



Thought of the Month News & Notes

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Quotes of the Month

Quotes to Keep You in
Attraction Mode

"When things go
wrong as they
sometimes will;
When the road you're
trudging seems all
uphill;
When the funds are
low, and the debts
are high
And you want to
smile, but have to
sigh;
When care is pressing
you down a bit-
Rest if you must, but
do not quit.
Success is failure
turned inside out;
The silver tint of the
clouds of doubt;
And you can never
tell how close you are
It may be near when
it seems so far;
So stick to the fight
when you're hardest
hit-
It's when things go
wrong that you must
not quit."
-Unknown

It's not whether you
get knocked down;
it's whether you get
up."

-Vince Lombardi

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September 2009

Dear Friends,

Can you feel Fall in the air? In some areas of the country we can and some of our friends live where the seasons are all pretty much the same all year round. We love our country home and the anticipation of the leaves falling and crackling under our feet, of longer walks with Cujo and holding hands as we anticipate cooler weather and all of its joys and preparations.

It occurred to us this week that we often spend time preparing the house, the car and everything physical in our lives but neglect preparing our relationships for the coming season. Just think, ultimately we will be spending more time inside, the children's noise and clutter will be more noticeable and those little annoyances our partner may have will become even more annoying. Donna and I are with you! Let's prepare for the winter together!

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

We hope you enjoy this Thought!



-VINCE Lombardi

"Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity." -Louis Pasteur

"If you are going through hell, keep going." -Winston Churchill

"When you reach the end of your rope, tie a knot in it and hang on."
-Thomas Jefferson

"I think and think for months and years. Ninety-nine times, the conclusion is false. The hundredth time I am right." - Albert Einstein

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." -Dale Carnegie

"A champion is someone who gets up, even when he can't."
-Jack Dempsey



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

Teleclass, Monday,

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

We will explore "The Art of Abundant Requests" or how to ask for what you need from your partner using abundant language. Such a request provides a safe opportunity for your partner to give you what you need and avoids inviting a defense instead.

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

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

September: Curiosity and Compassion



Here I was...trying to plug my weed eater into an outside receptacle. This receptacle had a hard, plastic, box-like covering that I had never seen before. It was a hot day and I was tired from mowing, and do you know...I couldn't, for the life of me, get that plastic box open. I pulled, pushed, twisted, and began to feel awfully stupid that this simple physical object was stubbornly keeping me from my plug-in. It wasn't until prying with a heavy duty screwdriver and breaking the hinge on the covering that I discovered a simple latch on the bottom that you could open with one finger.

In our attempts to get our partner to "open up" to us...to what we need...how often do we pull, push, twist, and pry? Most of you have heard Donna or me say that safe communication requires a visit into the strange world of the Other. What is hardest to learn is that the only tickets needed for that visit are Curiosity and Compassion....the simple latches for opening places protected by "hard" coverings.

"Tell me more" or "Is there more" are the words for expressing curiosity. "You make sense to me because..." are the words for expressing understanding and compassion. NOTHING else is likely to be constructive.

This is so hard....I can hear some of you out there

This is so hilarious can hear some of you out there saying:

"But what if he's wrong?"

"She's not telling the whole story."

"I'm sick of hearing this."

"He's not telling me his feelings."

"If she'd calm down, we could have a rational discussion."

You see, I could write these responses all day. I've used them all trying to "fix" Donna, to get her to relax, to get my point across, to show her the "real truth", etc. Here's a case where less is more. Get stupid if you have to (meaning respond as if you have never met this person before.) Don't worry...you'll get your turn but we can only visit one world at a time.

Trust me...the turtle will open up and show up and the hailstorm will calm down if we can remember the two key tools in communication: Curiosity and Compassion. (Try it with your kids, too.)

For real help with this read, ***Receiving Love*** by Harville Hendrix and Helen Lakelly Hunt.

Hope to talk with many of you on the teleclass!

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.

Welcome to Fall!

David (& Donna)