



Maanee Chrystal: Radical Honesty & The Shadow in Relationships



Maanee Chrystal is a Holistic, Non-Dual Psychotherapist and Dance Therapist who guides others to wholeheartedly embrace the repressed, unseen aspects of self as a pathway to deeper connection, freedom and awakening. Discover how being radically honest with your shadow leads to profound depth in your relationships.

TOP EMBODIMENT TIP: Take a deep breath as often as you can and rest in the pauses between in- and outbreath.

Why do Shadow Work?

- Shadow Work is one of the most profound ways to grow, evolve and to get to know yourself.
- It is a path of awakening, being with it all.
- It leads to a very deep connection with yourself and others.
- According to Carl G. Jung there is 90% gold and 10% darkness in our shadow.

Radical Honesty with Yourself and Others: Meeting Your Shadow

- Radical Honesty means speaking about what is alive right here, right now.
- Becoming radically honest requires to become radically honest with your shadow (looking at ways you manipulate, control), to have a lot of resources and to be gentle with yourself, knowing that all that comes up is very human.
- Find out what your needs (google: list of universal human needs) and values are.
- Become radically responsible for your needs and find ways to get your needs met (through friends, pets, nature, family, etc.) - it is not our partners responsibility to meet all of them.
- Learn how to be honest about what you need.

Dissolving Labels: Letting Go of Imposed Structures and Paradigms in Love and Relationship

- All forms of relationship have their sets of expectations, constellations, labels & structures.
- **What is my truth of relating?** Am I just in a type of relationship structure or wanting a type of relationship structure because that's the story that I've been told?
- Our way of relating does not have to fit into a box and it is restricted by using labels.
- What do I really want? What's in the way of that? (Feelings of unworthiness, fear of abandonment, rejection, trauma, abuse?)
- Cultivate trauma informed resources that regulate the nervous system to get you where you want to be in your relationships.

Resources

- ❖ **Website:** embodiedpsychotherapy.earth
- ❖ **References:** Book "Get Over Shit and Be Happy" -- Brad Blanton



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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

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