



## Thought of the Month News & Notes

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Quotes of the Month

Thoughts on Sharing

**Keep your fears to  
yourself, but share  
your inspiration  
with others.  
Robert Louis  
Stevenson**

**Thousands of  
candles can be lit  
from a single  
candle, and the  
life of the candle  
will not be  
shortened**

**Issue: #24.  
December 2010**

**Dear Friends,**

**We wish you the joy of the holidays! Are you enjoying or are you stressing? We find that we are doing a bit of both, though enjoying is definitely on our to-do list, where stressing does not even appear. Funny how we allow this to happen.**

**We spent time lately enjoying a small play put on by young children and we began to discover the true enjoyment of the event, the process and the infectious joy of the children. By sharing in this moment in time, we remembered why we were always taught to *share*. Sharing increases our sense of well-being: our happiness is doubled and our joy just seems pure!**

**During the rush and stress of the holidays when we are urged to give, try sharing: a quiet moment, a movie, a meal, a walk, or just a touch. Share time with your partner, loved ones and friends. Maybe there will be more enjoyment all around!**

**Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.**



shortened.  
Happiness never  
decreases by  
being shared.  
Buddha

There is no delight  
in owning  
anything  
unshared. Seneca

Sharing food with  
another human  
being is an  
intimate act that  
should not be  
indulged in lightly.  
M.F.K. Fisher

Happiness is not  
so much in having  
as sharing. We  
make a living by  
what we get, but  
we make a life by  
what we give.  
Norman MacEwan

If you share your  
light with the  
world, truth and  
goodness will be  
your constant  
companions.  
Michael Teal

Those who have  
much are often  
greedy, those who  
have little always  
share. Oscar Wilde

Pain shared is  
pain lessened; joy  
shared is joy  
increased. Thus do  
we refute entropy.  
Spider Robinson

Life is about  
giving, and the  
rest is taken care  
of. Peter Cajander

Our most valuable  
possessions are  
those which can  
be shared without  
lessening those



## HONOLULU, HAWAII WORKSHOP

**IT'S NOT TOO LATE!!**  
**JOIN US FOR OUR FIRST EVER**

**"Getting the Love You Want  
Workshop" in Honolulu, Hawaii  
(January 7, 2011 - January 9, 2011!)**

**We are so excited to have the  
opportunity to bring the experience to  
Hawaii. Please consider joining us and  
sharing the invitation with anyone you  
know who may be interested.  
(Remember, repeating this workshop  
is half price for you, as "Bowman  
Alumni.")**



Thought of the Month

December:

**How to Talk to Your Partner - Part 4:**  
**Be "Silent"**



...essing those  
which, when  
shared, multiply.  
Our least valuable  
possessions, on  
the other hand,  
are those which,  
when divided, are  
diminished.

William H.  
Danforth

The miracle is  
this: the more we  
share the more we  
have. Leonard  
Nimoy

A smile is the light  
in your window  
that tells others  
that there is a  
caring, sharing  
person inside.  
Denis Waitley

Shared sorrow is  
half sorrow.  
Danish Proverb

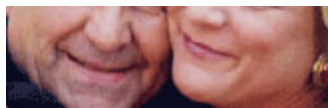
That is what  
friendship means.  
Sharing the  
prejudice of  
experience.  
Charles Bukowski

Keep your fears to  
yourself, but share  
your courage with  
others. Robert  
Louis Stevenson

In the sweetness  
of friendship let  
there be laughter,  
and sharing of  
pleasures. Kahlil  
Gibran

What we share  
with another  
ceases to be our  
own. Edgar  
Quinet

The idea that  
happiness could  
have a share in



Perhaps the most intimate and healing communication  
does not involve words at all. Think about it!

We use lots of words about this and that. We talk 'til we  
are blue in the face...sometimes with our kids or our  
Partner. And do our words help or hurt? My guess is  
that the more words we use, the less we are really  
connecting with the person with whom we are trying to  
"communicate."

I have become a believer in quiet, non-verbal  
communication. Sometimes, even in my office, a couple  
will experience connection only through eye contact and  
becoming truly present, just to have it fall apart once  
they begin "talking."

It's a bit of a paradox. I firmly believe couples need to  
talk to each other, and I've been known to say that  
talking fuels intimacy. At the same time, the tongue can  
be, as the Bible says, "an unruly evil, full of deadly  
poison."

Over the holiday season, why not try some "mistletoe"  
communication? No words...just a soft kiss, a six second  
hug, a simple touch, or just sitting together.

A kiss says, "I really like you."  
A six second hug says, "I love having you in my life."  
A simple touch says, "Just thinking of you warmly."

Please do not underestimate the power of taking your  
partner's hand, of gazing into their eyes, of a quick neck  
rub...all while saying nothing.

In fact, a positive stretch you can make (a gift for your  
Partner) is to see how much appreciation you can show  
your Partner with the least amount of words.

**Wishing You Wonderful Connections, Great  
Celebrations, and Happy Holidays,  
David (& Donna)**

**STAY TUNED FOR OUR 2011 UPDATES ON OUR  
WEBSITE...including a Blog!**



beauty would be too much of a good thing.  
Walter Benjamin



## Imago Relationships International (IRI):

IRI continues to work to spread the word about the powerful relational transformation possible through Imago. It also works to find new ways to support couples on their Journey.

Below are two links you might find interesting:

LaSplash is an online magazine with lots of in-depth articles and information.

[LaSplash online magazine](#)

There is now a blog for couples on the IRI website. New articles are posted frequently and regularly

[IRI Couples Blog](#)

### 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.

With Love and Abundant Blessings,

David and (Donna)



Competition should not be for a share of the market-but to expand the market. W. Edwards Deming

Share our similarities, celebrate our differences. M. Scott Peck

Often, we are too slow to recognize how much and in what ways we can assist each other through sharing such expertise and knowledge. Owen Arthur

Women's propensity to share confidences is universal. We confirm our reality by sharing. Barbara Grizzuti Harrison

A large family makes you accept sharing your parents. Martha Reeves

Infinitely more important than sharing one's material wealth is sharing the wealth of ourselves - our time and energy, our passion and commitment, and, above all, our love. William E. Simon

**Intimacy, as I am using it, is sharing my reality with you. Keith Miller**



**Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses. Ann Landers**



**People have really gotten comfortable not only sharing more information and different kinds, but more openly and with more people - and that social norm is just something that has evolved over time. Mark Zuckerberg**



**People say New Yorkers can't get along. Not true. I saw two New Yorkers, complete strangers, sharing a cab. One guy took the tires and the radio; the other guy took the engine. David Letterman**



**Sharing a triumph with someone you love is an incredible high. Cynt**

**Sharing is sometimes more demanding than giving. Mary**

**Catherine Bateson**

**Sitting down to eat in our house is about sharing, you know, talking about the day you've had, be it in school or work or whatever, so that's very important to us. Liam Neeson**

**Talent is always conscious of its own abundance, and does not object to sharing.**

**Alexander Solzhehnitsyn**

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Bowman & Associates, PA | 7823 Chestnut Grove Road | Frederick | MD | 21701



Try it FREE today.