

“The Art of Intimate Relationship” Workshop

Each of us has an inner world that contains the treasure of our essential being. Falling in love opens the window so that we see this precious world in each other for a period of time known as the honeymoon period. This glimpse of boundless possibility is divine madness and the world would be a sorry place without it. However the problems of everyday life inevitably intrude sooner or later and the magic is gone.

Love alone is not enough to sustain relationships. There are powerful forces at work in the unconscious which can destroy the bond and they need to be explored at critical times.

We need to understand the role that judgment and self-criticism plays. We also must learn how to relate to our vulnerability in order to transform over-sensitivity into a capacity for ecstasy.

This workshop will introduce you to the many subpersonalities within you and give you the tools to begin to make sense of the complex ways in which they interact with your partner. You will learn about the disowned selves, those that you judge in others which are really part of your own shadow. With this awareness comes a new capacity for intimacy and heart connection.

We will explore the ways in which our usual competitive striving for power and control works against us. A new model of intimacy based on openness and assertiveness will emerge from this exploration.

When the power selves protect our underlying vulnerability too tightly, we engage our partner in patterns of relating which stifle intimacy. We call these “bonding patterns”. Understanding our positive and negative bonding patterns is the key to liberating us into the relationship our heart desires.

In summary, this 2-day workshop will give you the tools to:

- ❖ The many selves within us and how they drive our relationships
- ❖ Develop the “Aware Ego”, a more conscious way of relating with real choice

- ❖ Dissolve and divorce from automatic patterns of behaviour
- ❖ The nature of Interactive Patterns of Communication in relationships (bonding patterns) and the impact of bonding patterns on our relationships
- ❖ Unlock from both positive and negative bonding patterns