

Conscious Relating

Wendy Erlick takes a workshop with Jan Day



I had not worked with Jan before or heard of Conscious Relating (CR) and, as a matter of choice, I went into the session without researching CR beforehand because I figured this would allow a more authentic experience.

I was impressed that, before our one hour session, Jan asked me to give her some in-depth information about my background so that she was fully prepared beforehand. Slight jarring occurred when I was not, as a matter of course, assured of confidentiality at the beginning of the work (I had to ask). But that was redeemed because Jan's obvious integrity enabled me to trust her.

What is CR?

Jan describes the purpose of her work as 'about learning to love - in every realm of our being, which includes our sexual nature, our emotional being and our spiritual nature'. In my case, I would say that at the end of our work, I did achieve a healing and an energetic shift; that had as an outcome increased self worth. I liked Jan's emergent and person-centred approach. Knowing her to be on my side, I did not feel wrong or judged.



It is not relevant to recount step by step my CR session, because if you decide to explore CR, a strength is that no two sessions

are the same. All I will say is that Jan helped me to identify some patterns of relating to men that had contributed to me becoming stuck in a situation, and prevented me from being in an integrated and loving relationship. Jan explained that now these traits had been brought to the light it would help me to relate to men from a place of Consciousness mindfulness, rather than continue to go around and around perpetuating old unconscious patterns.

It takes guts (forgive the pun!), to painstakingly sift through a person's entrails: help them make sense of themselves and to love themselves: a strength and a holding. I now feel stronger; prouder and more upright. It seems miraculous that so much could be achieved in just an hour.

Wounded Healer

Later I asked Jan about her work. Her credentials allayed my early doubts. She may be described as a wounded healer, having undertaken a twenty year journey of self-healing before becoming a trained teacher and coach in 1999. Put simply, she worked on herself to be confident enough to be in a loving relationship, one which she says is so beautiful, that it gives her great joy to give back and help others achieve the same. 'I have been divorced and married,' she says. 'I have known the darkness of depression, the

despair of great loss and the joy of finding my way home again. Above all, I believe in the basic goodness of life and people. Sexual healing, self-acceptance, forgiveness and the all-embracing life acceptance of tantra have been and continue to be powerful tools in my life.'

The CR methodology grew out of Jan's Living Tantra courses, designed to make this work more accessible (don't let the term tantra and any connotations put you off accessing this valuable work). My CR session took place by skype which worked perfectly well. In fact, as a healer myself, I often find that skype and telephone work offers exceptionally powerful healing as it permits deep uninterrupted focus. I would have no hesitation in recommending Jan to any of my clients.

It is possible to commission a CR session with Jan, either alone or with a partner. This costs £60 per hour for one person, or £80 per hour for a couple (usually two-hour sessions). Jan offers Relationship courses throughout the year in the UK and abroad.

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