



### Karlijn Kabira: Jealousy As A Gift



Karlijn Kabira is an open, intuitive group facilitator with a passion for self-transformation and behavioural embodied change. She is passionate about supporting herself and others, to live their full embodied potential by integrating mind, body and spirit through cognitive repatterning, breath work, movement practices, authentic relating and energetical alignment. Jealousy holds the gift to indicate where we are not in alignment with ourselves. When we ally with our underlying beliefs, we open up to more understanding, love and opportunities for growth. Dive into jealousy as an insightful and practical tool for deeper intimacy with ourselves and in our relationships.

**TOP EMBODIMENT TIP:** I'm the only person I can change.

#### Jealousy: Why I Wanted It

- In my past relationships, I was sometimes very jealous, and sometimes not.
- Ownership, tension, sadness, security, shame, rejection, humiliation, fear, lack of self-worth, and betrayal.
- **Purpose of jealousy:** It indicates things of value to us, and stimulates and motivates us to act.
- Jealousy includes a third party, and often in romantic relationships.
- Envy often relates to one other persons, when that other person has something that I want.

#### Womanhood: Why Women are More Prone to Jealousy

- Men are more prone to sexual jealousy.
- Women experience their insecurity through jealousy of others that their man have affection for and even emotional connection with.
- Having a higher self-esteem buffers one from neurosis, especially when one knows the partnership to be of mutual appreciation.

#### Self-Appreciation: How Do I Appreciate Myself and Restore Self-Respect

- See how being able to give you just 1% of appreciation is already enough.
- Visualize yourself giving yourself a pat on the shoulder and saying you've performed well.
- Jealousy is a gift that I force myself to go through.
- As I move my own emotional body and have a look at my condition, I come back with so much valuable information.
- I also allow myself to look at the my deepest need in my partner, and come to know how much I needed her.

#### Resource

- ◆ **Website:** [withkabira.com](http://withkabira.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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