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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

Hi again everyone. May I begin this Winter, 2007 Newsletter by wishing you the very best for the New Year. May you know happiness and fulfillment first and foremost within, then in your relationship with your partner and family, and lastly in your work.

I am grateful to you for the love, respect and support I have been shown.

Beginning on a light note, here is a cartoon I thought apt for the season:



## Words of Wisdom For Your Journey

When I was a young psychotherapist-in-training, one of my most inspiring teachers and role models was a man named Sheldon Kopp. I can't tell you how many times over the years I have returned to his words below for clarity, comfort and guidance. As the new year begins, with its unsullied promise and potential, I share them with you so that they might help you too on your journey through life.

### *Eschatological Laundry List*

#### *A Partial Register of Eternal Truths*

1. *This is it!*
2. *There are no hidden meanings.*
3. *You can't get there from here. And besides there's no place else to go.*
4. *We are all already dying, and we will be dead for a long time*
5. *Nothing lasts.*
6. *There is no way of getting all you want.*

## *Eschatological Laundry List—continued*

7. *You can't have anything unless you let go of it.*
8. *You only get to keep what you give away.*
9. *There is no particular reason why you lost out on some things.*
10. *The world is not necessarily just. Being good often does not pay off, and there is no compensation for misfortune.*
11. *You have a responsibility to do your best nonetheless.*
12. *It is a random universe to which we bring meaning.*
13. *You don't really control anything.*
14. *You can't make anyone love you.*
15. *No one is any stronger or weaker than anyone else.*
16. *Everyone is, in their own way, vulnerable.*
17. *There are no great persons.*
18. *If you have a hero, look again; you have diminished yourself in some way.*
19. *Everyone lies, cheats, pretends (yes, you too, and most certainly I, myself).*
20. *All evil is potential vitality in need of transformation.*
21. *All of you is worth something, if you will only own it.*
22. *Progress is an illusion.*
23. *Evil can be displaced but never eradicated, as all solutions breed new problems.*
24. *Yet it is necessary to keep on struggling toward solution.*
25. *Childhood is a nightmare.*
26. *But it is so very hard to be an on-your-own-cause-there-is-no-one-else-to-do-it-for-you grown up.*
27. *Each of us is ultimately alone.*
28. *The most important things, each person must do for himself.*
29. *Love is not enough, but it sure helps.*
30. *We have only ourselves and one another. That may not be much, but it sure helps.*
31. *How strange, that so often, it all seems worth it.*
32. *We must live within the ambiguity of partial freedom, partial power, and partial knowledge.*
33. *All important decisions must be made on the basis of insufficient data.*
34. *We are responsible for everything we do.*
35. *No excuses will be accepted.*
36. *You can run, but you can't hide.*
37. *It is most important to run out of scapegoats.*
38. *We must learn the power of living with our helplessness.*
39. *The only victory lies in surrender to oneself.*
40. *All of the significant battles are waged with the self.*
41. *You are free to do whatever you like. You need only to face the consequences.*
42. *What do you know... for sure... anyway?*
43. *Learn to forgive yourself, again and again and again...*

*- Sheldon B. Kopp*

*If you Meet the Buddha on the Road, Kill Him!*

# UPCOMING SEMINARS

## HEALING THE ORIGINAL PAIN OF YOUR LIFE

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- addictions
- family strife
- low self-esteem
- depression
- eating and sleep disorders

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

### DATES:

**SATURDAY, MAR. 31, 2007**

**SUNDAY, APR. 1, 2007**

## RELATIONSHIPS: THE WORK OF LOVE

All of us want nothing more than to love and be loved. What could be more simple? Yet why is it so damn difficult to continually experience this in our relationships? It in my experience as a relationship therapist for the past 24 years that as much as we crave love, we fear it. Often these fears are associated with how we survived our childhoods and earlier experiences of men and women that were painful for us. Join me in an exploration of three key components to a healthy and satisfying primary relationship: **Intimacy and Communication, Commitment and Monogamy** and the inner work we might have to do to generate these states and steadfastly maintain them for the ones we love.

This seminar is for husbands, wives, lovers, fathers, mothers, sisters, brothers, sons, daughters and friends who want more closeness in their relationships. Yet many derive enormous value out of this seminar taking it alone.

### DATES:

**SATURDAY, JUNE 2, 2007**

**SUNDAY, JUNE 3, 2007**

**Cost - \$250.00 per person (deferred payment plan available)**

**bursaries available to those in financial need**

**[www.joelbrass.com](http://www.joelbrass.com)**

**[info@joelbrass.com](mailto:info@joelbrass.com)**

If you have further questions or would like to register contact:

Debbie Clyne (seminar coordinator) at (604) 420-0822

or

Joel at (604) 535-4220 or (604) 732-9091

Most of Joel's professional time is spent in private therapy with individuals, couples and families. To obtain more information or book an appointment contact:

**Vancouver counselling office:**

**Hycroft Centre  
Suite 117 - 3195 Granville Street  
Vancouver, BC V6H 3K2  
604-732-9091**

**White Rock counselling office:**

**1521 161B Street  
South Surrey, BC V4A 9W3  
604-535-4220**

"Good judgement comes from experience. Experience comes from bad judgement."

- Andy, a client
- source of quote unknown



***One last quote to take with you on your journey:***

"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy."

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

- George Bernard Shaw  
*Man and Superman*

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