

## Passion, Power and Love - A New Year's Workshop for 2017

by Rose Rouse

Funnily enough Passion, Power and Love was the first Jan Day workshop that I ever attended. That was eight years ago. I was in a co-dependent relationship – where there were lots of secrets – and I was suffering a lot. I wanted to change how I lived and so I arrived at the EarthSpirit Centre in Somerset not having done any workshops for a while but wanting this New Year to be a marker.

It was the beginning of the rest of my life. It was full of warmth, vulnerability and honesty in a way that I really wanted to be surrounded by, and wasn't. Jan held the space in a safe way, which I really needed. She doesn't have a pervasive ego and I trusted her. That was a beginning. We released the past, we envisioned the future and we found ways to relate to each other in the present. I remember it as being lots of sexy fun too. Lots of flirting and dressing up at New Year with a lovely ritual.

It was just what I needed. An injection of new personal growth at a time when I had lapsed into stagnancy. Lots of like-minded people to share intimate experiences with over New Year (sometimes a difficult time if you have just separated etc) and lots of opportunities to deepen connections. I thought I was – I would – going to possibly discover a new man during this workshop, in fact I found a new woman friend and we are still very close. That was a boon.

"Participants get the chance to vision for their future," says Jan, "and I make sure that it's understood that this is very different to listing goals. Your vision consists of how you would like your life to be, for instance, 'I'd love to have a fit healthy body' rather than 'I'll cut out sugar and go to the gym every day'. It's the vision that gives you the energy to fulfil the actuality."

There is also one exercise where you journey backwards to release the past. Jan has her own story about doing this. "When I did this exercise I wasn't able to have healthy relationships with partners," she explains, "when I did it I was able to feel how it felt to stand opposite a partner and know that he loved me. That was a profound experience for me, one I'd never had before. So when Frieder, now my husband of ten years, appeared the next week, I recognised that the feeling with him was this same one. I wouldn't have been able to do that before. I went for a more subtle energy with a man, rather than the hot one. And this marriage continues to blossom in love."

So often we get caught up with the pressures of having to have a good time at New Year in a certain way. Passion, Power and Love is different. There is no alcohol, just lots of open hearts waiting to meet yours. "It really is for anyone who wants to look at their life and be inspired to make changes," says Jan.

Boundary work is an important part of Jan's workshops, and in Passion, Power and Love, you get the opportunity to truly start learning what you would like or not like in relationship to the opposite gender. You learn to say 'No' to what you don't want, and 'Yes' to what you do want. That sounds so simple but in fact most of us have never had ways of practising this with each other. "This leads to greater intimacy with each other because if you don't know what you want yourself, how can you know with another," says Jan.

These five days are also an ideal way to find out what Jan's work is all about. "Often people sign up to Passion, Power and Love and like it so much, they sign on for Living Tantra 1 or the Living Tantra Training. It's a great taster," she says.

On this workshop, I really did finally decide to end that unhealthy relationship. And I saw that it would be great to have more friends who can cope with my vulnerability. So that has happened too. And the flirting... Oh well, that led me to finally believe that I could attract a man I loved. And I did.

*The next Passion, Power and Love is 28th Dec 2016 to 2nd Jan 2017  
at EarthSpirit centre in Somerset. [janday.com](http://janday.com)*