

SACRED, SELFISH & SHARED INTIMACIES



A Workbook For Developing Greater Intimacy

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- ourselves to fully explore its presence that the Spirit will avail itself to us in our daily lives.
- Only through our Sacred relationship are we able to cherish our relationship with ourselves and learn to fully manifest our unconditional love for another. Without this relationship, our other relationships will falter, and we find ourselves searching for meaning in life, battling self-destructive behaviors, and attempting to navigate unhealthy interactions with others.

The Benefits Of Our Intimate Relationship With The Sacred Are Superb

- *Peace* - An intimate relationship with the Sacred brings a sense of peace. Relying on the Sacred helps to center us rather than to propel us into a world of worry and confusion when we confront life's problems. With continued practice, we grow to a place where we think about positive things – those things that are true, kind, pleasing and worthy. We do not relish in the negative and pay attention to those voices of fear and anxiety. We learn to release our old patterns of thinking and behaving.
- *Assurance* – An intimate relationship with the Sacred assures us that we are able to make intelligent choices that will bring about change in our current situation. Even if we are unable to change the situation to work in our favor, we can make an intelligent choice regarding how we will deal with the situation.

excerpt

- Self-examination will help us to explore our own feelings of self-worth and to understand more deeply how we relate to the world around us. It is an opportunity to explore how our history impacts the present and how we can change future patterns of behavior.

Exercises To Promote Selfish Intimacy

The following exercises are offered to facilitate a greater understanding of who you are, what your needs are and what changes in behavior patterns are necessary for your psychological, social and emotional well-being.

Basking In The Self

- Make a list of all of the things that you love to do (or loved to do before you became too absorbed with life's responsibilities). Look at that list and determine how many of those things you find time to do. Commit to finding time to engage in those activities.
- Get a small hand held mirror, old magazines, scissors and tape. Look through the magazine and pick out positive words that describe you, your dreams and your gifts. Cut these words out and tape them to the perimeter of your mirror. Every time you look in the mirror remind yourself of the great person you are and the goals you have for yourself.
- Make a list of five positive things about yourself and repeat them to yourself daily while looking in the mirror.

