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Issue: #1.

January 2009

Dear Friends,

Happy New Year! We wish you all the best of connections for 2009. Without a doubt, we all faced challenges this past year and now as individuals, couples and citizens. we have the opportunity to embrace new beginnings, change and hope for strong and happy relationships this year.

We are with you in your journey and hope that you will continue to call, email and write us with your questions and concerns. Together we can make 2009 the best year ever!

PLEASE PARDON THIS DELAYED THOUGHT. HOLIDAYS, TRAVELS, ILLNESS AND INJURY ARE OUR REASONS....NO EXCUSES, JUST ASKING FOR A LITTLE VALIDATION, PLEASE!

Warmly,
David and Donna Bowman

Thought of the Month

January--"I wish MY mother was here with me!"



Happy New Year! I hope you each had joyful and blessed holidays and that you are excited and optimistic about all the possibilities of 2009. I want to invite each of us to live with an attitude of Abundance in the world as we move forward. Energy follows attention so transformation is available with our help...even in these challenging times.

I, Donna, am writing this month to share a powerful experience with you that I had New Year's Eve, with our son, Seth. As some of you may know, our youngest son, Seth, is gay and moved to Hawaii this summer after he graduated from college. David, Micah (our oldest son) and I visited him the week after Christmas.

First, let me be clear, when Seth "came out" to us when he was 15 (although, as parents we had "known" for most of Seth's life that he is gay); I was so appreciative that he shared with us and I was also frightened for our son. Life is hard enough for any young person and I knew, in spite of Seth's assurances, that being a young gay man in this world today would be even harder. I worried about his physical safety, his health, and his journey of finding a partner worthy of him.

I also felt sad and spent some weeks grieving for all "I" had lost (e.g.

planning with a future daughter-in-law for a wedding, sharing the pregnancy and birth of a grandchild, accepting the fact that with the death of my daughter, Stephanie, and with no other biological children, Seth was the end of my "family line.") I confess that was all very ego-centric but I think/hope it was a pretty natural response.

I am happy to say that all my worries still make sense to me but actually seem pretty silly eight years later. Don't get me wrong...I am still sometimes worried but I think it is a level of concern that is common for Mothers of all children.

Anyway...all this is a preface for the experience and the plea I want to share.

David and Micah traveled New Year's Eve to the Big Island for a day and a half to visit Volcano National Park. I chose not to go as I had visited last year. That left Seth (who had to work) and me together for New Year's Eve. He invited me to join him and his friends at Hula's, the oldest gay bar in Honolulu, to celebrate New Year's Eve. I told him I would be happy to go but assured him I would understand if he wanted to just be with his friends (whom we had briefly met earlier.) He insisted...so off I went to Hula's "Sparkle and Glitter Party."

I admit I was a little anxious but the evening quickly became a profound experience that I will always treasure. I felt honored that Seth wanted me to be with him and share a part of his world with me. Hula's "bar scene" was much more civil, respectful, and calmer than most groups at "mainstream" bars I have observed...even though the male dancers were unique...and quite good.

Seth's friends were amazing. I was reassured by someone each time others moved away to visit with other friends as they told me, "I'll stay with you." or "I'm going to the bathroom but Nathan will be with you." They asked me about three times every 15 minutes, "Are you okay?" and "Are you having a good time?" They finally all relaxed after I assured them repeatedly that I was "okay" and, though I appreciated their care, I would be okay on my own.

And finally...and this is what I want you each to really hear...more than a dozen men came up to me, hugged me and said, "I so wish my Mother would want to be here with me. I know she loves me but she doesn't approve/accept that I am gay so I can't talk with her or share my whole life with her." These men, ranging in age from 22 to 50 years old, were grown, successful men, and yet, were still sons and "little boys" who just "want and need their Mothers."

I left Hula's with Seth (who said, "This is the best night I have ever had at Hula's") feeling grateful, blessed, and very sad. I had encouraged each son to hang in there and know that their Mothers were just fearful, confused, and that they loved them and would be there when they needed them. I also felt some anger at a world that too often promotes disconnection based on something too few really understand.

I am aware that some of you may have a strong reaction to what I am sharing. Please know that I don't expect you to agree with me. I do ask that you understand "my world": my son is gay and my experience of him is that he has been gay since birth. It was not a choice he made. The only choice he made was to live with courage and integrity.

My cousin was gay and completely disconnected from his family because of his sexual orientation. His Father died in a state of disconnection with his only son and only when he was diagnosed with AIDS did my cousin reconnect with his Mother. They were

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together when he died. David's brother was an award winning high school teacher, was gay, never came out, never had a significant intimate relationship, and killed himself when he discovered he was HIV positive. So...that is my world.

My plea is that each of us (especially Mothers) remains open, curious, and available to our sons, always in connection. And that we each invite others (especially Mothers) to do the same.

Thanks to those of you who have read this long epistle. I would appreciate it if you would share this with anyone for whom it might be useful. And I would appreciate your feedback.

As you know, David and I are on a mission of providing healing, connection, and safety for the planet....for all relationships. I invite you to join us...with your doubt, your confusion, your fears, your courage, and your vision for a world of connection and safety for each member of this planet...especially our sons.

With hope and faith,
Donna (& David)

News & Notes

Tired of the Cold? There is still time to join us for our Fun and Romance Cruise...a great opportunity to enrich your relationship!

We are looking forward to the Cruise 2009, coming up in a few short weeks. If you missed this, we are planning the first ever (for us, at least) workshop/fun cruise for couples who have already been to a workshop.

There is still some space available for our "High Seas Fun and Romance...Imago Style" cruise February 15, 2009 - February 22, 2009 on Celebrity ship, the Solstice. (AND THE PRICES HAVE DROPPED!) We will spend time during the cruise focusing on re-romanticizing and fun but will provide plenty of time for you to explore and experience the week as a couple. (Remember this will be LITE....nothing heavyjust finding that Juice in your Space and making it Juicier!!!)

Call us today!

REMINDER: There is still time to join us for our workshop, "The Next Step: Overcoming Reactivity" and/or "Conscious and Connected Parenting in the next months.

The Imago Process

Relationships become relaxed and joyful as day to day connection is

experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

We hope you enjoyed our first Thought of the Month in this new format. This makes it easier for you to subscribe and unsubscribe and forward to your friends and family. Let us know what you think!

With joy,

David and Donna