



John Thompson & Marysia Pstrokonska: The Potential of Embodied Connection



John Thompson is the co-founder of Circling Europe and co-inventor of Surrender Leadership and the Five Principles of Circling. Marysia is a bodyworker, somatic coach and senior leader within Circling Europe. Watch this session to discover how Circling works in practice, to help create deeper connections.

TOP EMBODIMENT TIP: No matter how well you know someone, you can get to know them even better by opening up to the world within them. Dare to share what is really happening within you, on an embodied level, especially in uncomfortable situations.

The Essence of Circling:

- **Circling** resembles a mindfulness meditation; is about connection, presence and being with what is.
- Start with what is alive in you and extend that into the connection with another person or a group.

Demonstration of Circling: **Noticing What is Happening in Our Bodies and Sharing How We Feel with Others**

- Stepping into the unknown and discovering things about ourselves and others.
- The body is a gateway toward truth.
- Met with openness, it creates new depths of connection with another person.
- The energies in our bodies inform the way we speak.

Demonstration of Noticing: **Making Assumptions about Others and Checking if the Assumption is True**

- Helps address unspoken issues or tension that may be going on but are not yet acknowledged.
- Gives us a reality check on what is really true.
- Gives us the opportunity to develop a stronger connection with another person.
- Begins with saying to the other person '*I imagine that you... Is that right?..*'
- The feedback you receive from others on how you seem is valuable feedback of the way in which you show up.

Demonstration of Circling Someone: **Bringing Your Attention to the Other Person's Internal Experience**

- Often done in a group, but focusing on one person at a time.
- Share the experience of **being with** that person. The practice is called '*using yourself as an instrument*'.
- Having an open, curious and investigative approach is key to this practice.

Resources

- ❖ **Courses:** [Circling Europe](#)
- ❖ **Website:** circlingeurope.com



Marysia Pstrokonska





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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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