



Module 5: Seeing the Gifts and Challenges of Intimate Relationships

Video 5-1 Review/Preview

We have looked at some of the challenges that are standing in our way of pursuing the process this course is encouraging.

In this module we will look at what gifts will come to us when we choose to go where the brave dare not go – into our deepest fears and insecurities!

We have had some time to reflect, process and decide whether this path is worth pursuing, given the depth and breadth of the change needed to acknowledge and work with our responsibility for the challenges in our life.

We can see that we did indeed come to Earth to experience certain behaviors and wounds so that we can learn to accept and love ourselves. That we have been projecting those wounds onto cherished people in our lives, and protecting ourselves with defensive behaviors that we know no longer serve us.

This is a tall order. What happens when we actually give ourselves up to the process and gratefully and consciously engage and honor the other in this dance and take responsibility for our role in it? Let's explore this now.