

Tantric Love: Feeling versus Emotion

Review by Geoff Lamb, October 2021

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Books that have shaped my practice

Sex is important, but in this book the focus is on the relationship. This refreshing exploration of being ‘triggered’ by your partner shapes my practice by encapsulating and exploring ideas and principles which I already incorporate into my relationship work. Differentiating between feeling (the live expression of here and now experience) and emotion (the re-emergence of past, repressed feelings) is a crucial feature of the book, but uncommon in psychotherapy/counselling. However, it can enable us not to take our partners’ expressions of emotion, which can include blame, judgement and criticism, personally. This frees us to remain emotionally present, which is often what our distressed partner needs. Richardson’s practical, yet profound, approach to the familiar relationship impasse (trying to communicate whilst being mutually unavailable) has given me a framework I return to with individuals and couples again and again.

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