

Love with Intention

A Valentine's Day workshop to explore inner barriers to love in romantic relationships – and reconnect with the deeper, unconditional love at the heart of who we are



- Explore patterns and beliefs affecting romantic relationships
- Discover the deeper, unconditional love that is our essential nature
- Gain new insights and practical tools for everyday life

 14 February  10:00am–5:00pm ·  Rudolf Steiner House, London

Love with Intention

A Valentine's Day workshop to explore the inner barriers to love in romantic relationships – and reconnect with the deeper, unconditional love at the heart of who we are.

“Your task is not to seek for love,
but merely to seek and find all the barriers within yourself
that you have built against it.” – Rumi

Valentine's Day is usually about romantic love – roses, chocolates and the idea of “happily ever after”. But there is a deeper love that often gets overlooked: a love that isn't limited to one person, one relationship or one special day.

In this workshop, we'll explore – with curiosity and compassion – the inner barriers to love that Rumi talks about: the fears, stories and protective strategies that shape how we show up in our romantic relationships.

As we bring these into awareness, we open up new possibilities for relating with more honesty, kindness and connection.

We'll also explore the nature of “Real Love” – the deeper, unconditional love that is our shared essential nature. This is the love that:

- Isn't dependent on whether a relationship is “working” or not
- Isn't limited to one special person
- Is already here, underneath our conditioning and self-protection

From here, true happiness and a sense of inner freedom become possible and we strengthen our capacity to attract or deepen relationships that champion and support who we are.

In this workshop, you will:

- Reflect on the barriers to love you may have built within yourself
- Explore how old patterns and beliefs play out in romantic relationships
- Be guided into a deeper sense of Real Love – the love that we share with everyone and everything
- Practice meeting yourself and others with more curiosity, compassion and openness
- Leave with fresh insights and simple pointers you can bring into your daily life and relationships

This is for you if:

- You're in a relationship and want to deepen honesty, intimacy and connection
- You're single and want to understand your patterns in love
- You sense there is a deeper love than the usual Valentine's Day story
- You're curious about love as our true nature, not just a feeling that comes and goes

No prior experience is needed – just a willingness to explore.

Practical details:

- Date: 14 February
- Time: 10:00am – 5:00pm
- Location: Rudolf Steiner House, London
- Price: Early Bird £15 (Full Price £20)
- What to bring: A notebook and pen, an open mind, and a willingness to explore.

Hosted by: Neil French and Dr Zan Nix

Neil is a Clinical Psychologist with over 30 years' experience working with individuals and couples in both the NHS and private practice.

Zan is passionate about facilitating self-awareness and deepening the capacity to love and be loved. She taught Psychology at Southern Oregon University for many years, including The Psychology of Love and The Psychology of a Passionate Life. She has taught workshops and classes in Greece, Bali, Mexico and the US. Zan is a poet, singer/songwriter and holds a doctorate in Spirituality.

Website: <http://www.drzannix.com>



Join us on 14 February for Love with Intention as we look beyond the clichés of Valentine's Day and

explore the true nature of love and relationships – for real happiness, freedom and connection.

Book here: <https://www.eventbrite.co.uk/e/love-with-intention-from-conflict-to-connection-tickets-1975565779427?aff=oddtdtcreator>