

PAUL MILTON CARTER Trainings and Seminars

SACRED LOVING

"The Sacred Loving workshops are first and foremost about reconnecting with your heart and the quality of pure, unobstructed love."

Sacred Loving Training

The Sacred Loving Training is a series of workshops designed for individuals and couples who want to come closer together and enjoy more love, passion and fulfillment in their lives. It teaches an approach to intimacy and sexuality that is based on self-acceptance, communication and deep relaxation. So as to help make this a special meeting from the beginning, participation will be limited to couples who have previously completed a Sacred Loving Weekend or who are invited by one of the participating couples. It will be like learning, growing and celebrating within a circle of friends.

Participants will learn energy, touch and communication exercises, tantric practices, healing rituals and meditations in an environment that is respectful, fun and deeply transformative.

Through Family Constellation, Group Process and other techniques both ancient and contemporary

- you will be gently guided to be fully at home in your own body, connected in your heart and therefore more in tune with your soul and spirit.
- you learn to trust and enjoy your desire for intimate contact, to honor your personal boundaries, and to effectively communicate both.
- you gain an understanding of and chance to release the fears, shame, hurt or limiting beliefs that keep your love life less than ecstatic.
- as a couple you receive guidance and support to take new steps and leaps on your journey toward a sacred and fulfilling relationship.
- individuals and couples receive information and tools to transform lovemaking into an increasingly joyful experience and a path of spiritual awakening