



Connecting
Couples

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Thought of the Month News and Notes

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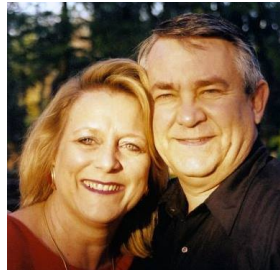
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Issue: #106
March 2018



Dear Friends,

As Spring approaches, some of us are enjoying the Easter season and/or Passover traditions, some or all are thinking of spring break and maybe all of us are looking forward to renewal in the new season. I have been so grateful for the abundance in my life and loves and want to share some thoughts about living into abundance. I hope you will share some of your thoughts with me, too!

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Keep in touch!

David (and Donna)

MARCH: LIVING INTO ABUNDANCE

It's one thing to think abundant thoughts. It is quite another to actually live an abundant life. I feel like a novice at living in abundance

but, nevertheless, I want to share some tips that may help.

1. Develop your abundant thinking.

It is a challenge and an art. We live in a world of deficit. Everyone wanting just a bit more. Decide what is actually enough. As you look at your Partner, list the wonderful qualities that are the foundation of your love. And forget the frustrations that are thorns in the experience of abundance and contentment.

(Energy follows attention!)

2. Learn to respond positively to any situation.

If you hate cleaning the bathroom, become thankful that you have a bathroom to clean. Matthew Henry, the English minister and author, describes his prayer of thanksgiving after he was robbed:

"I am thankful that I have never been robbed before"

"I am thankful that even though he took my money, he spared my life"

"I am thankful that even though he took all I had, it wasn't very much"

"And I'm thankful that it was I who was robbed and not I that did the robbing"

3. Concentrate on gratitude.

Expressing gratitude and appreciations expands the neuropathways that carry positive energy in our brains. This is true no matter what else is going on with us. With new and expanded capacity for positive energy we will notice that more positive things actually fill our life and the things that are negative are not so threatening.

4. Share your wealth and abundance.

As an individual and as a couple, develop a generosity about life that freely gives to others. No score keeping. Someone has said

that whatever we freely give away will return to us in some form...tenfold.

5. Practice celebrating other people's good fortune.

There is a natural tendency to look out only for ourselves and to begrudge others who get things we "should" have had. But just try whooping it up with someone for no reason other than to share in their joy. Then reflect on how much better and cleaner it feels.

6. Celebrate the now.

Look around you right now. If you are alive, that's great. If you are healthy, even better. If you have a Partner who loves you no matter how imperfectly, you are almost there. If you can appreciate the moment, just this moment...you're in paradise.

7. Dream your highest dream of an abundant future.

I can get caught up in "Wow, I probably only have 20 years or so left." Deficit thinking. Anxiety and desperation can set in. Or I can think "Wow, I've probably got 20 years left." Think of all the cool stuff I can do and the relationships I can support in 20 whole years. Whatever your dream, focus on it often. Write it down. Share it with your Partner. Invite their dream.

I hope these thoughts help move you into a bit more abundant and joyful life and relationship.

David

p.s. you can still register for our next step "Overcoming Reactivity" workshop on April 21-22. We look forward to inspiring you again! [Register Here](#) or call 301-404-7711

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

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

Next Step Workshop

April 21-22, Frederick, MD

Getting the Love You Want Workshops

May 4-5, 2018, Frederick, MD

June 1-3, 2018, Frederick, MD

QUOTES OF THE MONTH

I try to be grateful for the abundance of the blessings that I have, for the journey that I'm on and to relish each day as a gift. James McGreevey

To live a pure unselfish life, one must count nothing as one's own in the midst of abundance. Buddha

The test of our progress is not whether we add more to the abundance of those who have much it is whether we provide enough for those who have little. Franklin D. Roosevelt

Doing what you love is the cornerstone of having abundance in your life. Wayne Dyer

Not what we have But what we enjoy, constitutes our abundance. Epicurus

Talent is always conscious of its own abundance, and does not object to sharing. Aleksandr Solzhenitsyn

The key to abundance is meeting limited circumstances with unlimited thoughts. Marianne Williamson

Abundance is a process of letting go; that

which is empty can receive. Bryant H. McGill

For me, the opposite of scarcity is not abundance. It's enough. I'm enough. My kids are enough. Brene Brown

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

Sincerely,

**David and Donna Bowman
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