



Shachar Caspi: Open Relating - A Path of Awakening



Shachar Caspi is the founder of the International “Art of Love School” and leads seminars and retreats on Sexual Shamanism, Therapy, Transformation and Mindfulness in Israel and around the world. He is a somatic therapist (graduate of “Hakomi” Psychotherapy) that gives individuals and couples sessions. Go inside yourself and explore your fragmented parts, and acquire resources to help you determine if you carry the flag of freedom, security, or both.

TOP EMBODIMENT TIP: Humbleness. The wisdom of the body is way beyond the wisdom of the mind.

Fragmented Parts: Journeying into Open Relating Opens a Pandora’s Box and We Face Many Aspects of Ourselves

- **Fragmented Parts** are not demons, they are shame, guilt, jealousy, feelings of unworthiness, lack of self-confidence, anxiety. Know them, love them.
- These are the parts of you you often suppress, and will now now have to embrace, live with, and converse with.

Two Keys to Open Relating: Freedom and Safety

- **Freedom.** This flag represents fire and a desire to explore.
- **Safety.** This flag represents grounding, Earth, stability.
- Who is more connected to freedom and who is more connected to safety?
- Free love or loving freely vs. being a slave to your sexual desires.

Choice Relating and Open Relating:

- **Open Relating** puts you in a box, a box that needs to be opened.
- **Choice Relating** is about having a choice.

Monogamy:

- You can use **focus** instead of monogamy.
- Focus on the primary relationship.

Exploring the Heart: The Next Level of Open Relating

- Initially **open relating** may be about sex. In time, you may discover it’s not the excitement of a sexual encounter you’re looking for, but depth. This exploration of the heart is like next level open relating.
- The big issue isn’t when a partner engages in sex with another, the issues arise when your partner is falling in love.
- When your partner falls in love it means the heart is moving.
- When their heart is moving you can actually feel that, especially if you're connected. This is where the work really starts.

Resources

- ❖ **Courses:** A full catalog of Shachar’s courses are available on his website.
- ❖ **Website:** shacharcaspiartoflove.com , www.shacharcaspi.com
- ❖ **Instagram:** [@shacharcaspi](https://www.instagram.com/shacharcaspi), **Facebook:** [shachar.caspi.9](https://www.facebook.com/shachar.caspi)



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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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