



# Relationship Course—Part 1

- Gain a deeper understanding of your personal relationship dynamics.
- Identify where and why passion may be lacking in your life.
- Define circumstances that have affected your approach to relationships such as health, cultural, past experiences, and perceptions.
- Connect the science of sexuality with the spirituality of sexuality.
- Access information and wisdom locked in your body's storehouses.
- Explore the many cultural offshoots and alternative lifestyles practiced around the world.
- Create the physical/spiritual link that is required for intimacy with the self.
- Practice a unique healing technique that clears personal space, and helps build intimacy in relationship, with your 'self' and others.

## Relationship Course— Part I

### Course Description

This course was developed to help you first understand your personal dynamics: why are you the way you are in relationship? Through this self-exploration, you will learn how to throw off negativity rather than throw the relationship away.

As you learn to value, trust, and respect yourself, you can begin to live in truth—fully liberated—in all relationships.

The Relationship Course's goal is to help us reclaim our spiritual, sexual adult – to “re-wire” us back to our potential as vibrant, powerful and fully integrated beings.

This is profoundly self-focused work; you will be asked to come to “know yourself”.



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