



**Ziv Ze'ev Croitoru: The Metaphysical Journey of a Trauma: How to Avoid Bypassing our Relationships**



Ziv Ze'ev Croitoru is a Tantra practitioner and Kabbalah enthusiast. He practises Integrative Craniosacral Therapy (ICS), leads Conscious Relating seminars and Sacred Sexuality retreats. Discover Ziv's way of looking at metaphysics and how we ourselves can affect our karma and make changes in our ways of relating to the world.

**TOP EMBODIMENT TIP:** Bring awareness into everything that's happening and do not allow yourself to believe the stories of other people, of what they say you experience in the world.

Divine Consciousness Exists Before Karma: **Our Very Essence is Love and Freedom**

- This is a field of opportunity, an endless field of potentiality, undifferentiated awareness, the source of everything, which has no desires or needs.
- Self-realization is the realization of that source, where the first desire arose.

Metaphysical Explanation of the Three Bodies: **Like Funnels or Russian Dolls**

- First there is the Causal body, that is like our seed, blueprint, DNA, and funnels down to...
- The Emotional Body, the body of energy and transformation, it magnetizes to manifest and funnels down to...
- The Physical Body, where all is manifested.
- The metaphysical explanation as a roadmap to understand we have many layers and how to work with them. There are many explanations around the different civilizations; are all true, just a different way of explaining.

Being a Human is a great opportunity: **We Can Work with Our Blocks and Affect Our Karma**

- The Emotional Body carries transmission between the other ones and when we work with it, we can create changes to our Causal Body and it funnels down to our Physical Bodies.
- We can change our story at any time; time is different in the emotional and causal planes and it is like a decision that requires just this "now" moment to make, and it's done. Changing patterns, sensing emotions and feelings.
- It is not a skill you need to develop but you can develop awareness of it. A facilitator may help to hold a safe space.

Bypasses: **Don't Let Other People's stories Affect Your Own Life**

- People can affect our belief patterns unconsciously. Ask yourself, how can I untie these knots? Starting the work for cleaning our layers makes more synchronicities on our way.
- Don't use excuses: "Because I have this karma...", "I am a Pisces so...". Don't get fooled by stories, rather harness the energies and work with them. Realize people are our mirrors, all of them.
- Start real communication with people and stop using them as an emotional dumpster.

Resources:

- ❖ **Social:** [Facebook: Ziv Cranio](#)



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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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