



Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)

[News & Notes](#)

Quick Links.

[Register for 2009](#)

[Workshops](#)

[Check Out Our New](#)

[Workshops](#)

Join Our List

[Join Our Mailing List!](#)

Quotes of the Month

CHANGE

**George Bernard
Shaw:**

Some men see things
as they are and say,
"Why?" I dream of
things that never
were and say, "Why
not?"

frequently attributed
to Robert F. (Bobby)
Kennedy, who used it
in a speech which his
brother, Edward F.
(Teddy) Kennedy
quoted at RFK's
funeral.

George Will:

The future has a way
of arriving
unannounced.

Aldous Huxley:

There's only one
corner of the universe
you can be certain of
improving, and that's
your own self.

Gloria Steinem:

The first problem for
all of us, men and

women, is not to
learn, but to unlearn.

Alice Walker:

No person is your
friend who demands

Issue: #6.

**June
2009**

Dear Friends,

June is such a special month. Most of our thoughts turn to summer and relaxation, but some thoughts turn to romance. Did you marry or get together in June? Do you have a lot of weddings and anniversaries to celebrate this month? Whether the romance is yours or someone close to you, we all sense the changes in the air and welcome warm days and warmer romantic thoughts and ventures.

We thought we would focus a bit on change this month. Mario Andretti (a hero of David's) said that "if everything's under control, you're going too slow." Now we don't know about that, but we *do* know that change sometimes makes us feel a little out of control, especially in our relationships.

Remember, we are here for you! We hope our newsletter gets you thinking, brings you a little out of your comfort zone and even helps you to embrace change. Don't let your reptilian brain sabotage you. Enjoy change--of seasons, of weather, of relationships and of life!

We hope you enjoy this Thought!



friend who demands
your silence, or
denies your right to
grow.

Eric Hoffer:

In times of change,
learners inherit the
Earth, while the
learned find
themselves
beautifully equipped
to deal with a world
that no longer exists.

Franklin D. Roosevelt:

When you come to
the end of your rope,
tie a knot and hang
on.

Leo Tolstoy:

Everyone thinks of
changing the world,
but no one thinks of
changing himself.

Pearl S. Buck:

A good marriage is
one which allows for
change and growth in
the individuals and in
the way they express
their love.

Epictetus:

It is impossible for a
man to learn what he
thinks he already
knows.

Harriet Tubman:

Every great dream
begins with a
dreamer. Always
remember, you have
within you the
strength, the
patience, and the
passion to reach for
the stars to change
the world.

Gloria Steinem:

If the shoe doesn't
fit, must we change
the foot?

Pearl S. Buck:

You can judge your
age by the amount of
pain you feel when
you come in contact
with a new idea.

Anne Wilson Schaefer:

Life is a process. We
are a process. The
universe is a process.

Anthony J. D'Angelo:

Become a student of
change. It is the only
thing that will remain
constant.



***PLEASE JOIN US...for our next teleclass,
Monday, June 15, 8:00 p.m. - 9:00 p.m.***

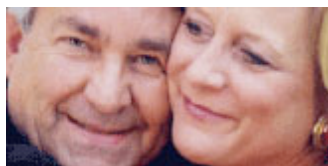
- ***We will explore the ways shame and fear impact our relationship experience....that inevitable dynamic that shows up regardless of our best intentions and efforts.***
- ***We will discuss the origin of the experience and present strategies for eliminating it.***



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

Thought of the Month

JUNE: How to Keep Your Relationship Connected



Donna and I are blessed to receive overwhelmingly positive feedback from those who experience our

Barack Obama:
Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

Charles Darwin:
It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.

Charles DuBois:
The important thing is this: To be able at any moment to sacrifice what we are for what we could become.

Charles Kettering:
If you have always done it that way, it is probably wrong.

Charlotte Perkins Gilman:
... while we flatter ourselves that things remain the same, they are changing under our very eyes from year to year, from day to day.

General Eric Shinseki:
If you don't like change, you're going to like irrelevance even less. [Chief of Staff, U. S. Army]

positive feedback from those who experience our "Getting the Love You Want" Workshop. Almost 100% of participants report significant improvement in satisfaction and hope for their relationship at the end of the weekend. What a joy to be part of something so helpful for couples.

We are now trying to address the two main concerns couples have in keeping their "new" relationship alive and growing. The first concern couples report is, "We don't seem to use the dialogue process at home. How do we get started?" The second concern is, "Reactivity has continued and we just don't seem to be able to use the tools to manage it."

We have no way of knowing for sure how many couples need follow up help but we want to do everything we can to support Imago relationships in growing stronger after the workshop rather than sliding backwards. We think relationships progress is a bit like plowing snow...if the snow has accumulated you have to make more than one run at it to clear it away. One simple sweep is not enough. You'll most likely just start spinning your wheels.

Donna and I have designed our workshop, "**The Next Step: Overcoming Reactivity**" specifically to help couples with the difficulties they have in maintaining their better connection.

- We do a review of Imago concepts and provide all new tools for better connection.
- We also explore, in depth, the major vulnerabilities that men and women bring to relationship conflict.
- Donna and I do a spontaneous (i.e. Donna doesn't know what my frustration will be) dialogue around a real life problem we have.
- And we have a segment called "Reality Imago Moments" in which couples practice getting a safe dialogue started in real life situations.

Many couples have reported that this two day workshop has been invaluable in helping them "cross the hump" into a truly conscious and fully alive relationship.

We invite you to register for our next "**The Next Step: Overcoming Reactivity**" opportunity in Frederick, July 25 -26. Just let us know you are interested and we will do everything we can to make the weekend possible for you. (If this date does not work for you, the next date is November 14 - 15 in Rehoboth Beach, Delaware....off season prices in a delightful beach town.

Mark your calendars for our next teleclass, Monday, June 15, 8:00 p.m. - 9:00 p.m. We are still taking your input as to the topic(s) you would like most to explore. Let us know what has become confusing, where you may be stuck, what areas you need encouragement. We will continue to keep these lists for future teleclasses. Remember, if you are interested, you know that more people are, too!

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.

Please stay in touch and let us know how to support you.

Enjoy the sunshine!

David (& Donna)