



Connecting  
Couples

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## Thought of the Month News and Notes

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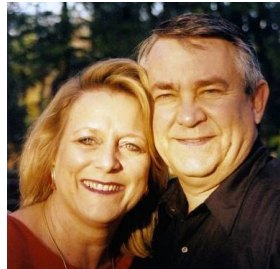
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Dear Friends,

Love is in the air! At least it is at our place! In fact, Love is pretty much always in the air at the Bowman cottage...lucky us! Are you lucky to have Love in the air all the time? Or at least some of the time? If not, read the August Thought...it may just give you a few ideas. Oh, and I Love to hear from you. Let me know what you think!

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Keep in touch!

David (and Donna)

### **AUGUST: Reflections on Love**

When you think about Love, what do you think? Is it mostly an emotion? Is it an action? Is it a decision?

How about this? Is Love something you long for and wish to receive? Is that where your energy is around Love? Or is Love something you yearn to give?

Here is what I think. I think at the purely emotional level, we are all pretty selfish beings. We need, after all, to look out for our own survival. As infants we need someone to take care of us, at least...if not Love us. Even as adults, people who have no one who Loves them do not fare very well in this world. So at the purely emotionally selfish level, it is understandable that we confuse Love with someone doing something nice or helpful for us. Like cooking a meal...or buying us a car...or being affectionate with us. There is a very real hazard in confusing Love with what someone is doing or feeling for us.

I thought I was so in Love with Donna because in the beginning she wanted to play tennis with me on the weekends. She wasn't real good at it, but it didn't matter. She was meeting a need from deep in my childhood to have someone genuinely share in something that was fun for me. I felt Loved. Then, when the "novelty" of the tennis began to wear off for her, and she said, "I really don't want to play so often," I had an existential crisis. Does this mean the Love is not real? Because I feel hurt and disappointed, and surely Love should not result in hurt feelings.

See...I was basing the status of our Love on Donna's behavior. It is so tempting and natural to do this. If my Partner is nice to me, then I Love her and it means she Loves me. If she is not acting in the ways I feel Loved and behaving in ways that feel Loving to me, then our "Love" is in question. OK. How about this for a radical idea? What if you only thought of Love as the mission you are on regarding another? What if your energy is completely focused on what you are giving rather than what you are receiving? What if you are constantly thinking of ways to Love the Other...ways to extend yourself for the sake of the Other, as Scott Peck says?

**There is no obligation in your Love, either way. You are looking for nothing in return. You Love because you want to. It is a pleasure. It's fun. There are no expectations in your Love. You do nice things in Love because you want to, not because you want something in return.**

**Your Love is totally generous and compassionate. If your Partner fails at Love, it does not stop your flow of Love and compassion. It simply makes you curious. Your Love is responsible. You are a mature human who takes ownership for all your actions.**

**Your Love is always kind. When you get afraid you do not mask it with anger, but you report your vulnerability in a kind way. Your Love is unconditional. You Love your Partner for "no particular reason" as Forest Gump was so fond of saying. (Come to think of it, the fictional Gump character was a terrific study in Love.) And you certainly don't expect to change another.**

**Give this essay some thought as to how you are thinking of Love in your life. Let me know what you think. *And sign up for our Dec 2-3 second level workshop. We'll take you to new heights in your relationship.***

**David and Donna**

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES  
COMING UP!**

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

**Getting the Love You Want Workshops**

**October 13-15, Frederick, MD**

**November 10-12, Frederick, MD**

**Next Step Workshop**

**December 2-3, Frederick, MD**

## **QUOTES OF THE MONTH**

**We all have baggage, find someone who loves you enough to help you unpack. Anonymous**

**Love is when the other person's happiness is more important than your own. H. Jackson Brown, Jr.**

**All you need is love. But a little chocolate now and then doesn't hurt. Charles M. Schulz**

**Friends show their love in times of trouble, not in happiness. Euripides**

**There is no love without forgiveness, and there is no forgiveness without love. Bryant H. McGill**

**The greatest healing therapy is friendship and love. Hubert H. Humphrey**

**I love you so much I'd fight a bear for you. Well not a grizzly bear because they have claws, and not a panda bear because they know Kung Fu... But a care bear, I'd definitely fight a care bear for you. Anonymous**

**Unconditional love really exists in each of us. It is part of our deep inner being. It is not so much an active emotion as a state of being. It's not 'I love you' for this or that reason, not 'I love you if you love me.' It's love for no reason, love without an object. Ram Dass**

**Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves. Albert Einstein**

**We are on this journey with you. Keep in touch!**

**Sincerely,**

**David and Donna Bowman**

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