



Thought of the Month News & Notes

In This Issue

[Thought of the Month](#)

[News & Notes](#)

Issue: #18.

June 2010

Quick Links.

[Register for our 2010
Workshops](#)

[Register for our Next
Step Workshops](#)

[Register for our
Parenting Workshops](#)

[Thought of the Month
Archive](#)

Dear Friends,

Wouldn't it be nice if "summertime and the livin' is easy" was true? In the overall scheme of things, living is pretty easy for most of us. We have shelter, food, loved ones in our lives and even funds for discretionary items. We are not hiding from enemies in a war-torn country, waking daily with our security at stake. but amazingly, we let our issues in our lives take on monumental importance and often add fear to the mix. We all do it.

Join Our List

[Join Our Mailing List!](#)

This month, we'd like you to think about how our attitudes and expectations "set us up" for feelings of fear, anxiety and even anger. Maybe you will see a new way to interact or at least to be open to love, not fear. We hope you enjoy this Thought!

Quotes of the Month

Love is..

**Love one another and you will be happy. It's as simple and as difficult as that.
Michael Leunig**

**Love looks through a telescope; envy, through a microscope.
Josh Billings**

**Love is friendship that has caught fire.
Anonymous**

**It's no trick loving somebody at their best. Love is loving them at their worst.
Tom Stoppard**

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



Tom Stoppard

Love is the wisdom of
the fool and the folly
of the wise.

Samuel Johnson

To love deeply in one
direction makes us
more loving in all
others.

Anne-Sophie
Swetchine

Love is the river of
life in the world.

Henry Ward Beecher

We come to love not
by finding a perfect
person, but by
learning to see an
imperfect person
perfectly.

Sam Keen

Love is an act of
endless forgiveness, a
tender look which
becomes a habit.

Peter Ustinov

Falling in love
consists merely in
uncorking the
imagination and
bottling the common-
sense..

Helen Rowland

"I feel like Zsa Zsa
Gabor's eighth
husband on her
wedding night: I
know what I'm
supposed to do...I
just have to figure
out a way to make it
interesting." - many
attributions

Love needs no map,
for it can find its way
blindfolded.

Anonymous

A life lived in love will
never be dull.

- Leo Buscaglia

Love many things, for
therein lies the true
strength, and
whosoever loves
much performs much,
and can accomplish
much, and what is
done in love is done
well.

- Vincent van Gogh

Life is meaningless
only if we allow it to
be. Each of us has the
power to give life
meaning, to make our



**MARK YOUR CALENDARS...LOTS OF
OPPORTUNITIES...OLD AND
NEW...PLEASE JOIN US!!!**

**"The Next Step: Overcoming
Reactivity": July 31 - August 1 in
Frederick.**

Check out our website for all the details!

**NEW.... "Keep It Going"
Classes...**

We are VERY excited! See below:

**WHO: Men who want more peace and
women who want more connection***

**WHAT: Seven classes providing review, new
information, practice, and hands on help from
David and Donna**

WHEN: 7:00 p.m. - 9:30 p.m. (ET)

**Mondays: July 12; July 26; August
3; September 20; October 18;
November 15**

**WHERE: The Bowman Home
7823 Chestnut Grove Road
Frederick, MD 21701**

**WHY: Being in a conscious relationship
requires time, attention, and practice. Life
often makes these things difficult so here is a
chance to make them happen.**

**HOW: Call (301-898-0527; 301-404-7711) or
e-mail (info@ConnectingCouples.net) to
register.**

COST: \$700 per couple (early discount before

time and our bodies
and our words into
instruments of love
and hope.
- Tom Head

The more I think it
over, the more I feel
that there is nothing
more truly artistic
than to love people.
- Vincent van Gogh

I love being married.
It's so great to find
one special person
you want to annoy for
the rest of your life."
- Rita Rudner

Your task is not to
seek love, but merely
to seek & find all the
barriers within
yourself that you
have built against it.
- Rumi

Love's greatest gift is
its ability to make
everything it touches
sacred.
- Barbara De Angelis

Why love if losing
hurts so much? We
love to know that we
are not alone.
- C. S. Lewis

Keep feeling the need
for being first. But I
want you to be the
first in love. I want
you to be the first in
moral excellence. I
want you to be the
first in generosity.
- Martin Luther King,
Jr.

Every time we love,
every time we give,
it's Christmas.
- Dale Evans

Wake at dawn with a
winged heart and
give thanks for
another day of loving.
- Kahlil Gibran

"A woman might as
well propose: her
husband will claim
she did." - Edgar
Watson Howe

"No man is truly
married until he
understands every
word his wife is NOT
saying." - unknown

"An old man who
marries a young wife

2021 \$700 per couple (early discount before
July 1)

\$840 per couples (after June 30)

Total payment due prior to July 12.

*Participation in GTLYW workshop
required.

Thought of the Month

June: **The Set-Up**



Which of the following is most likely to have a
positive outcome...a conversation that starts
with, "We've got to talk about something!" or
one that begins with, "Would you be able to
come into my world to hear my thoughts
about something?"

The first sounds like a demand. The second is
an appeal. The first invites the old brain or
lizard brain to action. The second appeals to
the new brain or frontal lobe. The first offers
no choice or freedom. The second provides a
choice. The first says, "What I need right now
is all-important." The second says, "What you
need right now is also important to me."

We're talking about the way you set things
up. We're talking about the best way to
approach people, in this case, your partner or
your family. Nobody would go into the
supervisor's office to ask for a raise or any
consideration without carefully planning how
to set up and begin the conversation. Why do
we think we can blurt out our reactions in any
manner to our partner?

Another analogy is from the world of
billiards. I watch in amazement as those
billiards experts make amazing trick shots,
with balls going in every pocket and jumping
all over each other. Well, when they replay
the shot on T.V., you see what the secret is.
It's in the set-up...the exact way everything is
put in place before the shot!

grows younger - but she grows older." - folk saying

"There will be sex after death, we just won't be able to feel it." - Lily Tomlin

"A bride at her second wedding does not wear a veil. She wants to see what she is getting." - Helen Rowland

"Don't threaten me with love, Baby. Let's just go walking in the rain." - Billie Holiday

So, if you want immediate results in improving your relationship, pay attention to the way you approach your partner...the set-up.

Here are some concrete steps to try:

- 1. Always make an appointment for any conversation that could have different viewpoints: "Would this be a good time to share something from my world?"**
- 2. For topics that may wake up your partner's lizard, try to take ownership: "I know this is more about me than it is about you."**
- 3. Re-frame frustrations with abundant language: "It would really make me happy if you could remember to wipe off the kitchen counters."**
- 4. Get to the feeling behind issues as quickly as possible: "I feel overwhelmed when shoes are left in the hallway."**
- 5. Put a small physical gesture with your comments to your partner, like taking their hand or touching their face.**
- 6. Say the big positive thing that is true before the little negative thing that is also true: "You know I love having you as my life partner. I also wish we could work out a way to remove the clutter from our house."**

Not all these gems will work for everyone. Work out your own conscious setup steps. Positive, genuine, and safe (i.e. non-critical) are the key concepts.

Have fun setting up your conversations. Call if you need help. Better yet....join us for our second level workshop or our new classes!

Enjoy your summer!

David (& Donna)

THE NEXT STEP: Overcoming Reactivity : July 31 - August 1 in Frederick. Check out our website for all the details!

**NEW...."Keep It Going" Classes...
7:00 p.m. - 9:30 p.m. (ET)
Mondays: July 12; July 26; August 23; September 20; October 18; November 15**



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)**



[Forward email](#)



Try it FREE today.

This email was sent to info@connectingcouples.net by info@connectingcouples.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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