

RELEASING THE SHAME OF WANTING

When was the first time you experienced shame?

What have you been ashamed of wanting?

I want _____ !

KABBALISTIC PRINCIPLE:

To love unconditionally means you love the person simply because they exist.

**“HUMAN BEINGS ARE WORKS IN
PROGRESS THAT MISTAKENLY
THINK THEY’RE FINISHED.”**

-Harvard professor Daniel Gilbert

TWO STEPS TO LOVING UNCONDITIONALLY

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- **Step 1: Let your partner have their journey.**

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- **Step 2: Let go of judgment.**

THE CIRCLE OF CREATIVITY

**The knowledge that we are loved
unconditionally creates a safe,
secure psychological space.**

**Unconditional love is the
nourishment humans need
to fulfill their greatness.**

**When you love someone
unconditionally, you see the best in
them, but you also see the worst
and you love them anyway.**

How do you nurture the circle of creativity for your partner?

How have you broken the circle of creativity for your partner? With judgment, criticism, or pejorative?

HOMework #1:

Practice Loving Unconditionally

- **Step 1: Let your partner have their journey.**
- **Step 2: Let go of judgment.**

HOMework #2:

Nurture the circle of creativity. Refrain from criticism and finding faults or failures in your partner. Rather, create a space where they can thrive.

SEE YOU NEXT WEEK!



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