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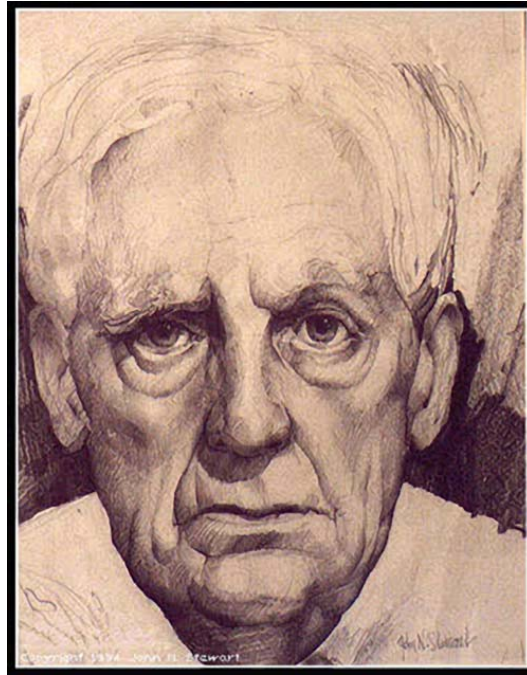
September, 2007



JOEL BRASS & ASSOCIATES LTD.

The Growing Edge

POEMS ALONG THE ROAD OF HEALING



FORGIVING OUR FATHERS

*"How do we forgive our fathers
maybe in a dream.
Do we forgive our fathers for leaving us too often
or forever when we were children.
Maybe for scaring us with unexpected rage
or making us nervous
because there never seemed to be any rage there at all.
Do we forgive our fathers for marrying
or not marrying our mothers
for divorcing or not divorcing our mothers
and shall we forgive them for their excesses of
warmth or coldness.
Shall we forgive them for pushing or leaning
for shutting doors or speaking through walls
or never speaking or never being silent.
Do we forgive our fathers in our age or in theirs
or in their deaths
saying it to them or not saying it.
If we forgive our fathers, what is left?"*

*- soliloquy, delivered at the end of the movie "Smoke Signals"
writer unknown*

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting their bad advice --
though the whole house
began to tremble
and you felt the old tug at your ankles.

'Mend my life!'

each voice cried.

But you didn't stop.

You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations --
though their melancholy was terrible

It was already late

enough, and a wild night,

and the road full of fallen

branches and stones.

But little by little

as you left their voices behind,

the stars began to burn

through the sheets of clouds,

and there was a new voice,

that kept you company

as you strode deeper and deeper

into the world,

determined to do

the only thing you could do --

determined to save

the only life you could save.

- Mary Oliver, Dreamwork

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

Portia Nelson

I.

I walk down the street
There is a deep hole in the sidewalk
I fall in.
I am lost...I am helpless
It isn't my fault
It takes forever to find a way out

III.

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in...it's a habit
My eyes are open
I know where I am
It is my fault
I get out immediately

II.

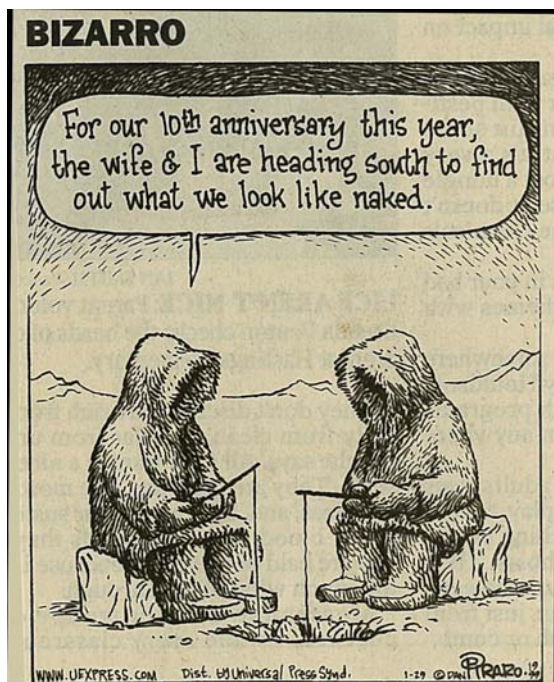
I walk down the same street
There is a deep hole in the sidewalk
I pretend I don't see it
I fall in again
I can't believe I am in the same place
But it isn't my fault

IV.

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

V.

I walk down another street



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.

DATE: SAT / SUN, OCT. 27 & 28, 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.

DATE: SAT / SUN, DEC. 1 & 2, 2007

**COST - \$250.00 per person (deferred payment plan available)
bursaries available to those in financial need**

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

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