



Igor Kreyman: Transcending Language For A More Connected World



Igor Kreyman is the founder of the Human Connection Movement, and an actor whose vision is to counter the perceived social isolation, loneliness and mental health challenges we face today. He currently guides organizations, schools and entrepreneurs in mindfulness practices to calm the nervous system. Discover how the Human Connection Movement began, and how to start using some of the practices to enrich your life today.

TOP EMBODIMENT TIP: Breathe. When we are in fight or flight a lot of the problem is a lack of breath. When you feel just fuzzy or a bit messy, lie down and practice breathing. You'll come home to yourself quite quickly.

Life is a Journey of Coming Home to Yourself

- *“At the end of the day all we are doing is walking each other home. **The initiation is the actual process, it is not the destination.** We are so often wanting to reach some outcome, but that is not the point. **The point is being in the process and allowing whatever it is that moves through us, to allow it to initiate itself through us so that we can be here now.**”*

The Human Connection Movement

- It has evolved from a call for volunteers in a park for eye gazing, which expanded worldwide, to longer intimate workshops involving exercises incorporating movement and dance as well enveloped in complete silence.
- One way to reach commonality amongst people who have different perceptual values due to social norms is through eye gazing. **It dissolves barriers between people.**
- It is so important because what makes the world go round is relational currency.

Eye Gazing: An Experiential Visceral Experience

- The electromagnetic fields of the people connected together through eye gazing merge into one and the heart rates synchronize into one frequency. (Heart Math Institute is referenced.)
- A deeply relaxed, restorative state of being is reached. People become comfortable within their own bodies and move from a sympathetic to a parasympathetic state.
- Intuitive awareness expands dramatically all of a sudden for everyone who is connected within the group.

The Importance of Presence:

- **Being a human being is being present, here and now. Perfect as we are.**
- Think of life not as happening to you, but happening for you. Observe and allow feelings to come.
- When you understand yourself, people will fall into alignment with that.

Resources

- ❖ **Website:** <https://www.thehumanconnectionmovement.org.au/>
- ❖ **Instagram:** [@iamigorkreyman](#), [@thehcmovement](#)
- ❖ **References:** [Heart Math Institute](#)



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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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