

Natural Healing Express Weekly

Column 339 Building Intimacy in Relationships, Part One

This next article is something I believe we all NEED. If you don't form intimate relationships with others, one becomes distant and disassociated with society. And, after all the continued issues with differing opinions on politics, religion and even sports, I believe we need to find a way to at least be tolerant of others opinions and feelings. One way to do this is to share intimate moments. Now, before we go much farther, we need to define intimacy because the first thing that goes through most folk's heads is well, uh, ya, well, many identify intimacy with sex. And, yes, that is quite intimate, but there are many forms of intimacy.

Behavioral intimacy is when you have shared activities with others and you have a connection through those activities. Work is a prime example of this as well as classmates, soccer moms, exercise groups and neighbors.

Spiritual intimacy is building a connection with something greater than you. Most folks tend to immediately perceive their connection with God and their faith as this type of intimacy. And, that is quite true. However, Spiritual intimacy can also be found in knowing you are with your "soul mate" or the person you know you were destined to be with. This also comes in serving the purpose you were meant to serve. This could be in a family position, a job or volunteering. Please remember that the two extremely important concepts: Being spiritual is not necessarily being religious or following a religious leader, You CAN be spiritual and not religious, but you can also be spiritual and religious, make sense? Also, please, please, please note, you can have spiritual intimacy WITHOUT having another intimate relationship in your life.

Emotional Intimacy is when you can share your most personal feelings and thoughts freely with the people you are close to. To obtain emotional intimacy, you need to have good trust and good communication with others. One needs to feel safe, respected and accepted. When you have this kind

of connection and closeness with other people, you feel cared for and nurtured. Emotional is vital to every person's health and well-being.

Physical intimacy comes in many forms. Examples include: hugging a friend or someone who needs it, patting your kid on the back for a job well done and holding hands with your significant other. Many high level behavioral scientists debate whether sharing your personal space with another is considered to be physical intimacy or if it falls into another category. I guess my opinion would depend on the following questions, "what is going on in that personal space and how far out does one view their personal space to extend?"

I am a highly sensitive empathy who can and does take notice and "feel" the energy of others around me or those who are dear to me from ANY location. Describing Empaths and their personal connection to the world would take a whole 'nother article or six, but what I can tell you is that Empaths view anyone in their proximity as sharing physical intimacy because they with cannot help but respond whether they are physically touched or not. This may not make sense to all, but to those of you who are Empaths or live with one, you have seen this a million times.

And, also I believe that nurses, doctors and of course first responders can form a physical intimacy bond with their clients whether they touch them or not. So, there's my two cents. (sense, lol)

And, last but not least, there is sexual intimacy. This is pretty self-explanatory and includes sexual desire and excitement. However, it is not necessarily intercourse, as for many this stops at a certain age and the sexual intimacy continues.

Next week we with discuss steps on how to build intimacy.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express