



## Thought of the Month News & Notes

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### Quotes of the Month

#### SUMMERTIME

In the depth of winter, I finally learned that within me there lay an invincible summer.  
Albert Camus (1913 - 1960)

One swallow does not make a summer.  
Aristotle (384 BC - 322 BC),  
Nichomachean Ethics

There shall be eternal summer in the grateful heart.  
Celia Thaxter

Summer afternoon -  
Summer afternoon...  
the two most beautiful words in the English language.  
Henry James (1843 - 1916)

The tendinous part of the mind, so to speak, is more developed in winter; the fleshy, in summer. I should say

winter had given the bone and sinew to literature, summer the tissues and the blood.  
John Burroughs

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Dear Friends,

Summertime and the livin' is easy...or at least that's how the song goes. We know differently, don't we? We know that life, the economy, work, the family, life--well it all conspires to ensure that the livin' isn't easy!

We know you because you are just like us and pretty much like most of the population of the planet! You are busy, busy, busy and finding time to carve out for yourself, your relationship and your family is a real struggle. That's why we are here! We offer ideas, suggestions, solutions and often just a listening ear when "the livin'" gets difficult and you are feeling a little (or a lot!) overwhelmed.

Keep in touch! Share your problems and ideas. We are here for you.

We hope you enjoy this Thought!



**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES...PLEASE JOIN US:**

**Teleclass, Monday,**

**September 14, 8:00 p.m. - 9:00 p.m**

**We would like your input as to the topic(s) you would like most to explore. Let us know**

John Burroughs  
(1837 - 1921), *The  
Snow-Walkers*

What a beautiful,  
sunny morning. It  
makes you happy to  
be alive, doesn't it?  
We can't let the sun  
outshine us! We have  
to beam, too!

Takayuki Ikkaku,  
Arisa Hosaka and  
Toshihiro Kawabata,  
*Animal Crossing: Wild  
World*, 2005

The summer night is  
like a perfection of  
thought.

Wallace Stevens  
(1879 - 1955)

In summer, the song  
sings itself.  
William Carlos  
Williams

what has become confusing, where you may be stuck, what areas you need encouragement. We will announce the topic in our September Thought for the Month so please share your ideas with us in the next few weeks.

*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.*

**"The Next Step:Overcoming Reactivity"  
opportunity in Rehoboth Beach,  
Delaware (great off season prices in a  
delightful beach town.)**

**November 14-15, 2009**

Just let us know you are interested and we will do everything we can to make the weekend possible for you. (Because of space, this workshop is smaller. We are already about half filled so please respond quickly if you are interested.)

**"Conscious and Connected Parenting"  
Workshop in Frederick**

**November 21 - 22, 2009**

We are very excited about sharing this material and the experience from our previous workshops with parents. Your children will appreciate that you are participating in "Mommy & Daddy School" as a way of being the best parents you can be.

**(This is powerful for parents of all age  
children.)**





## Thought of the Month

### August: The Big Challenge



**Harville Hendrix has repeatedly said that the main problem couples face in getting along is that they have to deal with the fact that the "other" is not "me."**

**"He/she does not think like me or feel what I feel or see things the way I see them." Someone said that this actually a good thing for if we were both alike, there would be no need for one of us!**

**But, in general, we have problems when our partner does not ("refuses") to see it our way and acts in a different way than we think they should. And, then, there is our reaction. Some of us "stuff it" and live in a resentful or low burn state of anger. Some of us react strongly and become critical and openly reactive. Whatever the reaction, the challenge of intimacy comes in dealing with the fact that our partner is a wholly (Holy) other person than ourselves.**

**(Of course, we know that in the romantic stage we either believed our partner was just like us, or we thought their differences were just cute. I remember thinking it was neat and kind of interesting that Donna had a certain way of folding clothes and making the bed. Somehow those behaviors began to feel like expectations over the years, feeling downright oppressive and controlling.)**

**I truly believe the ultimate challenge in moving toward a fully alive and mature relationship...a relationship of safety and joyful, relaxed energy...is a five step process of dealing with the "otherness" of the other. Here are the steps in this challenging process:**

**1. RECOGNIZE that my partner lives and moves in a totally different world.**

**"Oh, you are not just waiting for me to do the dishes...you really prefer to wait to wash the dishes until the end of the day and do them all at once."**

**2. ACCEPT that my partner lives in a different world (we can recognize things and not really accept them.)**

**"I can live with that."**

**3. HONOR the differences my partner brings (we can accept things without honoring them.)**

**"It really is a relief to me to know that you will take care of the dishes at the end of the day."**

take care of the dishes at the end of the day.

4. **LOVE** the differences my partner brings (we can honor something without loving it.)  
"I love how you get so energized and sing in the kitchen while you wash the dishes."

5. **CELEBRATE** the differences my partner brings.  
"I was telling my Mom today how wonderful it is to wake up to a clean kitchen each morning because you wait until everyone is finished with their evening snacks and then wash the dishes."

An appreciation....Donna has "suffered" through all of my phases of passion in life. There was the tennis phase...the model railroad phase...the woodworking phase...the classical music phase...the tropical plant phase...the opera phase...etc. (Just now it's the bird phase.) Through each phase she's been right there, supporting me and buying me just the right items I needed. This is what I mean by celebrating.

So...go forth and be different!

November 14 - 15 for "The Next Step: Overcoming Reactivity" opportunity in Rehoboth Beach, Delaware....

November 21 - 22 for "Conscious and Connected Parenting" workshop in Frederick.

#### 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 rest of your summer!**

**David (& Donna)**