



**Rachel Rickards with Buster Rådvik: Relational Reset Button: Accessing Presence through Embodied Intimacy**



Rachel Rickards is a powerhouse creator. She loves facilitating groups with an intentional focus on growth and intimacy. Buster Rådvik's dharma is being by example and leading with integrity. He literally wears his heart on his sleeve and has a reputation for pleasantly shocking an entire room with his candid emotional awareness and ability to reveal himself, transparently, no matter how awkward and messy it might look. Explore in what ways can we take a stand for love beyond the rigidity of the mind, but more from and through the wisdom of the body.

**TOP EMBODIMENT TIP:** Rachel: Devote yourself to your breath, your sound and your vibration.

Buster: Slow enough so consciousness may penetrate.

The Nervous System: **The Animal Body is Spatially Aware, Using Senses to Determine Danger or Threat**

- How you are is determined by perception of threat.
- All senses play a role in your sense of feeling safe.
- Our work is to learn to read body cues, slow down and find your center so you may respond.

Come Back to the Body: **Come Back to the Body and Then you may Share Intimacy with Another**

- Bring your awareness back to the body, from this place you may develop intimacy.
- Look for level of impact through the senses and create space (slow down) for reset.
- Finding a feeling of safety with self and surroundings, may be easy on a hike alone, yet when we begin to interrelate with others we may get triggered and the animal body may show up.
- Soothe the animal body, changing perception out of fear (which has an agenda in the past and foresees the worst possible outcome).
- Practice reading your body's cues that you are entering fight, flight or freeze.

ERAP: **Embodied Relational Awareness Practice**

- Influenced by Somatic PsychoTherapy, which states we have five building blocks (cognition, emotion, body sensation, five sense perception and movement impulse) of our present moment experience).
- ERAP asks us to set aside cognition and emotion.
- Practice sharing the three pieces of yourself with the other person; body sensation, five sense perception and movement impulse.
- Build the muscle of becoming aware of and sharing while you are fully resourced, so that when you are triggered you have this available.

Resources

- ❖ **Courses:** [Embodied Intimacy](#)
- ❖ **Websites:** [Buster](#) / [Rachel](#)
- ❖ **Facebook:** [Buster](#) / [Rachel](#)



## Rachel Rickards and Buster Rådvik





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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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