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Quotes of the Month

LOVE & MARRIAGE

More than kisses,
letters mingle souls.
-- John Donne

Love does not consist
in gazing at each
other, but in looking
outward together in
the same direction.
Antoine de Saint-
Exupéry

An archaeologist is
the best husband a
woman can have; the
older she gets the
more interested he is
in her.
Agatha Christie

We love because it's
the only true
adventure.
-- Nikki Giovanni

"I love surprises."
Donna Bowman

Trouble is a part of
your life, and if you
don't share it, you
don't give the person
that loves you enough
chance to love you
enough.
-- Dinah Shore

One cardinal rule of

Issue: #3.

March 2009

Dear Friends,

Believe it or not, Spring is just around the corner! With the chance sighting of a bud in bloom or trees just starting to flower, our relationships might just feel a stirring...a feeling that *renewal* is possible. Imago is the perfect tool to help relationships bloom. We are here on this journey with you and we would like to bring the power of Imago to each of your relationships so it can flower!

Our first 2009 Teleclass will be Monday, March 9, 8:00 - 9:00 p.m. EST. The topic is, *"Five Steps to a More Alive Sexual Relationship."* We will remind you of some information you probably already know, present information that has been helpful in our own "Adventure", and provide specific Imago based steps for increasing the sexual connection in your relationship.

Just Email or call (301-898-0527; 301-404-7711) to let us know you want to participate and we will send you the phone number to join us.

Mark your calendar for future 2009 Teleclass dates: Mondays, June 15, September 14, and December 14.

Thought of the Month

MARCH: "What Not to Say.....and How to Say It.
(Part One: Ten Things Not to Say to Your Man)"



I was thinking of how we use deficit and negative language, especially with our partner, to try to communicate our frustrations. In doing so we wind up clogging up the Space rather than making things better by saying what we really mean.

Here's my Top Ten List of things women say to men...what the men hear...and what she is really trying to say (could say instead):

1. **What she says:**
"Why can't you be more like Mary's husband?"
What he hears:

One cardinal rule of marriage should never be forgotten: "Give little, give seldom, and above all, give grudgingly." Otherwise, what could have been a proper marriage could become an orgy of sexual lust.
-- Ruth Smythers, Marriage advice for women, 1894

I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought jewelry.
-- Rita Rudner

To keep your marriage brimming, with love in the wedding cup, whenever you're wrong, admit it; whenever you're right, shut up.
-- Ogden Nash

What he hears:

"I'd rather be with someone else."

What she probably means:

"I'd love to feel cherished by you."

2. What she says:

"I need you to be more emotionally available."

What he hears:

"????????????????????"

What she probably means:

"I want us to be closer and more connected."

3. What she says:

"Why don't we just hire someone to do it?"

What he hears:

"You're not an adequate man."

What she probably means:

"I'd like us to have more time together."

4. What she says:

"All you ever want is sex."

What he hears:

"You're obsessed and you bother me."

What she probably means:

"Sometimes I just want to talk and hang out with you."

5. What she says:

"I never should have gotten married."

What he hears:

"You're disgusting and I'm miserable."

What she probably means:

"I'm lonely and I don't know how to tell you."

6. What she says:

"I think you're depressed."

What he hears:

"Your mental problems are what's wrong with us."

What she probably means:

"I'm concerned about you and I want you to be happy."

7. What she says:

"Be honest...does this dress make me look fat?"

What he hears:

"You're going to be in trouble, no matter what."

What she probably means:

"I'm afraid I'm not attractive anymore."

8. What she says:

"Why are you so mean to the kids?"

What he hears:

"You're a lousy father."

What she probably means:

"I'm worried about our children and don't know what to do."

9. What she says:

"I wish we had a bigger house."

What he hears:

"You're a lousy provider."

What she probably means:

"I'm overwhelmed with the clutter in this house and feel inadequate."

10. What she says:

"Why do I have to do everything around here?"

What he hears:

"You're a lazy schmuck."

What she probably means:

"I'm overwhelmed and I need you."

Good communication is partly about saying what we really mean rather than speaking out of pure emotions. It's amazing to learn that almost everything we want to express, even complaints, can be said in a safe, positive, palatable, abundant way. It takes conscious practice....and some (a lot of) "Do Overs."

REMINDER:Our next second level workshop, "The Next Step: Overcoming Reactivity" is May 2 - 3. With life the way it is....it's never too early to mark your calendars and gift your relationship with a weekend of conscious connection and increased empowerment for your Journey together.

Last note....be sure to check out the upcoming workshops in the link above. We are sure there is something there for everyone!

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.

Our thoughts are with you and you live and love!

Please stay in touch!

**Working to live in abundance,
David (& Donna)**