

TRANSFORMATION THROUGH INTIMACY:
*Relationship as a Crucible/Sanctuary for Transforming Human Consciousness
and Culture*

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Don't confuse fusion with intimacy

- The journey is not about romance
- Bring the neurotic to the surface where you can then work on it
- People sometimes have relationship with potential rather than the person. When you have relationship with potential the other person will feel shamed for not being good enough. Feel they don't measure up. Don't relate as a true peer.

You can consciously go into pain and skillfully heal it – relate to it and integrate it.
We need to honor the personal as well as the transpersonal – go deeper vs. superficial.

Transparency and vulnerability as required for intimacy

- We can do a spiritual bypass – which is trying to avoid dealing with messiness and our personal history.
- Can rush into spirituality too soon for the wrong reasons.
- We need to waken our whole being.

Use mindfulness – honor the emotional self

- Embody radical wholeness.

Our behaviors parallel our internal state.

- We can become intimate with all that we are.
- Don't try to silence your inner critic, rather skillfully manage and relate to it.

We need to go to where we are personally and collectively numb

- Access numbness through deeper vulnerability.
- Become fuller by reclaiming places that are numb.
- As a presenter or leader, show your own self and be vulnerable and open.

Connection and separation are blended in intimacy.

- Tap into your hunger and longing for more, for something deeper. There is a longing to serve, which often grows with age. A calling.
- Ask, can I serve in a greater way with my partner.

Can have Being Centered relationships. Develop from me centered, we centered, to being centered.

- This can extend out to our peers and community.
- We are living in a time when life is asking something new of us.
- We can meet problems as opportunities to work through issues. In marriage, have no plan B, no exit plan.

Often our conditioning picks our partner, not our true self.

- In marriage, if one is awake and one person is not, up the ante and get clear about what you want.
- Get clear about what's there and what's not and then decide about leaving or staying.
- Can have a conscious divorce, where you appreciate the journey for what it is.

Release sex from expectation to make us feel better.

- Sex is an expression and celebration of your deeper connection.
- Not for false intimacy or security.

Can create a loving space for one another.

- Be present but not fused.
- Hold the other in a "we" space that is grounded in love.
- Marriage can be a sanctuary.
- We can be warriors of vulnerability.