



### Session One: The Art of Commitment

1. Introduction to session one
2. About the art of commitment
3. Healing the wounds of conditional love
4. The relationship between mind and heart
5. The power of your intent
6. We are all equals
7. The art of commitment starts with yourself
8. Commitment to self
9. The importance of shared context and differentiation
10. Meditation on the Art of Commitment

### Session Two: The Art of Loving

11. Introduction to session two
12. About the art of loving
13. Unconditional love is our natural state
14. Celebrating the mistakes
15. Come back to what is true for you
16. Setting boundaries out of love
17. Breaking the cycle of conditional love
18. Meditation on the Art of Loving

### Session Three: The Art of Trust

19. Introduction to session three
20. About the art of trust
21. Love flourishes when trust exists
22. Understanding consequences
23. You can't give what you don't have
24. Becoming aligned with life
25. Meditation on the Art of Trust

### Session Four: The Art of Healing

26. Introduction to session four
27. About the art of healing
28. Turning toward the pain
29. Being gentle to yourself
30. Intent is the foundation of healing
31. Using the wound as an instrument of transformation
32. Healing allows compassion
33. Meditation on the Art of Healing

### Session Five: The Art of Communication

34. Introduction to session five
35. About the art of communication
36. Creating a new language through relationship
37. Love doesn't need words, but relationship does
38. The willingness to listen
39. Using respect in all of your communications
40. Learning to be with others' disappointment
41. Meditation on the Art of Communication

### Session Six: The Art of Pleasure

42. Introduction to session six
43. About the art of pleasure
44. Pleasure is about permission and space
45. Sexual integrity in relationship
46. Bringing pleasure through everything you do
47. Working with trauma and wounding in sexuality
48. Listening to the whole body
49. Meditation on the Art of Pleasure

### Session Seven: The Art of Releasing

50. Introduction to session seven
51. About the art of releasing
52. Accepting what is
53. Everything in life changes
54. We are constantly releasing
55. Releasing does not need to be traumatic
56. Using ceremony to help you open up to what is new
57. We teach each other by living
58. The choice to love
59. Meditation on the Art of Releasing