



## Unni Turrentini: WOMAN ON FIRE: How Anger Can Be The Portal Into Your True Feminine Power



Through writing and speaking, Unni is on a mission to restore trust in leadership, and to work with women to redefine their story with power and their relationship with other women. She is an award winning author and attorney, and sits on the New York Bar. In this talk, Turrentini investigates the shame around women's anger and rage in the era of Patriarchy. She shares warming personal stories and explores the relationship women have towards each other.

**TOP EMBODIMENT TIP:** There is a message and a power in Feminine Rage

### A Woman on Fire: She shows power. She shows she cannot be tamed.

- She was heavily punished historically under the Patriarchy. Women would be killed, burnt at the stake for their rage.
- Anger is stigmatised as not being ladylike, not "good girl" behaviour. Many women can repress anger so much that they don't feel they even experience anger.
- Containment strategies for rage have not worked - rage is there for a purpose. It is to show there is a need that is not being met, or that at some level you do not feel enough.
- The anger that you've been trying to hide from or step away is actually a portal to your true feminine power, which is the creator of life. Anger is asking you to reclaim it.

### Women vs Women

- **Women often diminish each other's success** via indirect aggression. Unni gives many examples of this.
- Indirect aggression is the result of built up anger, and is a result of years of patriarchy.

### The World Needs Us in our Power

- **Fire brings people together.** It is life-giving and nurturing, warmth and ignition.
- The language of true feminine power is empathy, collaboration and unity.
- It is in the abandonment of our feminine that we relinquish the contribution it has to offer.
- To access our power, we need to learn how to control our rage and manage our overwhelm.

### Listening and Responding to Rage

- Close your eyes, take a deep breath. Feel rage bubbling up inside, but STOP and listen to it.
- Forgive yourself for when you do blow up - we are human and it happens. You will explode, it's inevitable.
- Be patient and try to LISTEN before reacting. Take a few minutes. Physically **remove yourself**.
- Try to set words to feelings. Is it unfairness or unjustness being experienced?
- Express rage healthily: **hit the pillow, daily movement practices for body connection, cold water immersion.**

### Resources

- ❖ **Website:** <https://unniturrentini.com/> - contact Unni for a discounted course on Rage
- ❖ **Social:** [@unnitur](https://twitter.com/unnitur)



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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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