

*The longest journey you will ever take is the 18 inches from your head to your heart*

—Anonymous

Do you find it easier to have an intellectual conversation with someone than an honest, open and heartfelt one? If so, you're not alone. Many of us struggle with intimacy, yet we long for it—it is our most powerful needs.

I worked in higher education for 15 years, so I understand the safety in talking about things from an intellectual perspective. I also truly enjoy conversations with bright, well-read people that stretch my intelligence and outlook. Such conversations meet my needs for learning, challenge and mental stimulation. Shifting my focus and connecting from the heart, expressing my true feelings to others, even if I think they might not like me afterwards, takes courage. But it is very satisfying.

I have never experienced anything more intimate than deep connection with another person. As I have focussed on my need for connection, I have created freedom in my life. I no longer have to hide, pretend, or justify myself, and I am surrounded by loving people. This freedom has opened the floodgates to let compassion and love flow from me. It is a blessing.

Courtesy: M. McKenzie, Certified NVC Trainer, and Marshall B. Rosenberg.

