

Happy Valentine's!



Much is written about Valentine's Day, its origins dating back centuries ago with cards, mementos, poems, songs, and gestures of love. Love is an interesting concept. Love finds meaning in a passionate connection, a tender moment, a quiet friendship, a Grandmother's prideful glance, a Father's hug, a furtive smile as we reach out to individuals we know and those we do not.

Caring deeply for others and having interconnectedness is the heart of love, yet we often struggle to love and be loved. Some of our deepest pain and deepest joy is located in loving others. Valentine's is a time to open your heart to yourself and others; it is not just about romantic interlude. To love completely, we must be fully engaged with ourselves to truly love another. We must personally define what love means and what we need from those that love us. Equally we must learn how to listen, understand, and demonstrate love in a meaningful way in order to meet the needs of those we care about.



Love has the capacity to change us, heal us, and teach us to celebrate intimacy in a deeper way. *real consulting* can assist you in rebuilding a relationship, re-connecting with others, and learning to care for yourself with 'love.'



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