

Sexual polarity

Balanced masculine and feminine energy dynamics.

Full expression

The ability to know what's true for you and powerfully communicate it.

Unconditional love

The ability to accept all parts of a person regardless of whether or not those parts fulfill your needs.

Simultaneous growth

Starting from a similar level of consciousness and growing that consciousness together at a relative pace. Creating and growing together based on similar values.

Creating a container of healing

Relationships are meant to allow you to grow and heal. If you cannot heal old wounds or practice something NEW with a partner, you are bound to repeat old patterns.

Self love

Quality of love comes from how well you like yourself and must equal your potential partner's level. How you see yourself and how you treat yourself is how you will treat your partner.

A balance between spontaneity and stability

Having routine and pushing past the routine. Exploring the unknown together and co creating known factors together that support both partners to thrive.

4 levels of attraction

Physical - visual

Biological - how good someone tastes and smells

Mental - how well your belief systems align, how well you can carry a conversation, things in common, making sense to each other

Energetic - Energetic resonance.

Syncing up brain waves, heart waves & energy - The ability to feel the same thing in both of your bodies at the same time.