



Ramya Jade: Self Seduction - Awakening your Inner Lover



Ramya Jade is a Sensual Embodiment Coach, Therapist and Energy Healer, Founder of Liberated Woman and Divine Play. Learn how powerful embodiment tools can open your most sensual seductive relationship with yourself!

TOP EMBODIMENT TIP: Schedule a date for 10-15 minutes/day in your calendar with reminders to keep you committed.

Inner Lover Relationship: Reintegration Around Sexuality in our Hearts

- Collective Narrative; We all have triggers, doubts, insecurities, wounds, and shame around sexuality.
- Collective Goal; Welcome emotions as a life force energy to flow in a natural way vs. suppressing them.
- **Sacred sexuality;** To hold that space to know yourself intimately and know that it is a lifelong journey.
- Taboos of cultural conditioning and societal ideas of sexuality make us shut down.
- Expectations or perfectionism that we carry holds us back from having those really juicy deep nourishing connections.
- If your heart is not turned on, or you don't feel safe to feel your emotions, then your life force is shut down.
- Sexuality and emotionality are not separate, and you can't compartmentalize the fullness of your humanity.
- Being disconnected, makes it harder to bring your fullness into the world, relationships, creativity, and innovation.
- When you're shut down emotionally, it numbs out the sensations in your body with armoured sexuality.
- Having a relationship and a dance between your heart, feelings, emotions, and sexuality is essential.
- Emotional depth, understanding and willingness are needed to create safety and an opening in your sexuality.
- Intimacy is how you come back to your center and exist in the world; so, others' judgments matter less.
- Give yourself permission to feel and know your needs.

Activate your Inner Lover: Embodiment Tools to Open Your Most Sensual Seductive Relationship with Yourself.

- You need an environment that's conducive to intimacy so people can come together in their wholeness.
- Merge the messy beast and joyful innocence into the relationship dance of being relaxed and open.
- Safety and appropriate boundaries are necessary, to earn and build trust.
- Understanding that your emotional body is a gateway to deeper pleasure.
- If you can move emotions through your body and channel life force, you will get messages from the body that you need to change, or shift in your life.
- Let the nourishing waters, of our emotions and tears, flow during lovemaking or self pleasuring
- Feel the prime beast of energy or desire.
- Be in your body with no agenda, so you can meet your sexual essence innocently and freshly.
- Embracing all of yourself can radically transform your life.
- Dance with the inner lover; feel safe enough to share the shitty bits that make us real and human.

Resources:

- ❖ **Website:** [Divine Play](#)
- ❖ **Instagram:** [@ramya_jade](#), **Facebook:** [Ramya Jade](#)



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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

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