

## Artemisia de Vine: Sexual Fantasies and Purposeful Play Dates



Artemisia is the founder of deVinery, and a mentor, speaker and an educator. She draws knowledge from over 25 years of past experience as a personal play companion and as a somatic sexologist. Explore how our turn-ons are linked to embodiment and how understanding them can connect ourselves to oneness itself.

**TOP EMBODIMENT TIP:** Our sexuality is wise and full of possibilities; if we listen to our turn-ons and see fantasies as symbols we can better connect to ourselves and the oneness of life.

### What Is Desire: An Urge to Merge

- Desire is a signal from the body that needs to be listened to and a significant motivator in daily life.
- How it feels: inner pulling, excitement, increased heart rate or fantasies coming up in our imagination.
- Desire essentially is an urge to merge firstly with all layers of ourselves (also unconscious ones), then with others and finally with the oneness of life as we are all inseparably connected.

### Fantasies: How We See Them

- Fantasies are halfway between dreams and imagination; we can't control what turns us on but we can control the storylines we build with them.
- Some people are more fantasy-based than others and we often tend to censor our fantasies out of shame which creates a disconnection from what our body is trying to tell us. In reality, none of our fantasies are wrong!

### Meaning Behind Fantasies: They Are Symbols of Different Parts of Ourselves

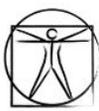
- We cannot change our core fantasies but we can hear their wisdom and understand ourselves better through them.
- Discover how sexual fantasies emerge from a similar place as our dreams during the third phase of sleep.
- Just because you fantasize about something doesn't mean you want it to happen; treat fantasies as symbols.

### Unfolding Your Fantasies: How to Use them Symbolically

- Main questions to start seeing the symbols in your fantasies: What is your relationship to power erotically? What are your emotional aphrodisiacs? Which attitudes do the players need to relate to? What is your erotic paradox?
- We can symbolically live out every aspect of being human with sexual play in a safe container.
- Artemisia explains the symbols behind some common fantasies like submission, group sex or bad boy play.

### Resources

- ❖ **Website:** [artemisiadevine](http://artemisiadevine.com)
- ❖ **Mailing List:** [artemisiadevine.com](http://artemisiadevine.com)
- ❖ **References:** Matthew Walker: *Why We Sleep* / Survey of Sexual Fantasies in America by Justin Lehmiller.



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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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