



**Terry Patten: Living The Questions: Ceremony, Surrender, Grief and Gratitude**



Terry Patten is a successful writer, activist, philosopher, social entrepreneur and coach. You are entering an experiential space where questions might be more important than answers, allowing a deeper exploration of what lies beneath.

**TOP EMBODIMENT TIP:** Trust your life process, even your losses, grief and dying and attend the school of life that is stretching. Everyone of us can be deeper, clearer, more conscious, true and beautiful. So trust and learn and grow.

**Initiation: Into the critical moments of life through big questions**

- How can we come into integrity with future generations?
- How can I show up right now, conscious, tender, vulnerable, willing to learn as a force that makes a difference?
- If you want to attend the test of the school of life, you must listen to the question until it reveals a deeper question underneath, and a deeper question underneath that.

**Reflection: The human race and its role in present changes and events**

- How to make peace with suffering and death in fundamentally changing times?
- How to show up vulnerable without having an answer, without knowing how to deal with this change?
- How not to get lost in the divinity of the living experience and change?
- The awakening is about allowing all feelings. We are learning to live and learning to live is learning to die.

**Injustice: How to keep an expansive heart living with injustice?**

- There is no formula to life, life is an ordeal. Everything comes and goes. Acceptance of the ordeal is important.
- Everything is paradoxical. To be present in the turgid intensity of being which is the human experience, is to be alive to paradox. It's to let the heart constantly be stretched to a deeper opening.

**Surrender: How to feel safe and surrender to the relinquishing of ego?**

- We have to establish more and more safety through being our own friend.
- You need to grant yourself some compassion and forgiveness and not just judge yourself.
- It's a you and you game. We need to begin by forgiving ourselves, becoming kind and finding ways to thrive.

**Step Up: How to step up every day**

- How to step up every day to create the change from the space of not being enough, not being capable?
- Trust, learn and grow.

**Resources**

- ❖ **Books:** [The New Republic of the Heart: an Ethos for Revolutionaries](#)
- ❖ **Website:** [terrypatten.com](http://terrypatten.com)
- ❖ **Podcast:** [newrepublicoftheheart.org/podcast/](http://newrepublicoftheheart.org/podcast/)



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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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