



PANEL: How to Change the World through Connection



Explore how connection can bring about radical change for the world we live in with our panelists Ruby May, Mike Lousada, Magdalena Weinstein, and Erika Chalkley. Hosted by Cat Moyle.

How do you See Intimacy and Relationship Changing the World?

- Magdalena Weinstein: If we are able to establish safety then intimacy can be like a patchwork quilt where we show up broken or whole and know that we have a place of safety and repair.
- Mike Lousada: All the problems in the world come from disconnect; the illusion of separation between us and them. We need to come back to an intimate connection with ourselves as part of the whole and sit with it when we feel uncomfortable.
- Ruby May: There is something really humbling about intimacy; where life invites us to stop rising above being human and come into the messiness, struggle and awkwardness.
- Erika Chalkley: Intimacy is a quality of attention and presence that can lead to inner contentment. I can only know your humanity if I know my own.

What Practices Do You have that Support the Topic of Connecting to Self as a Way of Changing the World?

- Ruby May: Remove all social media apps from your phone and sit with how it feels to not have a pseudo sense of connection. These things are actually numbing. What is really life affirming is to sit with the feelings underneath and explore whether we can invite genuine connection to ourselves, others and to the earth into our lives.
- Mike Lousada: To inner-parent, through touch, with the places in the body that feel vulnerable. To ask what is going on, see what the young one in there needs right now and reassure them that it is ok.
- Magdalena Weinstein: Be gentle with yourself moment to moment. Allowing your physiology to guide you.
- Erika Chalkley: Approach yourself with a sense of reverence and allow your body to have an experience without labelling it.

Resources

- ❖ **Websites:** [Ruby May](#), [Mike Lousada](#), [Magdalena Weinstein](#), [Erika Chalkley](#)



Ruby May



Mike Lousada



Magdalena Weinstein



Erika Chalkley





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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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