



Friday, January 9, 2026 7:30 pm EST
Join Zoom Meeting

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Meeting ID: 814 7153 4339
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**BIG IDEAS:
BAHÁ'Í PERSPECTIVES
ON THE ISSUES OF OUR TIME**

Please join us for a series of talks addressing some of humanity's shared challenges and opportunities as we work to advance an emerging global civilization. This series brings together current research, experience, contemporary discourses and Bahá'í perspectives.

"Be anxiously concerned with the needs of the age ye live in and its exigencies and requirements."

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**Becoming Loving Companions:
Nurturing Intimacy and Connection in Marriage
with Shiva Yan**

"Their purpose must be this: to become loving companions and comrades and one with each other for time and eternity" - Abdu'l-Baha

Connection and companionship are critical aspects of building healthy marital relationships. Developing a close bond with our partner is perhaps the greatest contribution we can make to raising a healthy family and building a better world. Our beliefs, attitudes and experiences all affect the way we relate to each other. Awareness of these influences and conscious effort to adopt healthy communication skills enhance bonds of love and understanding in marriage. This talk offers spiritual concepts and practical ways to nurture positive connection during happy *and* difficult times.

About Shiva: Shiva Yan has a Master's degree in Counselling and Spirituality from St. Paul University and is currently working as a Registered Psychotherapist. In her practice, she draws on her scientific training and spiritual insights from the Baha'i Writings to help couples gain a deeper understanding of themselves and their strengths and take steps to repair and enrich their marital and family relationships.