

Dear David and Ana,

What I love and am grateful for about the Intimacy Project so far based on your priorities of individualized instruction that is flexible, student focused, a creative collaboration and heaps of love:

Freedom/liberation:

- The freedom that one to one individualized coaching provides me and my teacher is a deep and profound gift. I feel free to ask for what I want and she freely and lovingly gives me what she feels I need!
- Getting better at asking for help is one of my goals and the one to one has made that easier to ask and as emboldened me to use my questions as a basis for personal inquiry.
- Freedom to let go of what I think I want and be grateful for what I get as a gift that is perfect.
- Freedom to explore without judgment. Both teachers exude loving nonjudgment.
- Freedom to try, fail, revise and try again which actually makes the failure not really a failure but real and deep learning.
- Everything feels like a delicious suggestion which makes me jump in, give it a try and find out what is going on: like the suggestion that one keeps a meditation journal. I normally hate journaling but this was so powerful and offered in such a way that I had to give it a try.
- The continuous focus on creating a personal practice is empowering and exciting.

Love/Life energy:

- Ana and David radiate joy, generosity and excitement. It is contagious and motivating.
- They have so much deep and varied understanding and they are able to adjust the speed, depth, order to meet me where I am at.
- It is clear that they are sharing themselves first and foremost out of love: no more than a friend and no less than a friend. Because of this, the learning feels like a creative teacher-learner collaboration.
- Their co creation is a joy to be a part of. It is clear that they are really into what they are doing as individuals and as a partnership.

Wholistic structure

- I love ending the day with the evening meditation.
- The flexibility of having the meeting time fit personal goals. I am using the morning for personal practice of everything that David and Ana share in the one to one afternoon sessions.
- The Saturday sangha is a great way to create community even though we are virtual. I love that we hear from people who are at different places in their personal journeys both for inspiration and different perspectives. There seems to be potential for long term connection to community.
- The Friday group class is yet another way to create community and to get outside one's own personal bubble. Both are good.

Enough for now.....