



Rafia Morgan: Relaxed Confidence in Relationship



Rafia Morgan is a Spiritual Therapist and Teacher. He runs workshops, training events and retreats on embodied intimacy. Learn how to develop a supportive approach to relating to your own anxiety.

TOP EMBODIMENT TIP: Befriend your anxiety. Don't reject it.

What is relaxed confidence?

- Basic trust that **life supports you**; as opposed to being on constant alert, hypervigilant of obstacles to your own harmony and holding the belief that “**If I’m going to get anything done, I have to do it myself**”

Why is relaxed confidence helpful to us?

- If we can take this attitude that life supports us, it leads us in a **therapeutic way to enquiry**.
- **Enquiry is a powerful tool** for enabling us to change learned patterns of behaviour.
- Enquiry leads us to a space of **empowerment and relaxed confidence**.
- In relationships, we will not be running over our partners with our own agenda.

The impact of early life experiences

- How strategies we learned in childhood to deal with challenging circumstances of that time, are now impediments to our current ability to feel relaxed and confident.
- These strategies served a crucial purpose at the time of those circumstances.
- These **strategies are not wrong now; simply out of date**.

Relating to our anxiety

- **Cultivate an attitude of curiosity** to your anxiety.
- Your anxiety is in you, and is a response to something in your past.
- **Explore what exactly your anxiety is**, rather than whatever in your environment is triggering it.

Guided Practice

- A ten minute guided enquiry into what is your anxiety

Resources

- ❖ **Courses:** [Path of Love - 7 Day Meditation Retreat](#)
- ❖ **Websites:** [Path Retreats](#), [Rafia Morgan](#); [Conscious Life](#)



All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



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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