



Dr. Jessica Tartaro: Shabam! A 60 Second Tool for Re-Sparking the Magic In Lusterless Relating



Dr. Jessica Tartaro is a trauma informed practitioner with 20 plus years of experience in the art of healing intimacy. Discover Dr. Tartaro's very simple, repeatable, accessible and digestible tool for accessing embodiment in the day to day.

TOP EMBODIMENT TIP: Find your way back to the present, now!

Why it's easy to lose the magic & what we lose : Life Is hard!

- Trauma - especially the collective trauma that 2020 has dealt us - can impact our ability to relate to ourselves and others.
- **Spiritual Jet Lag:** getting stuck in occurrences that have an impact and do not quite catch up to us.

The Magic Beckons You Back : The Art of Being Engaged and Present

- It is an important and informative moment deciding to orient ourselves back into the present.
- Ask yourself, "Where am I in time and space?"

Shabam!: The Steps

- 1) Pause, breathe + ground
- 2) Name 3 things or more that happened leading up to the present moment:
 - Track the sequence of things: "This led to that, led to that".
 - Do this without judgment or an agenda.
- 3) Pause, breathe + notice the gooey.

The Gooey Now: What's Possible?

- The "gooey" is when your body feels more open and receptive after you do your Shabam practice.
- Critical thinking, generosity, patience, forgiveness and engagement are possible once embodiment occurs..

Resources:

- ❖ **Website:** DrJessicaTartaro.com
- ❖ **Social:** DrTartaro@gmail.com
- ❖ **References:** Quotation from Dr. Laura Brown, an excerpt from Topoka Turner's *Belonging: Remembering Ourselves Home*



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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

Get lifetime access now