

Couples' Sessions

Read "[What do Sessions look like?](#)" for a general discussion of sessionwork.

The premise of our couples' work is that the outer relationship is a movie of the inner dynamic world of each person's soul. Your partner will show you your deepest fears and wounds as well as your greatest aspirations and potential heights of joy and fulfillment. Our work is to guide couples into finding their individual soul and child consciousness as well as any denied emotions around the issues at hand. We then bring that issue into full consciousness healing with both people. Some work is done individually and some together.

Our work creates not only a safe way to reveal your true self to your partner, but also helps alleviate blame, energetic control issues, negative cycles based on past trauma, and a variety of protective strategies that block intimacy.

Couples' work is the fastest way to see yourself and evolve into your spiritual nature. We coach couples through specific communication techniques and teach a wide range of sexual, sensual (tantric), and healing exercises.

Ancestral and family dynamics of each partner's core family pattern often have an energetic and emotional hold on each person. As these patterns are transmuted, a new relationship can be born. The partnership becomes a source of nurturing and awakening, meeting each person's needs equally and celebrating each other's essential nature. Creativity and self love is enhanced through this new relationship.

Goals and Benefits of the Couples' Work

- Remove the Blocks to Intimacy and Learn to Give and Receive more Love with your Partner.
- Learn Effective Skills of Open Communication.
- Increase Sexual Freedom, Ecstasy, and Sensuality.
- Create a Safe Healing of your Inner Child and Soul.
- Heal the Division Between Masculine and Feminine Energies.
- Create True Unity Between You and Another where All Needs and Desires are Honored Equally.
- Release old Trauma and Fears that Block Intimacy, Creativity, and Happiness.
- Create a New Life Plan that Honors both You and your Partner to the Fullest.