Do you remember the story of Ostrovsky's The Snow Maiden? The girl doesn't know how to love, asks Vesna to give her love, falls in love and melts away. For me at school it was a story of unthinkable power. I didn't know it really happened.

I heard my first confession, "I don't know how to love," when I was in high school, in a study group. I remember gasping, how could it be? But the man calmly explained: no excitement, no warmth, no happy fantasies, nothing. I see and hear others talk about love, but I can't do it myself. It took me a while to believe he was telling the truth.

At a workshop in May about the prohibition of manifesting in a circle session, a young woman, let's call her Tatiana, came out and said she had a "prohibition to love". I asked her again: "You can't manifest love or feel it?" She said: "Exactly to feel."

I began to ask her how long she remembered being in this state, and if there had ever been any other time. She said it started, I think, at the age of ten, and that before that she had been able to love. I asked her what had happened when she was ten that could have been associated with such a change. She couldn't remember anything, but said that the change itself had happened in her relationship with her father. We agreed that she would show a scene of normal communication with her father.

Tanya showed her sitting on the sofa watching television. It's evening, Dad comes in after work and enters the room. Dad asks her, "How are you?" She answers him, "Fine." At this, when she sees him, she is happy, she loves him. He asks her the following question: "What news?" I see the smile come off Tanya's face, I ask how she feels. "Disappointed. I was expecting something to change, for him to finally show warmth and love to me, but it's not happening."

When Tania was in the role of the father, she said she felt empty, a feeling that often comes from loss or from not being loved by a person. From the role of the father she explained that love was not an issue in a large family. Then the father talked about his father, Tanya's grandfather, who had been taken prisoner by the Germans at the age of 17, eating sawdust, barely survived. He returned home, married, had children with his wife, then died early of cancer. Tanya remembered her grandmother as a woman who suffered all the time.

I decided to give Tanya a chance to talk to her grandfather, whom she had never seen (interestingly, she took on the role of grandfather as a woman with a ban on talking to men).

Translated with www.DeepL.com/Translator (free version) Tanya imagined as if she and her grandfather were sitting on a bench near her grandmother's house. She told her grandfather that she remembered him and felt very strongly about how he and her grandmother had suffered and how early he had gone. And her grandfather started telling her that he knew about her and loved her. Wants her to be happy. That if she only suffered, she would not help anyone.

Tatiana felt anger at what had happened to her grandfather, her fists clenched, but she did not know what to do about it, who to be angry at. There was no one to be angry with! It was just the way life had turned out!

I said that when anger is born, it is important to express it. Tanya started punching the air with her fists. I suggested the group join in; usually everyone reacted differently, but this time everyone stood up and pounded the air with her. Even the wind in the room picked up.

Finding herself in her own role, Tanya said she wanted to hug her grandfather. She hugged the woman "grandpa" and they sat there hugging for a while. I invited the group to touch them, just to feel what it meant to be together. The common movement is very unifying.

During the shering (exchange of feelings) all the participants talked about how moved they were. Then there was one exercise left, I suggested Tanya observe rather than participate: everyone showed interaction with their inhibitions, you had to find a physical way to get out of the clutches of the inhibitions, and everyone laughed a lot. Afterwards everyone shared, and Tanya said she directly loved them at that moment, it felt like some source had opened up in her.

And then there was one man, let's call him Sergei, who had my attention from the beginning. He said that he had a ban on communicating with women. At first I thought he would be just as involved as the others. But the exercises came one after another, and I could see that Sergei was not very active.

For example, there was a question - "what family messages with the theme you can/do not manifest from your relatives", people recalled not very cheerful messages like "you must be helpful or you will be a sponger", "you must not whine", "keep your head down", "I am almost always ashamed of you" and Sergei said - no, I was fine, my message is go and socialise. Afterwards, during the drama with Tanya, he was the only one who did not touch the heroine and her grandfather when they hugged; he did not participate at all

Translated with www.DeepL.com/Translator (free version) in a body exercise, and the further I went, the more I worried - was something happening for him? Had I done everything I could to make sure something was happening for him too?

Then there was the final cheering, where he didn't answer (again, the only one) one of the questions, and then I asked if anything important had happened for him in the training today. "Yes," replied Sergei,