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Quotes of the Month

RELAXATION

This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men.

Captain J. A. Hadfield
Acquire inner peace and a multitude will find their salvation near you.

Catherine de Hueck Doherty
Nothing is permanent in this wicked world - not even our troubles.

Charlie Chaplin (1889 - 1977)
Sometimes the cure for restlessness is rest.

Colleen Wainwright, Communicatrix, 08-06-08

Put duties aside at least an hour before bed and perform

soothing, quiet activities that will help you relax.

Dianne Hales
No matter how much

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Dear Friends,

Ahh, the sweetness of summer! Are you relaxed yet? We hope so. Remember the joys of long summer days as a child? Playing outside until just before dark, hoping that your Mom would consider the day's swim equivalent to a bath, and playing, playing and more playing?

We would like this issue to be as relaxing as we hope your summer is to you and your loved ones. Even if there is no trip in the plans, we encourage you to relax and enjoy simple pleasures and joys--loved ones, your gifts and talents and your relationship.

Even during the relaxing days of summer, we are here for you! Take it easy on yourself and those around you, sip a tall iced tea and RELAX...you deserve it!

We hope you enjoy this Thought!



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

No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive.

Dr. Joyce Brothers
(1928 -)

There is no need to go to India or anywhere else to find peace.

You will find that deep place of silence right in your room, your garden or even your bathtub.

Elisabeth Kubler-Ross
We have to fight them daily, like fleas, those many small worries about the morrow, for they sap our energies.

Etty Hillesum, O Magazine, Oct.2002
Light be the earth upon you, lightly rest.

Euripides (484 BC - 406 BC), Alcestis, 438 B.C.

When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.

Herodotus (484 BC - 430 BC), The Histories of Herodotus

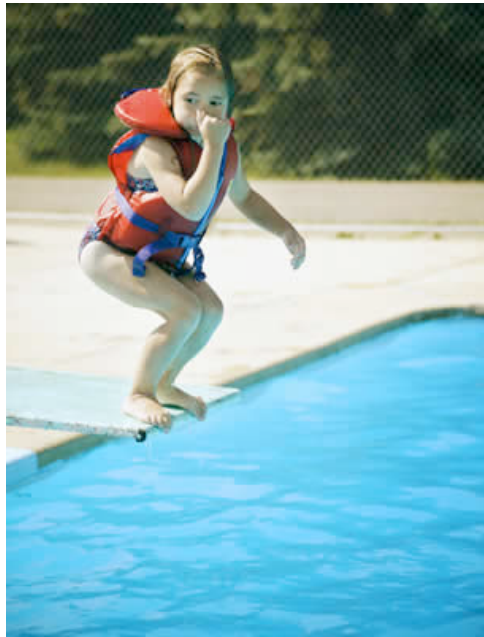
We spend most of our time and energy in a kind of horizontal thinking. We move along the surface of things [but] there are times when we stop. We sit still. We lose ourselves in a pile of leaves or its memory. We listen and breezes from a whole other world begin to whisper.

James Carroll
To sit in the shade on a fine day, and look upon verdure is the most perfect refreshment.

Jane Austen (1775 - 1817)

Never lose sight of this important truth, that no one can be truly great until he has gained a knowledge of himself, a knowledge which

there is something there for everyone:



Remember, we are just Email or call (301-898-0527; 301-404-7711) away! Let us know what you would like us to discuss here or a good topic for a teleclass. We're listening!

Thought of the Month

JULY: Out of the Words and Into Connection



**"Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure."
Henri Nouwen (1932 - 1996)**

This month I want to use this quote to challenge us to step out of the box in our relationship. The quote captures some of the ideas I have been coming to about intimacy and connection.

The first idea is that we use way too many words in trying to connect with our Partner. Some of the deepest and most significant moments in our workshop and in our work with individual couples are moments now words are used.

Secondly, we often think that speaking is what helps people...especially since we so often are convinced they are in need of our wisdom. My emerging idea is that listening is the better healer.

Third is the idea that we sometimes confuse closeness with enmeshment. It's when we genuinely recognize,

can only be acquired by occasional retirement.

Joseph Conrad (1857 - 1924)

If you can attain repose and calm, believe that you have seized happiness.

Julie-Jeanne-Eleonore de Lespinasse, O Magazine, October 2002

Besides the noble art of getting things done, there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.

Lin Yutang

Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.

Natalie Goldberg

Before you agree to do anything that might add even the smallest amount of stress to your life, ask yourself: What is my truest intention? Give yourself time to let a yes resound within you. When it's right, I guarantee that your entire body will feel it.

Oprah Winfrey (1954 -)

Take rest; a field that has rested gives a bountiful crop.

Ovid (43 BC - 17 AD)

Learning to ignore things is one of the great paths to inner peace.

Robert J. Sawyer

(1960 -), "Calculating God", 2000

Working in the garden...gives me a profound feeling of inner peace.

Ruth Stout

Sometimes I sits and thinks, and sometimes I just sits.

accept, and celebrate how different we are that real closeness starts happening.

Now a few challenges for us to try if we are ready to stretch out of our comfort zone:

1. Spend 15 minutes with yourself in silence, solving and thinking about nothing. Then spend 5 - 10 minutes with your Partner in silence, just gazing. Be aware of all your thoughts.
2. Take one day...all day...and just listen to your Partner and/or children. Tell them you are practicing listening and just mirror important things you hear. Remember, you are telling them nothing.
3. Think of one way you are very different from your Partner and find a way to see it as a good thing. Tell them what you have discovered.

Notice what changes about your Space and your connection as you stretch!

Donna shared a book with me, *When No Words Are There*, by Sandra Magsamen. It is a beautiful book describing the possibilities available to each of us, each of our relationships, and the planet if we stretch out of words and into connection.

Happy Stretching!

P.S. Henri Nouwen just may be my favorite writer. (I don't read much.) He is simple, authentic, and spiritually uplifting.

PLEASE JOIN US...for "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.)

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)

