

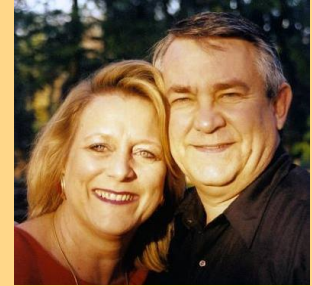


Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month

News and Notes



January 2021; Issue #140

In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

Quick Links

[Register for Workshops](#)

[Be Sure to "Like" Us on Facebook](#)

Quotes of the Month

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Dear Friends,

Happy New Year! It seems to me that 2020 was a lot longer than the average year and you can probably relate to that. So much was new, scary, difficult, trying and still there were the beams of happiness, of new love, new relationships, new life! As we venture into 2021 we are tempted to blindly move forward, tempted to ignore the vital lessons learned last year. I think if we trust our better angels we will take the right path, the path of lessons learned, joys cherished and hope renewed. I join you in this journey!

Keep in touch!

David (and Donna)

January: Living into Abundance in a Difficult Time

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

Albert Schweitzer

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

**Three keys to
more abundant
living: caring
about others,
daring for others,
sharing with
others.
William Arthur
Ward**

**The more you
give, the more you
live.
Blake Mycoskie**

**There is nothing
wrong in wanting
to get rich. The
desire for riches is
really the desire
for a richer, fuller,
and more
abundant life, and
that desire is
praise worthy.
Wallace D. Wattles**

**"Expect your
every need to be
met. Expect the
answer to every
problem, expect
abundance on
every level."
Eileen Caddy**

**"Life in abundance
comes only
through great
love." Elbert
Hubbard**

**"Gratitude is the
open door to
abundance."
Harbhajan Singh
Yogi**

**"The key to
abundance is to
stop needing
more, and to start
appreciating what**

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.

As always, I welcome your thoughts and comments.

Have a Great New Year.

Check our website connectingcouples.net for our

**you already have.”
Anonymous**

**Intimacy Workshop, our
Overcoming Reactivity second level workshop and
other opportunities.**

David



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

**To be determined at a later
date:**

**MORE Zoom sessions and
workshops**

