



Tyran Mowbray: The Liberated Lover



Tyran Mowbray is a Masculinity, Sexuality and Relationships mentor. He has studied occult cosmology in mystery schools, yoga and tantra in India, Buddhism in Europe and traveled profusely around the world learning, studying and exploring the inner workings of his own mind and human behaviour. Discover the polarities of man and woman and learn how to achieve fulfillment by dancing through the various polarities in an effort to explore which polarity is missing from your life.

TOP EMBODIMENT TIP: Touch your genitals all the time! This simple act will bring you back to your body.

Understanding Dark vs Light: Grasping this Concept First is Paramount in Understanding the Polarities

- **Light** does not represent goodness and **Dark** does not represent bad or evil.
- **Dark** and **Light** simply represent matter; they are place holders for an idea or a state of being.

The Four Quadrants of the Polarities:

- **Dark and Light** is represented on a Y axis, the top represents **Light** and the bottom represents **Dark**.
 - In the **Dark** polarity we find the seductive, sexy female; the aggressive, assertive, powerful male.
 - In the **Light** polarity we find the meditative male, the yogi, the ascending spirit and we find the free spirited female, the pleaser, the lover of life and all that is in it.
- **Masculine and Feminine** is represented on the X axis. **Masculine** is on the left and **Feminine** is on the right.
- The **Dark Masculine** energy is the most loved and hated energy in the world, and we are all drawn to it.
- **Dark Feminine and Dark Masculine** energy is not the absence or detachment from emotion but is **driven** from emotion. *“It’s what makes a soldier go to war because he is sick and tired of seeing other people dominate or suppress other people and it tears his heart up. So he will stand for justice and he’s willing to put his life on the line.”*

Joining the Polarities:

- Relationships happen to **fulfil** what we perceive as missing, to fill that hole with a polarity we are not engaged in.
- When we understand the polarities we become aware of the parts of our **unconscious mind** that seeks **fulfillment**.
- **The suppression of one polarity may manifest in the longing or desire of that polarity in another.** When a man is unable to express his femininity, he feels whole when in the presence of a woman, thus the basis of a relationship.

Explore the Polarities:

- **Dancing in many polarities prevents relationships from becoming boring.** Explore the different polarities
- To move from **Light Feminine** into the **Dark Feminine**, listen to sultry music, do a sexy dance, touch your body.
- Engage your heart center and move through your **chakras** to evolve from **Dark Masculine** to an enlightened state of mind.

Resources:

- ❖ **Website:** tyranmowbray.com
- ❖ **Shared Music:** <https://open.spotify.com/playlist/0i00BJ0SU16ciIR3plFOPn?si=tiFNT1rwQjOJ2qaWmSwhTA>



<https://open.spotify.com/playlist/0ghR0M5EdnFqJGvg6DeMLC?si=9sr15PODRYmORjR9zWw6JA>

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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 training 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 unlearn 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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