

# The Biology of Love: A Valentine Zoom Workshop

Open to singles and couples of all orientations

Why do people struggle with intimacy? For many people, their inner voice is not always trustworthy. Messages come through like scrambled radio signals. It is often difficult to sort the messages of the authentic core self, what Gandhi called the still small voice," from distorting, repetitive patterns and longings held in the body.

When some people feel love, they also feel fear. In some way, for them, loving triggers the body experience of *abandonment*. When others feel love, the fear of being told what to do takes over and they feel flooded, invaded, smothered, controlled, or trapped. Loving, for them triggers the body experience of *inundation*. Identifying your patterns will help you unscramble the messages.

Differentiating your core body-voice messages from the damaging cycles of self-destructive thoughts and behaviors can free you. Tapping into this rich voice of authenticity and consciousness requires taking a route directly to where these nonintellectual experiences lie - *in the body*.

On Monday, February 15th, in honor of Valentine's Day, we will unscramble the patterns, exploring whether you hold issues of trust, attachment, anxiety, fear of closeness, social phobia, or a history of abuse. Whether you are married, single, partnered, or divorced, join me in this workshop designed to explore any resistance you hold to love and intimacy. Couples of all identities are welcome.

*in·ti·ma·cy* <a noun, plural -cies.

1. a close, familiar, and usually affectionate or loving personal relationship with another person or group.
2. an act or expression serving as a token of familiarity, affection, or the like: to allow the intimacy of using first names.
3. an amorously familiar act; liberty.

## Details:

Monday, February 15, 7-8:30 pm on Zoom

This is a free event, however registration is required.

To enroll: drop me a note at [NextGenerationCoreDC@gmail.com](mailto:NextGenerationCoreDC@gmail.com)



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