



## Betty Martin: The Wheel of Consent



Dr. Betty Martin is a Chiropractor, a Body Electric School trained Sacred Intimate, Certified Sexological Bodyworker, Foundations of Facilitation trainer, and self-propelled erotic adventurer and intimacy coach. Discover and explore the wheel of consent and take a journey towards self empowerment and developing skills.

**TOP EMBODIMENT TIP:** Give your attention to your sensation

### The Wheel of Consent: What Is Inside

- Explore the dimensions of the wheel and where it comes from. Discover insight to the skills *How Do You Know* and *Can I Ask You* to change. The power of You and Me. Discover the three minute game.
- What two questions turn the wheel? Find out the gifts.

### Turning the Wheel: The Variations in the Wheel

- Is it a model or a practice? Or is it both? Discovery of the depth of self. Asking for what you want and not what someone else wants. Why don't we ask for what we want.

### Vocabulary: Messages of the Mind and The Art Of Negotiation.

- Learn about hints on the journey of self resentment, modeling, mainplate and playing victim.
- Not knowing what you want and freezing, blame, trusting. What is really linked to all these?
- What is it revealing about: you *Want -To* and you *Willing -To*?

### Quadrants: Magic Muscle

- Create boundaries and explore concepts of being generous versus selfishness.
- Examine “No” and how to build this important notice as well as notice how it makes you feel.
- What is the key to your own integrity? Learn the lessons and how they apply to your life.

### Resources

- ❖ **Books:** Exciting New Book due late October/early November 2020:  
*The Art of Receiving and Giving: The Wheel of Consent*
- ❖ **Website:** [www.bettymartin.org](http://www.bettymartin.org)  
Free Downloads and 7 hours of video -- Various printouts available also!



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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](http://ilanstephani.com/loveandrage)

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