



Virginia Moutlia and Vaso Papali: Redeeming Medea - Why a Child Murdering Mother
is Elevated to Godly Status and Attains Immortal Life



Virginia Moutlia facilitates retreats and workshops based on ancient Greek archetypes using movement-based and psychological approaches. Vaso Papali is a drama therapist who leads workshops based on Greek mythology. Explore the teachings in Medea's story as an inspiration for attaining a deeper connection to yourself.

TOP EMBODIMENT TIP: Use the archetypes for inspiration and the richness they offer as a tool to get in touch with and work with the shadow. Find what works for you right now - your imagination, movement, breathing, your voice - and use it.

The Story of Medea: What Medea Can Teach Us

- Root meaning of Medea: The one who thinks about and cares for and nurtures. Some archetypes include: Queen, Magician, Lover, Destroyer. Creator. "In order to create something, you have to destroy something and let it go."
- Themes of betrayal, being hunted and damaged (e.g. metaphor for women who suffer abuse); how do you break free of that without being broken yourself? How do you annihilate the patterns, relationships, habits, attachments, belief systems, social conditioning, and addictions that stop you from being you?
- Medea was the niece of Circe (heart and clarity) and the daughter of Hecate (extreme power). How do you harness that power to destroy those things that stop you from being whatever role you want to take on and be your true authentic self in that role?

Symbolism/Imagery:

- Her rage is as big as the stormy sea (a phenomenon of nature). If you keep attacking something, it will eventually push back and it will be ugly.
- The Clashing Rocks (Symplegades - comes from the word "plague" or "wounding"): when you're angry and rageful, **who's the one doing the wounding and who's the one being wounded** (can you chip pieces out of another without being wounded yourself?).
- Every time the rocks clash, they may crush what's between them (e.g. relationship, project you're working on) but also little chips of the rocks are also chipped away.

How Can We Use Medea In Our Life?

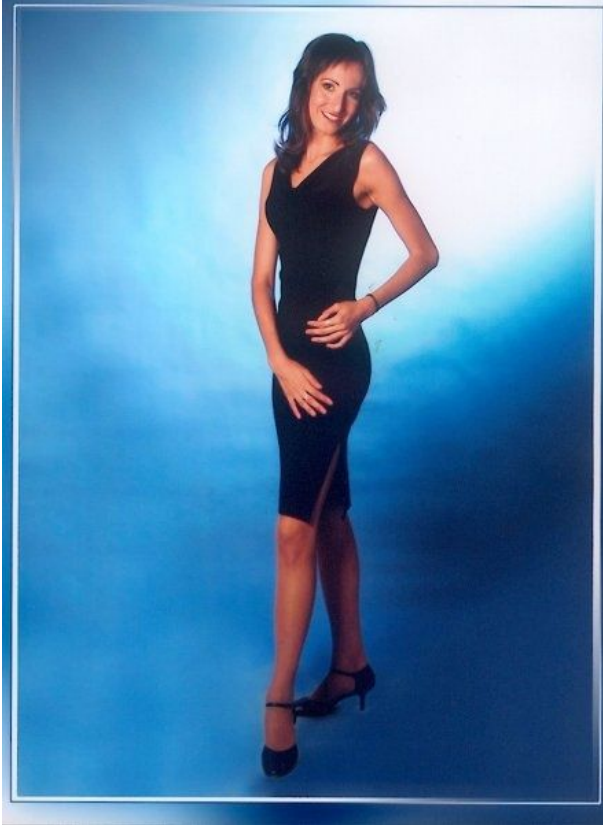
- Consider things you may want to break free from (Medea kills the things that are burdening her. She makes a clean break, leaving nothing behind. She's completely free, and in her integrity, she's lifted up by the chariot. She becomes weightless). What are the obstacles in our lives that prevent us from doing this? Is it holding onto the pain, hurt and blaming? Is it not enforcing boundaries out of fear of hurting another? What's depleting you? What can you do to break free from that?

Resources

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ILAN STEPHANI

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!

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