



Darren Deojee: The Male 'Charge' Cycle and EMI (Electromagnetic Interaction)



Darren Deojee is a teacher of Toltec Gender and Relating. He has made it 'western compatible' with the EMI (electromagnetic interaction) framework. He has 25 years practice experience and 14 years of teaching. He mentors men, women and couples and runs rites of passage and retreats for men. This session looks at the male equivalent of the menstrual cycle aka the Charge Cycle. Everyone knows that during menstruation, a woman's behaviour may modify from what she, and those who know her, are used to. Society copes with this just fine, and everyone knows to modify their judgement of women during that 'time of the month'.

TOP EMBODIMENT TIP: If you have natural charge moving in your body. Don't stop it, move it.

Toltec Gender: **ElectroMagnetic Interaction**

- We can use the chemistry of electricity to understand relating between genders.
- Talk about feeling repulsed or attracted to someone.
- Better understanding of relationships.
- Charge/discharge is masculine; magnetic is feminine.

Men's Monthly Cycle: **It's a Solar Cycle**

- It's an ability to take charge of the feelings flowing through him.
- Notice the times of the month and day where charge is highest.
- Notice when you feel out of control.

Skillful Mindfulness: **Regulate the Discharge Needed to Successfully Navigate the Solar Cycle**

- Anger can be used as a positive charge if we are mindful.
- It's important to express how it feels and let go of tension.
- We must allow ourselves to be in the space of not-knowing to allow for something unpredictable to flow through.

Sexual Organs: **In Toltec Tradition, Energy is Stored in the "Ball" Organs: Testes and Ovaries**

- In men they're stored outside of the body. This indicates expression.
- In women they're stored inside the body. This indicates receiving and processing.
- **We must understand how the charge for change moves through the body.** -Darren

Resources:

- ❖ **Courses:** [Darren Deojee: Study-EMI](#)
- ❖ **Website:** [Darren Deojee](#)
- ❖ **Instagram:** [@darrendeojee](#); **Facebook:** [Darren Christopher Deojee](#)



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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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