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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

Hi Folks,

Welcome to my Spring 2007, Newsletter. I hope all is well with you. May you be present to the wonders and colours of this season of regeneration.



RELATIONSHIPS: THE ADVANCED COURSE

How I work with couples seeking greater closeness, deeper communication or enduring reconciliation has been shaped by my own life experiences, two gifted mentors and a wide array of readings and other influences. In this newsletter I would like to share a variety of things that I have learned about how relationships work and what contributes to their successes and failures.

*"You can't get the exact love you want, only the love someone can give."
- author unknown*



"Genuine love is volitional rather than emotional. The person who truly loves does so because of a decision to love. This person has made a commitment to be loving whether or not the feeling is present. True love is not a feeling by which we are overwhelmed. It is a committed, thoughtful decision."

*- Scott Peck
The Road Less Travelled*



"No human being can match the gods and goddesses in all their shimmer and glory and, at first, seeing the person whom we love for who he or she is, rather than in terms of projections, may seem uninteresting and disappointing, for human beings are, on the whole, rather an ordinary lot. Because of this many people prefer to go from one person to another, always looking for the ultimate relationship when the projections wear off and the in-loveness ends. It is obvious that with such shallow roots, no real, permanent love can develop."

*- John Sanford
Projecting Our Other Half*

"That is one of the primary principles of miracles in relationships: We are to look to ourselves - our own lessons, thoughts and behavior - in order to find peace with another person... The ego will always tempt us to think that the breakdown of a relationship has to do with what they did wrong, or what they're not seeing, or what they need to learn. The focus must remain on ourselves.

Sometimes people will say to me, "...I think ninety per cent of this is their stuff." "Fine," I say. "Then we have ten per cent to investigate and learn from." That ten per cent that is "your" part is what you need to look at and learn from. It is what you will carry with you into the next scenario. The ego knows this, which is why it tries to put the focus on the other person.... In order to learn the most from relationships, you have to focus on your own issues."

*-Marianne Williamson
A Return To Love*



"The reasons you fall into love are often the same reasons for falling out."

- paraphrasing Leonard Shaw, a master practising



"Real relationships demand honest communication, no matter how painful and no matter how frightening."

- paraphrasing Joe Goodman from grad school, a therapist extraordinaire



"We dedicate ourselves to job, school, politics, golf. We let love take care of itself. What happens? A joining that begins in passion relapses into cliché while the first fresh taste of love is still on your lips. The moment comes (too soon) when you run across tax forms among old love letters. "Notice of Adjustment. Part I - Tax-Payer's Copy." And suddenly, Sunday finds you sprawled not on that high, singing meadow where the eyes of your love were able somehow to hold the whole universe, but in front of the TV. After six hours of pro football, the most brilliantly executed fake and roll-out seems trivial; the beer tastes like used detergent; the peanuts lie like hot mud at the bottom of your belly. Your love walks by, and a mechanical hand (one of yours?) reaches up to pat her on the fanny. As for her, she shakes her head and moves to check the washing machine. The machine churns in the background. Everything is secure. But your love isn't there. Her mind has flown her to that faraway sea of poppies on the edge of the cornfield where she is saying over and over, as did Madame Bovary, "O God, O God, why did I get married?"

*- George Leonard
The End of Sex*



"The condition which high friendship demands is the ability to do without it. The same applies to love."

- Ralph Waldo Emerson



"All love requires courage and great love requires great courage."

- author unknown



"You can't make anyone love you."

*-Sheldon Kopp
If You Meet the Buddha on the Road, Kill Him!*

*"An honorable
human relationship
is a process -
delicate, violent,
often terrifying
to both persons involved*

*A process of refining the
truths they tell one another.*

*It is important to do this.
It breaks down self-delusion and isolation
and does justice
to our own complexity.*

*It is important to do this.
Because we can count on so few people
to go that hard way with us."*

- Adrienne Rich



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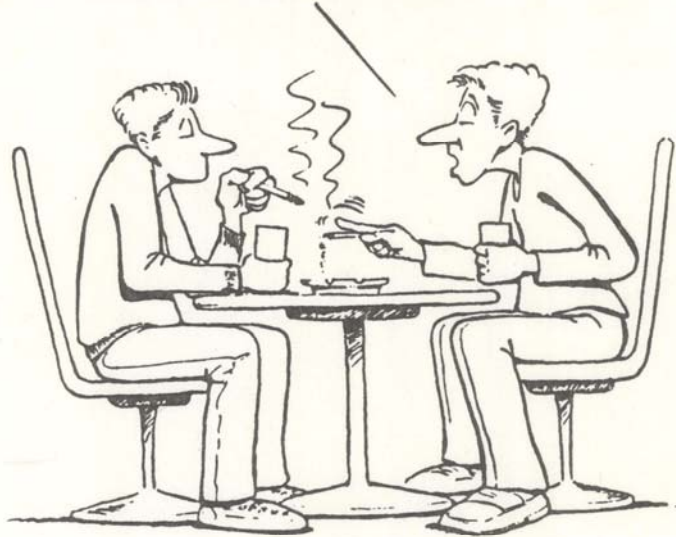
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AND ON A LIGHTER NOTE ...

"IT'S NOT LIKE I'M NEVER GOING TO GET AROUND TO OWNING MY POWER.... IT'S JUST THAT FOR NOW, I STILL GET A LOT OF ENJOYMENT OUT OF BLAMING OTHERS FOR MY MISERY...."



Kumpal
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FLYING MCCOYS

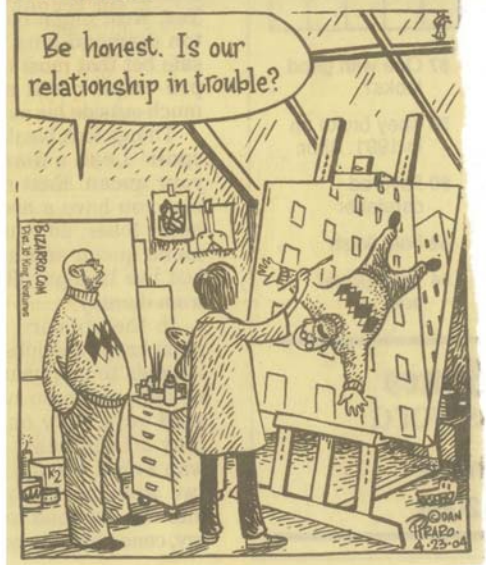
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CAN'T DO IT, HAL. THE WIFE'S GOT ME ON A SHORT LEASH.

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