



Thought of the Month News & Notes

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Quotes of the Month

LOVE & MARRIAGE

Life is to be fortified
by many friendships.

To love and to be
loved is the greatest
happiness of
existence.

-- Sydney Smith

The course of true
love never did run
smooth.

-- William
Shakespeare

Love is what we are
born with. Fear is
what we learn. The
spiritual journey is
the unlearning of fear
and prejudices and
the acceptance of
love back in our
hearts. Love is the
essential reality and
our purpose on earth.

To be consciously
aware of it, to
experience love in
ourselves and others,
is the meaning of life.
Meaning does not lie
in things. Meaning

lies in us.

-- Marianne
Williamson, A Return
to Love

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Dear Friends,

May is here and we thought winter would never end. If we were in Camelot, that magical kingdom, we would dance around a May pole and sing, "It's May, it's May, the lusty month of May! That lovely month when every one goes blissfully astray." But reality is, for most of us, that the distant thought of dancing at all, of beaches to roam, warm summer breezes and long, long days is just that--a distant dream. We are in the here and now, dealing with work, almost warm days, end of year school projects, work reports and demands on our time and, as a result, demands on our relationships.

We are here for you as a support system as well as to give you a little nudge now and then. We like to offer reminders and examples of things that pop up due to those pesky reptilian brains and as a result, so often get in the way of our relationships. I hope you enjoy this Thought and that it helps you a little on your relationship journey and enjoy the promise of spring!



PLEASE JOIN US...for our "Conscious and Connected Parenting Workshop" June 6 - 7 in Frederick.

We often hear during the "Getting the Love You Want" workshop, "I am just wondering what I have been doing to my children!" Be assured...it is never too late to create a safer and more conscious relationship with your children. During the weekend:

One word frees us of
all the weight and
pain of life: that word
is love.

-- Sophocles

Anyone can be
passionate, but it
takes real lovers to be
silly.

-- Rose Franken

Keep your eyes wide
open before marriage,
and half shut
afterwards.

-- Benjamin Franklin

Immature love says:
"I love you because I
need you." Mature
love says: "I need you
because I love you."

-- Erich Fromm

Gravitation can not be
held responsible for
people falling in love.

-- Albert Einstein

People need loving
the most when they
deserve it the least.

-- John Harrigan

Love is the great
miracle cure. Loving
ourselves works
miracles in our lives.

-- Louise Hay

The love we give
away is the only love
we keep.

-- Elbert Hubbard

Hatred paralyzes life;
love releases it.

Hatred confuses life;
love harmonizes it.

Hatred darkens life;
love illumines it.

-- Martin Luther King,
Jr.

'Tis better to have
loved and lost
Than never to have
loved at all.

-- Alfred, Lord
Tennyson, In
Memoriam, 1850, line
27, stanza 4

children. During the weekend.

- You will learn to make sense of those power struggle places you experience with your children and how to apply the Imago concepts and tools to that relationship.
- You will also learn how you, as a couple, can transform whatever differences you may have about parenting into the most powerful and healthy experience for your children. It is a profound experience.



Just Email or call (301-898-0527; 301-404-7711) or register on-line by clicking on the Register button on the upper left of the newsletter.

Thought of the Month

MAY: How to Move a Mule



I remember an inspiring story about a farmer who was trying to load his ornery mule onto a truck so he could take him to sale. He pushed and he pulled and he hollered and he kicked, but the madder he got the more the mule dug in and would not budge. Meanwhile his ten year old daughter came out of the house to see what all the noise was about. When she saw the stand-off between her father and the determined mule, she asked, "Could I try something?" "Good luck," said the tired and skeptical dad.

The little girl raced into the house and shortly returned, moved in front of the mule and stuck out her hand. Almost instantly, the mule began moving forward until the girl had magically led him onto the truck. The father, in disbelief, asked, "How did you do that?" The daughter held out a wet thumb and said, "I put strawberry jam on my thumb. He likes strawberry jam."

I sometimes marvel at how we (myself included) so often think we will persuade our partner to act differently by pushing, pulling, yelling, kick, and screaming. It is a though we think our reptilian behavior

will actually make our partner turn wonderful and give us just what we want.

No strategy could be more ill-advised!

Donna has become very smart. She has long since quit complaining that I never see things that need doing around our house. (She has learned to override her reptilian reaction to many things I do or do not do.)

Instead she says something positive like, "I would love it if you could help me with...." Like the little girl who used sweet stuff to appeal to what the mule wanted, Donna appeals to my desire to be a partner, a good husband...a hero, if you will. She appeals to my better nature rather than stirring up my dark reactionary side.

The next time your partner is being a "mule" (e.g. a ###*##), try overriding your natural reptilian response and use some strawberry jam, or honey, or whatever will appeal to your partner's higher nature.....their natural impulse to be connected and safe with you.

Mark your calendars for our next teleclass, Monday, June 15, 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 what has become confusing, where you may be stuck, what areas you need encouragement. We will announce the topic in our June Thought for the Month so please share your ideas with us in the next few weeks.

Last note....be sure to check out the upcoming workshops in the link above. We are sure there is something there for everyone!

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.

Hope you enjoy and celebrate together the amazing promises of Spring.

Sharing the Journey,

David (& Donna)