

Wed Gathering in Rockville - Relationships without Drama 6/2/10

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Related Categories: Sandbox, Relationship

This Wednesday [Sandbox gathering](#) we learn how to co-create relationships without drama with Michael Rios. What would relationship be like if everyone took 100% responsibility for their own feelings? What if every surge of emotion was seen as an invitation to connect with essence and rise to a new level of awareness and love? What if we made the commitment to never again blame another person for our feelings?



The more we do our own inner work, the more available and loving we are in the moment. We no longer cling to rules and impose agreements that we hope will keep our partners from triggering painful emotions in us; we welcome those emotions, work through them, and delight in our connections whatever form they might take. There are many paths to spiritual and emotional growth; join us as we walk the path of open-hearted relationship.

And avoid having to clean up post drama blood from the shower stall ever again! :-)

Michael Rios (<http://michaelrios.com>) has been creating and living alternative lifestyles and personal growth experiences for over 40 years; currently he lives at Chrysalis, an intentional community in Arlington , VA (<http://www.chrysalis-va.org>). His favorite social organization principles include guerrilla capitalism and responsible anarchy. He regularly co-organizes "New Culture" events aimed at creating a culture based on awareness, compassion and freedom rather than on fear and judgment (<http://www.cfnc.us> , <http://www.nfnc.org>).

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.