



Amanda Biccum: Passion, Attraction, Desire - Magnetise Your Relationships Through Understanding the Laws of Polarity



Amanda is an Evolutionary Coach and Embodiment Facilitator dedicated to helping individuals discover deeper connections to themselves, their passion and their pleasure. She uses modalities from her experience with various traditions, cultures and practices around the world to help her clients overcome old habits, patterns and limiting beliefs in order to make positive radical life shifts. In this workshop, Amanda breaks down the law of polarity and how it plays out vividly in our relationships to achieve a deeper understanding of how to reignite the flame of passion in your life when it comes to your desired or current relationships.

TOP EMBODIMENT TIP: Just feel your emotion, ask where it is in your body, and move it.

Polarity: Masculinity and Femininity

- Sexuality is a powerful life force.
- The magnetism and the energy field of the body.
- **Masculinity:** yang, fire, domination.
- **Femininity:** yin, water, submission.

Spectrum: Where One Is Along the Polarity

- Knowing these energies, especially where one belongs on the spectrum, helps one become self aware.
- Some born in a female body, for example, naturally embody more masculine qualities, which is not wrong.
- Learning how to step into this masculine, surrender, and allow myself to be taken.
- **Active surrender.**

Stress: Killers of Polarity

- Base needs are needs for survival.
- Often childbirth is a killer: all of the mother's attention goes from the man to the child.
- We need to be conscious of our wounds, our little inner child. We can easily end up playing the mother in our partnership. Understand the masculine and feminine dynamics.
- Consider how slogans such as: 'Big boys don't cry' and 'toughen up' conditioned us not to get into our real self.

Childhood Trauma: Something That Will Come Out In a Relationship

- Consider your partner who had the childhood trauma of an abusive male biological parent.
- When you've been his inner heaven from his past trauma, he might feel -with you- his fear of abandonment.
- He'd appreciate and adore you for taking up the mothering role for this needy little boy.

Resources

- ◆ **Website:** instituteofintegratedintimacy.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

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