



Jaymin Patel: The Integrated Father - How to Embody Your Role as a Dad to Create more Connection to Your Kids, Your Partner, and Yourself



Jaymin is a successful author of eight books, a TEDx speaker and has started companies in four different countries. Becoming a dad to two boys inspired Jaymin to go on a deep personal growth journey and ultimately to develop powerful tools to help others deal with their own trauma so they can fully embody their roles as fathers. Connect with Jaymin's personal story and take away the tools to create more connection with your kids, your partner and yourself.

TOP EMBODIMENT TIP: Be in the practice of being with what is. Instead of making shame, discomfort or fear something you want to get rid of, allow yourself to be with it and be excited to go into it.

How Dads are Set Up to Fail: **Old and New Wisdom Can Help Rewrite Your Fatherhood Story**

- We need to question everything about the way we were parented. The old story is that dads know best don't serve us. Raising a happy, secure and connected child is not intuitive, it needs to be learned. Conscious parenting tools can create healthy relational patterns, help eradicate power struggles and release intergenerational trauma.

The Seven Archetypes of the Integrated Father: **King, Prince, Warrior, Lover, Magician, Navigator, Sage**

- Claim your power, clarity and confidence. Really love your inner child.
- Activate your energy and excitement. Connect to the wisdom within.
- Feel total reassurance. Advise others. Strengthen connection to self.

Practice 1: **Create Deep Intentional Connection with Your Family**

- **Witness, Encourage, Accept (WEA) Practice:** Set the timer and take 10 minutes in morning and 10 minutes at night to fully be present to each child and your partner.

Practice 2: **Who You Need to Be to Create Lasting Intimacy in Your Life**

- Uncouple the lead roles of parenting and relationship.
- If both parents focus on parenting and leading the family, the relationship can be neglected. This doesn't mean disengaging from parenting.

Practice 3: **Activating the Inner King to Bring Harmony**

- Claim your King. Know what is important to you.
- Know you have the power and step into your father's energy while still honouring the wisdom of others.

Resources

- ❖ **Website:** [theintegratedfather](http://theintegratedfather.com)
- ❖ **E-mail:** theintegratedfather@gmail.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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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