

If the Buddha Dated or Married: Relationships as a Spiritual Journey

Charlotte Kasl

Lolo, Montana

www.charlottekasl.com

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Continental Room



To love is to make room in your heart for both your suffering and your joy, so you can make room for the suffering and joy of others. The ability to love deepens as we dismantle the conditioned interpretations, perceptions and expectations that block us from seeing our beloved and ourselves clearly in the present. As we free ourselves from old patterns we become able to attune deeply to each other, reveal ourselves, dance lightly together, and create a safe, secure relationship. We learn to feel tenderness not fear, compassion not sentimentality, love not desperation, and acceptance not judgment.

Charlotte Kasl, Ph.D., has been a practicing psychotherapist, workshop leader, Quaker and Reiki healer for twenty years. She has had a longtime involvement with feminism, Eastern Spiritual practices and alternative healing, bringing an empowering holistic approach to all her work. Her books include "Finding Joy," "Many Roads," "One Journey and the Classic Women," "Sex, and Addiction: A Search for Love and Power." Formerly of Minneapolis, Minnesota, she now lives in an octagonal house on a mountain near Missoula, Montana.