

Volume 7, Issue 3
January, 2026



JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



The Work of Love: What Could Be More Important?

“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 again, as did Madame Bovary, “O God, O God, why did I get married?”

- Simone de Beauvoir The Second Sex

“Have I told you lately that I love you?

Have I told you that there’s no one above you?”

- Van Morrison

continued

I know you that you chose them. I know that you live with them. I know that you do many things together. But what is the quality of the connection you share with them? Does your beloved know and experience every day, in every bone of their body, that there's no one and nothing above them? Do each of you feel unquestioningly, without doubt or a moment's consideration, that your partner is: i) your best friend ii) your biggest fan and iii) perhaps, most essential of all, your safest harbour? Can you entrust your wounded inner child (your deepest and most vulnerable self) into the arms of this other adult for safekeeping? Is your heart fully open, or as I sometimes put it to couples, that there is no corner of your heart blocked for your beloved? When you leave for work in the morning or pull up in the driveway at night do you light up? Can you hardly wait to see him/her again? Or, more quietly and modestly, are you forever grateful that he/she/they were born? That he/she/they were born at more or less the same time as you, not a century before or a century after? Do you fully appreciate the odds that you even met? That this being is choosing to be with you? To contribute to your life? To grace and add joy to its unfolding?

These are some of the indicators in my work with couples of what I call an interdependent, fulfilling and deeply loving intimate, committed, (for those that choose) monogamous, authentic, primary relationship. The sometimes challenging and painful, sometimes exuberant and inspiring journey of co-creating this I call the **Work of Love**. And, yes, it can certainly feel like work, even trench work at times. Clearing up and healing matters of the heart are often not for the faint of heart.

I have found no more accurate a description of this journey - the behind the scenes work of a mind, heart, body and soul primary relationship - than that written by the journalist and poet Adrienne Rich:

“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.”

Does anyone out there want to roll up your sleeves? Because what could be more important?

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

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
- dependency on alcohol, drugs, sex or shopping as a mood- enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

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.

**Cost - \$400.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

**When: Saturday, February 28th, 2026
Sunday, March 1st, 2026
www.joelbrass.com
info@joelbrass.com**

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

Jason (seminar coordinator) at (236) 330-4703 /
seminarsjoelbrass@gmail.com or

Joel at (604) 535-4220 or email info@joelbrass.com

For Private Individual or Relationship Therapy, contact Joel at (604) 535-4220 or email info@joelbrass.com. All Sessions Are Being Conducted Remotely.

