Human beings are intended for love. We are endowed with marvelous neurophysiological gifts to sustain and share relational attachments to each other and to God. This workshop focuses on how to deepen these gifts.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth.

It bears all things, believes all things, hopes all things, endures all things.

I Corinthians 13: 4-7 NVSV

COMPLETE PRESENTATION OF THE WORKSHOP CAN BE FOUND IN THE AUTHORS’ BOOKS at:

www.neurospirit.net


This pre-conference workshop is presented in two sessions. The first session focuses on resonant attuning and dissonant attuning.

SACRED DESIRE: the urge to connect and be one with God who is in the universe and in each other

ATTUNING: a special form of social perception and communication whereby we non-verbally know and reflect back the internal subjective state of another; how we biologically, psychologically, and spiritually connect with another

RESONANT ATTUNING: connecting in harmony with the subjectivity of another

DISSONANT ATTUNING: connecting in disharmony with the subjectivity of another
Didactic presentations describe how Attachment Theory (behavioral science) provides the psychological basis of relations with God and with each other and how Mirror Neurons (neuroanatomy) provides the neurological mediation of relations with God and with each other.

Video clips show how resonant attuning nurtures Sacred Desire and how dissonant attuning, when left unrepaired, distorts Sacred Desire.

The second session focuses on redemptive attuning.

**REDEMPTIVE ATTUNING:** connecting in harmony with the subjectivity of another but with an increased awareness of how resonant attuning sustains and preserves the goodness in relationship; transforms us to a new being.

A didactic presentation describes how the Polyvagal Theory (neurophysiology) provides the physiological means of co-creation throughout life.

A video clip shows how redemptive attuning restores Sacred Desire.

Both sessions are supplemented with handouts, somatic exercises, and group discussion.

**SUMMARY:** We all know the experience of calm and its rupture by fear. This workshop presents neuroscientific and psychological research that support spiritual practices to bring us into states of calm. Because we are embodied human beings, somatic techniques can quiet the body and restore our sense of compassion and connection.