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relationships



*With winter coming we all want a cuddle, but Christmas and New Year are notorious for the stress and loneliness singles and couples can experience. **Kesty Morrison** talks to the West's relationship expert.*

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be transparent

Joy Hicklin-Bailey is a spiritual facilitator and healer based in Stroud. Her work is informed by her training as a Jungian psychotherapist, NLP Master Trainer and above all, ten years

apprenticeship to a liberated Hawaiian healer Shaman, where she learned the aloha-ai practices of sacred lovemaking. "One of the apparent qualities that creates fertile ground

for intimacy is transparency," she says about intimacy. "The conditioned, defended personality carefully negotiates what is revealed and can never experience positive

change in their relationship, true intimacy and real life: it can really move clients forward as they learn about this.

"Love is death, in the moments of real love there is a death of what you know and of all that you think you are. That can happen naturally in the moment of eye contact with the postman just as much as with one's beloved partner when making love for hours. And that is why for many people intimacy can be so terrifying and avoided at all costs - it asks for a dissolving of all that is known. The impetus of intimate relating is to show you that you are, simply, life - utterly loveable, an endless mystery, beautiful - to show you that there is no separation. Lovers can learn 'You are me'.

"Without our joy, tears, exuberance, tenderness and sexual passion we are less alive, less healthy, less available and less playful. To keep being here with whatever is touched in us or a partner or a colleague, however uncomfortable, however exquisite, is the only gateway through which freedom, happiness and true intimacy is tasted. The more you reveal the more others can get you, feel you, know you, respond to you."

"How strange that we should ordinarily feel compelled to hide our wounds when we are all wounded!" says psychiatrist and best selling Author M Scott Peck. "Community requires the ability to expose our wounds and weaknesses to our fellow creatures. It also requires the ability to be affected by the wounds of others... but even more important is the love that arises among us when we share, both ways, our woundedness."

