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REALIZATIONS

I have asked several clients I have been seeing individually to put into words one realization they have come to which has made a big difference to the quality of their lives. My thanks to all who participated.

Here are their responses:

*"One thing that I am learning is that despite my best efforts **to not be like her**, I tend to handle my primary relationship much like my mother did hers. That as a youngster I looked to my parents as indicators of how men and women relate and drew conclusions and made decisions about what love is. I am learning how susceptible children are, how they absorb like osmosis, unhealthy behaviours which can effect their happiness for years and years to come. I've learned it's not my fault for what I assumed, figured out or distorted in those early years. But it is **my** responsibility now to become aware and heal these misconceptions."*



"One thing I am learning is how important it is to have intimate relationships, how important it is to truly be known. The only way to flourish and grow is to be known. I've been in a relationship for 6 months now and had believed that it was this truly amazing thing. The kind of relationship I've always wanted! I really felt safe. I have recently recognized that the reason I feel safe is because I haven't let my partner get to know me. I haven't made myself known. Of course I'm safe because I'm not vulnerable. This is not the kind of relationship I want because if I can't be vulnerable then I can never tell this man how I feel. Who wants to be in a relationship where you cannot tell your partner how you feel? So I am learning that it's important to be truly known in your relationships with others."



"I always knew how able my mind was. I am only now willing to really recognize that my greatest strength is indeed my greatest weakness. My mind is at its destructive best at separating me from other people. I used to think the problem was the other people. I now recognize that my anger at them and loneliness is due to my fears, judgements and opinions that were all created by my mind."

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The Growing Edge

"I am learning that whenever I judge someone for what they say, do or look like, it really means that I'm not seeing them for who they really are. I see them through a veil of criticisms, opinions, conclusions, generalizations and judgements. Even if it's with the man with whom I'm in a relationship or with my daughter (both of whom I love dearly), I'm continually working at stopping any negative thoughts and removing those veils and judgements. I owe it to them to be fully present to them and to listen to them in total clarity and respect."



"One thing that I am learning is that it's okay to be me. I am relaxing and learning to trust myself more and more. I have found a space where I feel loved. It started in Joel's office and has now moved to within myself."



"I am discovering my relation with my fear-based ego and my inner self. Joel's guidance has created such unbelievable clarity of thought and understanding of myself. My relationship with my wife has reached the highest levels, with true love and genuine honesty, mainly due to the principles given in the seminars and the year long program. Joel has had a profound effect on my life now and likely will well into the future."



"I am learning to let go of control. I am learning to listen to my heart instead of always my mind. I have learned to trust my intuition, become very curious about coincidences that occur in my life and allow myself to go with the flow and current of the universe."



"I am learning to listen, really listen and believe the voice of my spiritual consciousness. This voice reminds me of the very things in my life that I am truly grateful for, and reminds me that I'm ok the way I am. This voice is quiet and almost always overpowered by the voice of my ego that says I do not measure up at work or that I really should not admit my "shortcomings" to my partner. The spiritual voice I hear only in quiet moments of meditation. I'm learning to hear it more often and to believe what I hear."

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UPCOMING SEMINARS

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.

DATES:

SATURSDAY, NOV. 25, 2006
SUNDAY, NOV. 26, 2006

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
- constant, 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, OCT. 21, 2006
SUNDAY, OCT. 22, 2006

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

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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

THE STORY OF THE LITTLE PLUG



Opening page from Joel's soon to be completed book: **Healing Your Relationship with Yourself: Ending the Conflicts Within by Developing a Harmonious Inner Family**

Once upon a time there was a plug. Not your ordinary garden-variety kind of plug, this little plug was produced by its manufacturer already connected to its socket. So merged together were they that it was impossible to tell the plug from the socket.

But for reasons too curious and complex to go into here, the people in power in the world into which the plug was brought did not trust the socket of which it was an indivisible part. They thought that the most important and necessary thing they could do to help the little plug survive was to teach it to see itself only as a plug among plugs. This brought much confusion and pain to the little plug. Every time that confusion and pain went unattended, it was pulled ever so slightly further from its socket.

One day it came to pass that it disconnected completely from its socket. From that day forward, strange as it may seem, just like the people in power, the little plug learned to want no part of its socket. Soon it too didn't know the socket of which it is an indivisible part.

Now it is the nature of plugs to want to connect. So rather than staying connected to its socket, the little plug tried to find what it was missing. The only place to look for a plug seeking connection was to try to "hook up" with one or more of an ever-changing array of other disconnected plugs. And let me tell you, there was quite a pile to choose from!

It was the hope of the little plug that by connecting to another disconnected plug it could find what it once had known with the socket. So it moved from one disconnected plug to another, and then another, and then another. Much of its time in the world it spent in this way, only to know more confusion and pain than it had ever known before. Its solution for this was to try *even harder* to connect to this plug or that one or the other. Each new plug always held out great promise in the beginning that it would and could offer everything the socket did but, by the end, it would show itself as nothing more than just another disconnected plug, exactly like the little plug. At this point some plugs quickly or slowly, subtly or obviously, choose to fizzle out and die. Is this what the little plug should do too? Where could it turn? Oh, what to do? What to do?

Well it took many, many jolts but the little plug came to realize that the only thing the world could offer was the choice of connecting to other disconnected plugs. It had had enough of this path. It had known enough confusion and pain. It could not live the way it had one more minute. So it decided to go down a different path in search of its original socket. It decided that it would rather fail and die looking for that socket than try one more prong-to-prong connection.

You and I are that little plug. This is our story back to the original socket of which we are an indivisible part.