



Araminta Barbour: RESILIENCE: Conscious Relationship Endings



Founder of The Sanctuary in Guatemala, Araminta is Lead Faculty with ISTA (the International Schools of Temple Arts), co-founder of the Women Who See In The Dark retreats, and creator of The Resilience Journey. A Certified Red Tent Women's Guide, Dakini and International Sacred Sexuality Workshop Facilitator, Araminta has a Master's Degree in Indian Religions from the University of London (SOAS). Araminta's core passion is the process of radical self-acceptance – the inner marriage of love with power. Join Araminta in an exploration into how to build your resilience to pause and process times of transition and navigate endings in empowered ways.

TOP EMBODIMENT TIP: Self-pleasure and emotional intelligence tools

“Whether your sexuality has been a source of joy or of shame, of pleasure or of pain, it holds powerful keys to life mastery. It is the energetic thread connecting you to the same power that created everything you bear witness to. When we are ready to explore the mystery of our sexual life-force energy, we stand at the doorway to manifesting our deepest dreams; to a life of liberated living AS loving power.” Araminta

A Key to Transformation is Being Compassionate with Ourselves :

- A fundamental teaching of the shamanic and tantric path is the life, death, rebirth transformational cycle.
- As we need to keep going through these deaths, we have to be so compassionate to ourselves.
- Our culture today is still very immature when it comes to sexuality and relationships.

We Can Learn Emotional Healing Tools:

- With romantic love, most of us will have one or more cycles of falling, connecting and sharing intimacy, both erotically and in your heart space with another, and we need to learn to receive the gifts of these changes.
- When we cannot process our experiences, they can be lodged in our body.
- Three keys of working with our emotional body is our sound, breath, and movement.

We Can Revisit and Heal Unprocessed Past Pain and Clear Armour from the Heart:

- Unprocessed pain will be stored in the body and may be sabotaging your current relationships.
- Sometimes relationships can be used to avoid ourselves, but actually love and relationships are a transformational path of massive spiritual and self development.
- There are evolutionary gifts to be received at all phases of the relationship cycle.

Resources

- ❖ **Website:** [aramintabarbour](http://aramintabarbour.com)
- ❖ **Facebook:** [thesactuaryguatemala](https://www.facebook.com/thesactuaryguatemala)
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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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