



ASIAWORKS

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Power of Intimacy Workshop




What it means to be
intimately related



Power of Intimacy Workshop


We are pleased to present the Power of Intimacy, a workshop designed for you to re-define what it means to be intimately related. It is an opportunity to re-assess your whole concept of "self"; to open up a powerful, new level of possibility and to challenge your habitual and fixed ways of seeing the world around you.




The Workshop is, in part, a response to this challenge set out by Albert Einstein early in the twentieth century:

“A human being is a part of the whole, called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest.... a kind of optical delusion of his consciousness. The delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

Albert Einstein



Today, that challenge reverberates across time with even more force: Recent technological advancements allow us to reach across time and space to communicate with people on different continents, all at the touch of a button. However, paradoxically, so much of that new technology is proving a barrier to, rather than a creator of, intimacy.



In the Workshop, you will be asked to challenge your whole definition of what intimacy actually is; as well as to re-assess the habitual ways of thinking that generate separation in your own life. Separation is caused by focusing on all the differences that exist between people; all the ways in which you are different from everyone else. So much of the conversation

in the world today is about the differences that exist between human beings: skin colour, nationality, race, religion and sex to name a few. This conversation and the subsequent application of different worth to the different groups is the cause of so many of the problems in society today.

In contrast, The Power of Intimacy Workshop challenges you to create intimacy. In the workshop you will learn the fundamental principles which serve the creation of intimacy. You will also be guided in the application of these principles so that you can harness the power of intimacy to transform what you currently see as possible in your life and in your relationships.

Am I listening?

We are often uncommitted in our listening of what others are saying to us. We often “hear” but do not listen, choosing instead to listen to our own internal voice of judgment and assessment. Instead of listening, we are just waiting for the other person to stop talking so that we can give our point of view. During the workshop, you will learn to listen freely and without judgment. To truly listen to another person is to truly value them.

Am I feeling?

Bombarded with disasters and tragedies, we often desensitize ourselves and stop ourselves from feeling. All this in the hope that we can shut out the suffering of those around us. So often we resist our feelings; we numb ourselves, afraid that if we did allow ourselves to feel, then those feelings would be too powerful and too overwhelming for us to handle. In the workshop you will have the opportunity to confront this fear and instead embrace the possibility of having compassion for those around you.

Am I appreciative?

We are so busy running after the next goal that we fail to appreciate what we see in others and in ourselves. Life has become a game of consumption; always looking for the next possession, comparing ourselves to other people, worried about whether we have enough, looking for what we can get for ourselves from other people. In the workshop you will experience the power of appreciation and the role it plays in creating intimacy.



Am I forgiving?

The Power of Intimacy deals directly and powerfully with forgiveness. During the workshop you will not only experience what it means to truly forgive others, but also learn to forgive yourself. You will have the opportunity to confront areas of your life where you still hold on to resentment of others or to guilt about yourself and to experience instead the freeing nature of forgiveness.

The Power of Intimacy is an opportunity to take up Einstein’s challenge and to set yourself free from his “prison”; to confront some of your long-held and fixed beliefs about yourself and those around you; to see what is possible in the world when you focus on commonality instead of difference: on our shared humanity and our shared existence on this planet.

The choice to free yourself from the “prison” can be both personally and socially transformative. The greatest gift you can give yourself and those around you is the gift of your own freedom.

Please contact your local AsiaWorks office to register for the upcoming Power of Intimacy Workshop.