

# Enhance your Relationship with Self

*"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

weekend of learning developed primarily from NVC teachings -16 & 17 June 2012

*We are plagued by our ability to be self critical, to in fact be violent towards self. How do we transform this life alienating behaviour that sabotages our enjoyment and move to a place where we accept our self just as we are? If there is any aspect of you that you don't fully embrace with love this is a weekend for you.*

*The weekend will help you move towards:*

- *Giving yourself compassion when you most need it*
- *Accepting yourself just as you are (with no seeking to be better or fixed in any way)*
- *Finding detachment and relief from our critical thoughts*
- *Embracing and sitting comfortably with your dark side (the parts you don't like)*
- *Seeing everything you do or say is serving a precious need*
- *Cultivating gratitude and thus perspective to life's challenges*
- *Developing strategies which give us the space to come back to balance, avoiding actions which do not serve us*
- *Finding a place of peace within from which self love can flourish*

*The weekend outlines how we end up where we do providing practical ways of moving away from inner conflict towards greater joy where we welcome and accept all of who we are with love. The weekend is active in that we will spend the majority of our time practicing new ways to engage with self. Learning to love oneself is not necessarily a lifetime task this course offers the opportunity to make a major shift in how you relate to self allowing perhaps for the first time a sense of peace and joy about who you are and how you are in the world.*

Date: 16 & 17 June 2012

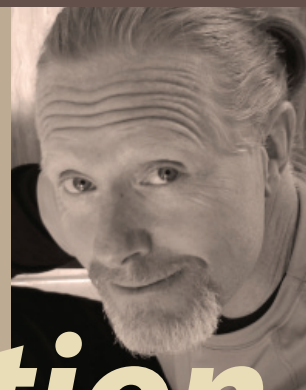
Venue: West Auckland (exact location to be confirmed)

Cost: \$245 per person (earlybird before 18 May 2012 - \$195 person)

Trainer: Karl Cooper (find me on [www.relationshipcounsellinnz.com](http://www.relationshipcounsellinnz.com) and [www.nvc.org.nz](http://www.nvc.org.nz))

**To Register contact: Karl Cooper - Phone: 09 836 1111 Email: [relationshipcounselling@live.com](mailto:relationshipcounselling@live.com)**  
**Please send your name, email address & phone number plus \$50 non-refundable deposit or full payment to: Karl Cooper, 48 Turanga Rd, Henderson Valley, Auckland, 0612.**  
**Make cheques payable to: Karl Cooper or credit Kiwi Bank account name. Karl Cooper no. 38 9008 0614163 00 (include ref: 16 June 12 and your name).**

*Karl is dedicated to helping others connect in relationship whether that is with themselves, in an intimate relationship or with whoever they are communicating with. As social beings we long to have meaningful intimate connections and yet we have often lost our way. It is my goal to help us find our way back to what I believe we long for. Karl is trained in counselling, mediation and facilitation and is a practicing relationship counsellor and trainer. He has been providing creative presentations for over 25 years in the UK and NZ, and started his professional career as an architect. See web links for more info: [www.relationshipcounsellingnz.com](http://www.relationshipcounsellingnz.com) and [www.nvc.org.nz](http://www.nvc.org.nz)*



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# connection