



Jordan Myska Allen: Shadows of Personal Growth Culture



Jordan Myska Allen is the CEO of Circling Europe, and author of *A Beautiful Apocalypse*. He writes about how to be happy for DailyHap.com. Find out how to shine the light of awareness on the darkest shadows of personal growth culture.

TOP EMBODIMENT TIP: Ask yourself: What is happening right now?

Definition of Shadows:

- Shadows are unseen motivations.
- Shadows represent life that we haven't been able to live yet either because we have repressed it, or asked someone else to hold for us.

Separation can Influence the Experience we have:

- The separation of any experience from any other experience.
- Separation gives us the label that we wrap around experiences or things. It changes what we do with it.
- We have options of what we name our feelings that give rise to different uses of those feelings.

Psychological Safety:

- The term originated from a Harvard researcher who used it to describe a situation where it was safe to disagree within a work group.
- Jordan would like to rephrase and coin the term "Developmental Safety" to describe that we are safe to be unsafe.
- If we are safe to be unsafe we can hold the space to be triggered, uncomfortable, and bring growth.
- "Brave Space" instead of "Safe Space" will enable us to challenge old paradigms.

The Idea of Healing Trauma:

- Overuse of the word trauma can cause a lack of distinction and "box in" the experience.
- We are better served by telling our unique story of trauma and the feelings we associate with it.
- Healing traumas as a shadow can cover over the gift of trauma that possibly brought an amazing power.

From Trauma to Triumph:

- The word trauma means wound. This indicates it is something that has to be healed, but often we just need to learn how to cope and maneuver.
- Rather than going back into the past, focus on "right here and right now, I've got a new choice to make"
- "Right here right now I'm aware that I'm engaging in an old way of being that doesn't work and I'm going to make a choice to change it"

Resources

- ❖ **Book:** [A Beautiful Apocalypse](#)
- ❖ **Website:** jordanmallen.com



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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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