



## Rani Michelle: Embracing the Shadow



Rani is a yoga, dance, embodiment facilitator, women's mentor, and an author who works with emotional and sexual expression. Explore how embracing our shadows can create deeper intimacy and richer sexual experiences.

**TOP EMBODIMENT TIP:** Breathe. Use breath to continuously be in your body.

### Shadow Work Definition: **Explore and Acknowledge the Unseen or Unacknowledged Parts of Ourselves**

- Allowing ourselves to be seen in our truth creates the capacity for authentic intimacy.
- We are craving and longing for depth, intimacy, and connection but are actually afraid of letting ourselves be seen.
- **The Shadow** is any part of us that is not seen (usually because we hid them away when young in order to be loved).
- Any part that we judge, repress, feel shame about.
- We created beliefs of how to show ourselves to others (and not show ourselves) in order to be loved and accepted.

### Repressed Shadow Parts Cause:

- Drained energy from the constant **repression and suppression** of parts of ourselves.
- Shadow parts not acknowledged will express themselves in other ways such as projection and outbursts.

### How to Work Through Our Shadows:

- Use two emotions that are commonly repressed: **Anger & Grief**.
- Express the emotions through your body.
- Coming into our **Wholeness and Authenticity** has to include all parts of us.

### Exploring Hidden Desires:

- Just having a desire and expressing it, doesn't mean we have to act on it.
- But we do need to acknowledge the desire and express it to further determine the realness of it.
- If expressed to a partner, the space needs to be held for expression, fears experienced, and boundaries.

### Resources

- ❖ **Website:** [dancingeros.com](http://dancingeros.com)
- ❖ **Instagram:** [@embodiedbliss](https://www.instagram.com/embodiedbliss)
- ❖ **Facebook:** [yourembodiedbliss](https://www.facebook.com/yourembodiedbliss)



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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

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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