



Christina Dohr: Mirror Mirror on the Wall; An Embodied Approach to Integrating Projections



Christina Dohr is an Embodiment Facilitator, Coach and Assistant Trainer on the Embodied Facilitator Course. Christina's work focuses on relating and intimacy. She has an Aikido blackbelt and is a dancer. Join Christina to explore how to identify what projections are and how they can be a tool in telling us more about ourselves and what we can integrate through self reflection and inquiry.

TOP EMBODIMENT TIP: Feel, Breathe and Move.

Projections: **What are Projections and how do I know that I am projecting?**

- Projections can be unintegrated parts of one's self, where there is a degree of acting out of proportion to the situation or to the person.
- "Judgement for me often is another sign that I am possibly projecting something that I can really look at in myself."
- "So what is it that I project into the external rather than looking into the mirror and saying, oh, wow, what is that about myself?" Normally there's a degree of discomfort felt in the body when projections occur.

Discomfort in the Body as a prompt to hold up a mirror:

- **If we experience blame and/or rigidity, this can be an indication of us projecting - this can be an indication it is time to take out the mirror and self reflect.**
- "I can genuinely hold up that mirror. Take a close look. I almost recommend sitting in front of a mirror..Sitting in front of yourself looking at yourself and really asking yourself; **What is my part in this?** What am I not seeing here? What am I rejecting here? What is the part in me that I feel uncomfortable around?"
- If there is something you notice yourself or get upset about in other people frequently? This could be **something you reject in yourself or wish you had developed it in yourself.**

Projections: **They can be an expression of our shadow side giving possibility for growth:**

- Golden Shadow; A positive projection of something we would like to integrate more in our life; a discovery or longing for qualities / traits in ourselves which we see as being positive in others.
- Seeing the negative qualities in others can invite us to find a dancing partner of that quality; that is the same quality but in a healthy expression. For example the dancing partner to the quality of arrogance, may be confidence.
- **Embodiment led exercises; identifying traits and qualities that we may want to re-own or re-integrate.**

Resources:

- ❖ **Courses:** [Embodied Facilitator Course](#)



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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

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