/embodiedawakeningacademy)
- ❖ **Facebook:** [embodiedawakeningacademy](https://www.facebook.com/embodiedawakeningacademy)



Chantelle Raven





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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

Get lifetime access now