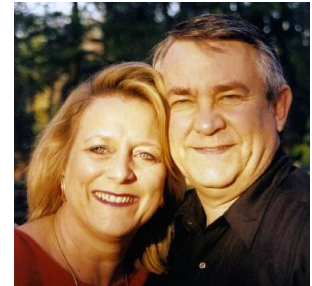




Thought of the Month

News and Notes



July 2020; Issue #134

In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

Quick Links

[Register for Workshops](#)

[Be Sure to "Like" Us on Facebook](#)

Quotes of the Month

**"The words 'I Love You' kill, and resurrect millions, in less than a second."
Aberjhani,
Elemental**

"Don't blow off another's candle for it won't make

Dear Friends,

How are you doing? I'll bet you hear that alot. We do...from neighbors we pass on our walk and from family and friends checking in with us. Then we all sigh, and say that we're good, hope they are too and, will this ever be over? Yes, eventually it will be over but we are all in the same reality and it doesn't seem to have an end game. I've been really thinking about our shared reality and have some insights. I hope you find them helpful.

IMPORTANT: Our Zoom Intimacy Workshop for this Saturday, August 8 will be postponed until August 29 to better accomodate those interested. Registration is on our [website](#)

Keep in touch!

David (and Donna)

July: A Relationship Lesson from Covid-19

Among the many lessons we have the opportunity to learn during this unprecedented time, there is one that seems to me to be relevant to our relationships.

Why is it so difficult to convince some people that the only way to get out of this viral mess is for EVERYONE to follow a few simple rules? We could say that it is political; that they are showing their allegiance to their party. Yet many of my Republican friends {and relatives} are very careful about masks and distancing, etc. And who said all Democrats are following the rules?

Guess where I found the real lesson I am about to describe. Yes.....inside myself. I notice that I, too,

yours shine brighter."Jaachyn ma N.E. Agu

"there's nothing more intimate in life than simply being understood. And understanding someone else."
Brad Meltzer

"The opposite of Loneliness is not Togetherness , It's Intimacy" Richard Bach

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

"Intimacy is not who you let touch you. Intimacy is who you text at 3 A.M. about your dreams and fears. Intimacy is giving someone your attention when ten other people are asking for it. Intimacy is the person always in the back on your mind, no matter how distracted you are."
Unknown

"It's funny; in this era of e-mail and voice mail and all those things that even I did not grow up with, a plain old paper letter takes on amazing intimacy."
Elizabeth Kostova,

**do not want to wear a mask. I, too, do not wish to stay 6 feet away from our grandchildren. I am getting grumpy about having no Lake Tahoe trip this summer. I want to go somewhere exciting. I'm bored. I want to resume our workshops in our home. I want my Italian restaurant to open up. On and on.....
In other words I am feeling entitled. It is the age we are living in.**

We are outraged when they have no lettuce at Wegman's. We are paralyzed at the thought of our kids not being in school and out of our hair. We are severely disappointed when our beach is closed or our church or synagogue or temple is only online. Groceries are 6% higher. Oh no! Do you see what is happening? We have become so entitled to everything and this disruption is just exposing our collective narcissism that we are special and deserve everything at all times.

Now, to relationships. It occurs to me that most of us feel entitled in our intimate relationships as well. We tend to expect that our Partner will be able to and want to provide our every need. Relationships have become very complex. In the past, in traditional relationships, things were very codified and regulated. We knew what each person was supposed to do. Commitment was forever and not dependent on feelings. The community (e.g. religious community, barbershop, family traditions) informed our lives and we knew exactly what to do and what to expect.

My Mother would have never uttered the words, "My husband is not emotionally available to me." The thought never entered her head. My Father never imagined my Mother having a career, being self-expressive or even being happy. My Mother had security and my Father had routine and children. It was enough.

Now we expect all our needs be fulfilled from one person. We are entitled to this. Our Partner must have a career and do their share of the housework and be an excellent parent and look sexy and fit for us and provide meaning for us and of course be emotionally available to us at all times. And if they are not, maybe we are with the wrong person.

Esther Perel says that now we expect one person to do for us what, in the past, it took a whole village to provide.

Steven Stosny says that we no doubt get into our relationship because of our feelings. And if we continue to rely on our feelings we will likely want out of that relationship.

In other words, we have become super-entitled. "Am I getting my needs met?" has

"Dancing, at its best, is independence and intimacy in balance." Donna Goddard

"Intimacy is not purely physical. It's the act of connecting with someone so deeply, you feel like you can see into their soul." Unknown

become the measure of a successful marriage. It can become very selfish. More importantly it removes the meaning of intimate partnership which is giving and being given to. Understanding and being understood. Being delightfully generous and receiving generosity with joy. Co-creating a dynamic of healing and growth. Discovering with another.

During this crazy time where our stresses are amplified, it is a good time to fall back on the values that reveal our essential goodness:

- * Generosity**
- * Humility**
- * Vulnerability**
- * Compassion**
- * Cooperation**
- * Goodwill**
- * Contentment**
- * Bliss**

Your comments are greatly appreciated.

David



Be sure to watch this space or check our web site for future opportunities.

To be determined at a later date:

Getting the Love You Want Workshops

Next Step Workshops

Zoom sessions and workshops

