
It's Time to Play...Seriously!!

Thoughts of the Month: October 2008

We have two figures that we bring out at the end of our workshop that we present as a picture of vintage love. The figures are a man and a woman sitting close to each other. They are generic in that we know nothing about them except that they are engaged in laughter and obviously full of joy in just being in the moment with each other.

It may be that at other times they are in disappointing and vitriolic conflict with each other. It may be that they fight over how to best parent their children. It may be that one is or both are depressed or obsessed with the banking and credit debacle and their financial future. It may be that each suffers from a feeling inadequacy at work or as a parent or as a lover.

None of this do we know. We only know that in this one moment, captured by the creation of the sculptor, they are engaged in bliss.

We all need such moments with each other. We need to take charge and make such moments happen with our partner and with our family. Otherwise we can easily become captive to the conflict, business, fear and hopelessness that the world is trying to serve up these days.

I found myself falling victim to just such dark feelings this week. The economy is lousy; the future is murky; business is down. The concepts of generosity and abundance which we try to live by had become suspect in a corner of my mind. Even my Space with Donna began to feel dutiful and stale.

Then a funny thing happened. A FUNNY THING happened and we laughed together with a belly laugh that was impossible to dismiss. As we recovered, I realized that we had not laughed like that in a while. I realized that I can take charge and take control of my reaction to all the bad news. I can produce some fun, some affectionate moments, an appreciation, and a belly laugh.

We know your relationships may not be all you would want. Maybe it seems downright dreadful. But surely, there is 15% or 10% or 5% of your Space that is open to (and hungry for) fun, laughter, and appreciation. You each have to take charge of your own mood about things and to become a master of producing some joy, some fun, and some life for yourself and your partner.

Your partner and family (and the planet) will be very grateful! Trust me!

(By the way...the funny thing was that our pooch, Cujo, just unexpectedly jumped up on the bed one night just as Donna was going to sleep and just laid over her face like a blanket...you had to be there!)

With great encouragement and hope,
David and Donna

P.S. We can guarantee to help you with joy and fun if you join us on the cruise. Not only the experience during the cruise but with strategies for keeping it alive when you return home in your day to day experience with each other. Think about it!

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