

The Art of Sacred Loving

Over 12 sessions, you'll experience a quantum leap as you discover:

- How to free yourself from stories and beliefs that drain the life and love out of your relationships
- The steps to cultivating self-awareness (and courage) so you can take responsibility for your patterns
- How to turn your relationship problems into opportunities for more love
- The key to eliminating blame and how this leads to ultimate freedom
- The best way to access and use your body's wisdom to clear up seemingly impossible relationship issues
- Why you must bust the myths on love that are holding you back from living in ecstasy
- What you can do *now* to prepare your heart for the relationship you yearn for

This course is *vital* for you if you:

- Enjoy a comfortable relationship... yet some part of you still desires greater passion, vibrancy and soul between you and your partner
- Find that money problems, family issues or the daily grind are chipping away at your relationship, in spite of your best efforts to rise above them
- Feel alone, misunderstood or under-supported in your relationship even though you're quite certain you're with the right person
- Feel called to greater growth, awareness and mission in your own life, but sense your partner isn't quite on the same wavelength with you
- Yearn to be in a committed and *conscious* intimate relationship and want to prepare yourself in the best way possible

What You'll Experience: Course Overview



Module 1

With Robert Gass and Judith Ansara

Session 1:

The Art of Loving Fully



The best way to succeed at anything is to practice. With love, that means you practice the actual art of keeping good feelings flowing. So that when you *do* hit a challenge, you're already adept at knowing how to steer your relationship into happiness again.

Love is and must be a practice. Through practice, love deepens. And it deepens in ways that will truly astound you. There is always room to go deeper, no matter where you are in your relationship.

If you're single, these practices will prepare you for a significant relationship. If you're already in a relationship, these practices will fortify your foundation, and help your love withstand any storm.

You'll Discover:

- How to embody and live the principle and practice of "Always Making Love"
- A delicious deepening of your capacity for compassion, respect and loving kindness
- Jumpstarting and sustaining the cycle of loving so what you appreciate, appreciates!
- Guidance to deeply experience the transformative power of empathy

Session 2:

Masterful Communication: The Art and Heart of Connection



The number one complaint in most relationships is *"I don't feel heard or understood."*

Successful relationships are made or broken by the ways in which you do and don't communicate with others.

No matter your current level of skill, you can discover how to become even more effective in the ways you engage through your presence, listening, words and accountability to your word.

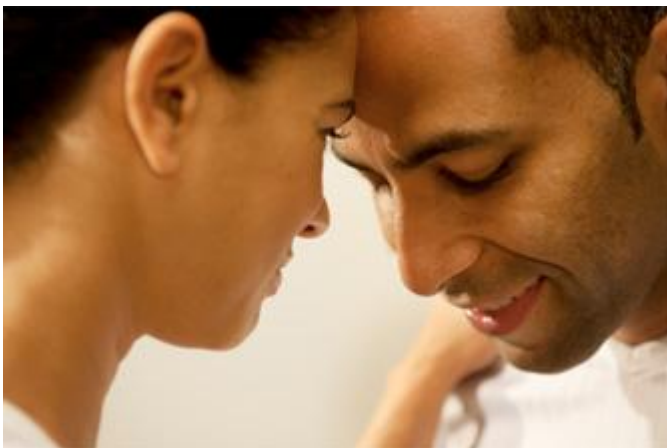
This session is about the art and skills of masterful communication – to help all your interactions become opportunities for mutual understanding, connection and intimacy.

You'll Discover:

- How to live in full presence and activate the creative aliveness of your relationships
- How to create win-win solutions (you can't win at your partner's expense!)
- The art of listening, deep listening, and even deeper listening
- The courage and skill of authenticity and truth telling

Session 3:

Radical Responsibility: Ending the Blame Game



You have far more power than you may realize to create the relationship you want.

It can be tempting to blame your partner. It's often easier to see what he or she is doing that is a problem than to look at yourself and your contributions.

Do you tend to work hard at trying to get your partner to change? This is a common mistake, and it pulls the plug on love. Your loved ones never signed up for your partner-improvement program!

But there is a path to freedom, inner power and even joy: the practice of taking 100% responsibility.

This session is about harnessing the power of your attention and intention and putting yourself in the driver's seat of your life and as the creator of satisfaction in all your relationships.

You'll Discover:

- How to free yourself from stories and beliefs that drain the life and love out of your relationships
- How to cultivate the self-awareness (and courage) to take responsibility for your patterns
- The pathway to liberate your partner from blame – and yourself from shame
- How to turn the problems in relationship into opportunities for your own freedom

Session 4:

Self-Mastery: The Art and Practice of Emotional and Mental Stability



One of the greatest challenges in intimate relationships is the way in which your loved ones push your emotional buttons.

Your partner says or does something you don't like, and you react emotionally...usually without even thinking. And you know how well that goes over.

You may say or do things you regret later. We call this "triggering."

In this session , you will learn how to bring your clearest, most aware self to your partner and all your relationships.

You'll Discover:

- How to identify your own triggers-those situations in relationship where you tend to get thrown off balance and just react
- How to interrupt your patterns and turn them into opportunities to love
- Specific tools for quickly bringing yourself back to mental clarity and emotional stability



Module 2

With Gay and Katie Hendricks

Session 5:

Mastering The 7 Miracles That Transform Relationships



What if you could, in just ten seconds, create a quantum shift in the amount of love and relationship harmony you feel?

Ten seconds is all it takes!

Once you learn this proven practice, you'll be well on your way to having an easier time with hard moments in your relationships. You'll know what to say, to yourself and to your partner, that will help break the spell of unconscious behavior.

In this class, you'll learn the first four "Miracle-Moves." These are actual practices that the Hendricks' use in their own relationship. And they work!

You'll Discover:

- How to go from “off-center and stuck” to the open space of creative possibility
- The keys to eliminating blame and how this leads to ultimate freedom
- Naming energy shifts to prepare the temple of your heart for love
- How to use your body wisdom to clear up seemingly impossible relationship issues

Session 6:**Mastering the 7 Miracles That Transform Relationships, Part 2**

In this class you'll learn three more Miracle-Moves that create rapid, powerful change.

And that's rapid, powerful change in the midst of arguing with your partner. After all, the time you want the water is when there's a fire! Empowered with tools and willingness, you'll discover all the love you've been missing.

You'll Discover:

- Genuine wonder...a shifted state of consciousness that produces an immediate lift in your love-life
- Transcendent ownership...three simple sentences, each of which can be spoken in less than ten seconds, that reliably produce positive change
- Leading with appreciation...a 10-second tool that shifts the context of your relationships from fear to gratitude

Session 7:**Discovering Your Genius and the Genius of Your Relationship**



Within you, a Zone Of Genius lies waiting to be discovered and tapped. If you're in a close relationship, there's a Zone Of Genius in the relationship that can be accessed. Sound inspiring? It is!

In this class, you'll work with a series of questions that illuminate your personal area of genius. You'll also open up a dialogue with your innate genius in relationships.

In relationships, you synergize with the other person's energy, creating more energy than either partner can manifest on their own. Most people burn up that energy in power struggles and conflict, but with a few simple tools you can harness the energy to manifest what you each most want.

Gay and Katie Hendricks will share their own process of manifestation and how they've tapped their own Zone Of Genius to create abundance through four decades together.

You'll Discover:

- How to have a potent living dialogue with your own inner Genius
- How your inner Genius will help you navigate your relationships
- What the Genius of a relationship is and does, and how that will launch you into more love than you've ever known!

Session 8:

Lasting Love Made Easy: How Does The "Easy" Part Happen?



“Easy” is a new possibility in relationships, one that you might not have seen or even considered.

Recycling relationship conflict is a form of addiction. When you end the addiction to struggle, you open up a new world of ease and harmony that you may not have imagined possible!

The myth is that relationships involve hard work, compromise and settling for less than what you really want. But it doesn't have to be that way.

In this class you'll learn the surprisingly easy and powerful actions and choices you can take to create more ease in your relationships, both your relationship with others and with yourself.

You'll Discover:

- The inside scoop on “easy,” and how a good relationship becomes truly great
- Busting the myths on love that are holding you back from living in ecstasy
- Things you can do to prepare your heart for the relationship you yearn for



Module 3

With Matthew and Terces Englehart

Session 9:

Relationship as a Path to Unconditional Love



Love is the state of unconditional inclusion. Being a Kindred Spirit means using all your relationships as an opportunity to awaken from the constraints of the ego.

The focus in this session is on emptying you out, so that you can make room for being occupied by the consciousness of unconditional love.

Relationship is a healing path, a sanctuary to recover from the illusion of separation. Using relationship as a mirror is a challenging path, but one that can lead you into great awakening.

You'll find your ego's trickery exposed, which will allow you to get present to the impact of your separation wounds and take full responsibility in your relationships.

You'll Discover:

- Tools to presence love in all your relationships regardless of your circumstances or past experiences
- How you can lean into the discomfort and have the difficult conversations that are necessary for the restoration of love

Session 10:

Making Upsets Your Allies



Mastery in relationships requires an understanding of upsets. Freedom is always there within you as you realize upsets aren't personal.

Holding space for another's upsets is terrific training in being present. It's the best remedy for you, and the most loving act in any relationship.

Upsets are often about something other than what they seem. If used consciously as a tool for awakening, you can celebrate these emotional experiences as opportunities for deeper awareness and understanding with your partner.

You'll Discover:

- The real source of upset – and what to do about it
- How to open, listen and lean into upsets as a way of creating a shift
- The actual tools you need to transform upsets into allies

Session 11:

The Power of Apology and Completion



When you apologize to your partner, it's a powerful act of taking responsibility, which then restores power to yourself. In every situation taking 100% responsibility is a potent place to stand. It offers you the opportunity to be fully present in the moment with your partner and frees you from the past.

You'll Discover:

- How the tools of completion can restore love in all your relationships
- How to disarm your wounds through the power of apology and take 100% responsibility

Session 12:

The Art of Making Powerful Requests



Expectations can suck the joy out of your relationships and set you and your partner up for big disappointments. But when you can turn expectations into *requests* of your loved one, you'll find that your connection can be powerfully transformed, restoring love and workability.

You'll Discover:

- How expectations can sabotage your relationships and how to free yourself
- The empowering difference between expectations and requests
- The practice of being worthy of making powerful requests



Bonus #1: Cultivating Trust in a Transformational Intimacy

Guest Faculty: Saniel and Linda Groves-Bonder

Trust is so often overlooked in our efforts to find true partners and create intimate relationships that can truly last. It takes time to build trust – and actually requires the inevitable challenges and crises that come up in authentic relating. This is especially true if

you are wanting to create a “transformational intimate partnership” rather than a conventional union that actually suppresses or deadens growth and change in each partner.

In this bonus session, we’ll explore these and related topics:

- Why trust trumps love and why any sexuality that does not prioritize trust is missing the mark, no matter how energetic and blissful lovers can get
- The “first males” and “first females” in our lives (parents, adult relatives, older and sometimes younger siblings) – and the ongoing impact that violation and betrayal of innocent trust in early life and its legacy in adulthood, no matter how spiritually attuned or awake we may become
- Why open-ended commitment comes last in wise, yet inevitably daring explorations, toward enduring transformational partnership, and what we have to be willing to risk to find the love and trust we truly desire

After a basic initial presentation, we’ll make plenty of time for Q&A, personal sharing, and comments from listeners for a very lively and heartfelt session.



Bonus #2: The Secrets to Creating a Sacred Union

Guest Faculty: Stephen Dinan and Devaa Haley Mitchell

For 11 years now, Stephen and Devaa have engaged their partnership as an awakening practice. Their love is the most fulfilling, joyful and transformative part of their lives – and it’s what allowed them to co-create The Shift Network together. Now they are delighted to share with you the secrets for creating a vibrantly alive *and* divine committed relationship.

They’ll get honest and real with you, offering precise practices and insights into how your relationships can become truly sacred, filled with truth-telling, healing, juiciness, deep kinship, co-creation and mutual empowerment. You’ll learn practices and insights to help you:

- Channel masculine and feminine energies into their highest expression
- Create practices that deepen the love and allow you to work with the most challenging areas
- Respect and balance the differences in relationship
- Create “temple time” for healing, awakening, and higher states of awareness
- Experience the joys of co-creation and learn to navigate the inevitable challenges
- Make your relationship more full spectrum, inviting more of yourself into it



Bonus #3: Partnership Between Equals for the Purpose of Spiritual Growth

A Recorded Interview with Gary Zukav and Linda Francis, Hosted by Gay & Katie Hendricks

Using their own relationship over the years as an example, Gary and Linda discuss authentic power vs. the one-up-one-down power struggles that characterize most close relationships.

They will share how when you challenge the frightened, angry and jealous sides of your personality you can then open to *true partnership* and a deep sense of meaning, purpose and joy! A true spiritual partnership is also the opportunity to

Gary Zukav is a spiritual teacher and author of four consecutive *New York Times* bestsellers. Gary and Linda co-founded The Seat of the Soul Institute in 1998.