

Lucas Roy Lehman's Intimacy Makeover to be Featured on CUTV News Radio

SANTA CRUZ, CALIFORNIA, USA, February 24, 2017 /EINPresswire.com/ -- The relationships we create are reflections of the beliefs we hold about ourselves. Unfortunately, too many of us hold unconscious limiting beliefs that we are not lovable as who we are. Even if we find the person we want, we never seem to experience that sense of relief that comes from being ourselves with all our vulnerabilities and contradictions.

Lucas Roy Lehman is an intimacy coach who works with women in their 40s, 50s and 60s who don't have the relationships they want. Of course, the first thing you might notice about Lehman is that he's a male intimacy coach for women.



"What's special about working with me is I fuse expertise in the fields of neuroscience, mindfulness, behavior change, and sacred sexuality with the dynamics of masculine/feminine polarity to surface the real stuff: fear and desire," says Lehman.

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Lucas Roy Lehman

Lehman's Intimacy Makeover programs are all about learning to stay and play in that charged energy of intimacy with confidence, vulnerability, and authenticity so they can show up powerfully to create the relationships they want. In working with Lehman, women are on the playground of that polarity and learn to be vulnerable with a man who is safe.

According to Lehman, intimacy for women is ultimately about feeling safe to be herself and trusting her partner. She wants to be seen for her good and bad qualities to heal the shame and fear that she is not lovable the way she is. The old story that "there's something wrong with me otherwise things would be different..." is the real starting point for transformation. What's true is that we are each lovable just the way we are, but not if we don't really think we are.

"Intimacy in a healthy relationship is all about the on-going healing of the old wounds we carry of not being good enough, of not being lovable the way we are," says Lehman. "It's more edgy to be coached by a guy because it's going to bring up all these feelings, and that's what we want! Bring those limiting beliefs out into the light where they can be transformed."

Old habits run deep. When we are in relationship, we look for familiar dangers and confirmation of our

fears and limiting beliefs. In coaching, Lehman supports women to uncover and reprogram their old stories to create new neural pathways and a new sense of self love.

Lehman believes that every woman is inherently creative, resourceful and whole, and doesn't need to be fixed. This creates a container of sacred space and unconditional love that most women have never experienced with a man before. As a result, they get to experience a man who has their best interests at heart, sees their light, and wants them to be the brightest, most fulfilled and fully expressed beings they can possibly be. Then they learn to see themselves and love themselves in a new empowered way, which attracts different men, with different behaviors, to create new satisfying relationships.

CUTV News Radio will feature Lucas Roy Lehman in an interview with Doug Llewelyn on February 28th at 2pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information, visit <http://www.intimacymakeover.com>

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