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JOEL BRASS & ASSOCIATES LTD.

# The Growing Edge



## Am I the Kind of Relationship Partner I Want My Partner to Be?

Imagine the following two profiles are submitted to an online dating sight:

Profile #1 – Sexy, playful, intelligent, attractive, funny, successful man/woman would like to meet person of their dreams; in spite of considerable worldly success, privately feels incomplete and inadequate on their own; needs constant approval and validation from another to feel good about themselves; finds exclusive commitment to be old-fashioned, boring and suffocating; communicates indirectly or not at all about their feelings, needs and wants; avoids their own emotional pain and conflict with others at all cost; wants partner to take away all of their hurts and make them feel better; subtly blames the other when not happy with their own life; secretly seeks a new partner when not happy with current one. If you are the one for me, e-mail me at: [highdrama@youmustfillmeup.com](mailto:highdrama@youmustfillmeup.com)

Profile # 2 – Sexy, playful, intelligent, attractive, funny, successful man/woman would like to meet person of their dreams; knows deeply within that I am enough, that I am acceptable, worthy and loveable already; enjoys solitude and genuinely comfortable in my own skin but prefers to go through life with a cherished companion; willing to bring all of my heart, all of my mind, all of my body and all of my soul to the most dear of all humans to me; if or when I withdraw a portion or all of any of the aforementioned aspects of my love, will communicate about this in humble, vulnerable and honest ways or do some private inner work to restore my fullest offerings to them; willing to “sit in the fire” and deal with difficult or painful subjects if necessary; knows that no one person can or even should meet all of my needs; truly believes that I am fully and independently responsible for being happy and fulfilled in my own life. If you are the one for me, e-mail me at: [stillwouldlikecompan-ion@iamfullrightnow.com](mailto:stillwouldlikecompan-ion@iamfullrightnow.com)

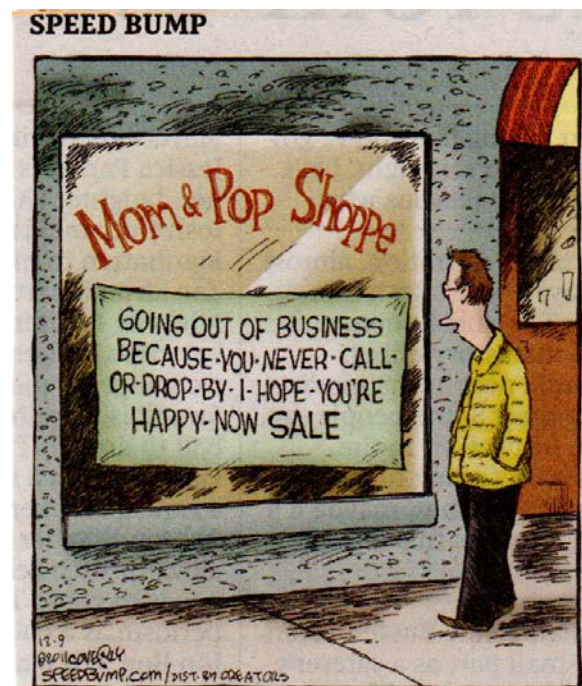
Truthfully now, which of these profiles comes closest to describing you? Are you the relationship partner that you want your partner to be? If not, aren't you on pretty shaky karmic grounds asking for something from another that you, yourself, are not delivering? Will such a non-reciprocal relationship last long? For that matter, should it?

No, to find the person of our dreams, we first need to be that kind of person and partner ourselves. If we can admit that we are not quite there yet, we must go within before we seek from another the solutions to our predicament. This is the journey of self-discovery, self-healing and self-forgiveness. It is the fundamental learning at the heart of this admission made by one of my clients: *"I've noticed that all of my primary relationships have followed a similar pattern. We start off like gangbusters, discover a major imperfection or two in the other person, insist that they change, and when they don't, end our union in disillusionment and resentment. But I've noticed one more thing in common about every one of these relationships ... I've been in them!"*

She was absolutely right of course. Have you noticed that you have been in every single relationship in your life that hasn't worked out? Or to put it as Groucho Marx did: "I would never belong to a club that would have someone like me as a member."

Where do we need to put our focus? On the search, the endless search for Mr. or Ms. Right or on the painstaking, often unflattering and self-effacing work of self-examination and first make ourselves "right"? Then we can be right for another.

Scott Peck, the late renowned American psychiatrist and author of the classic work *The Road Less Travelled* described the task of deep and effective psychotherapy as "voluntary anguish". In my experience as both a client and a psychotherapist, this is an apt description. It's just that the alternative if we don't do our work is that life itself, and our love lives in particular, become involuntary anguish.



# Intimacy and Desire: Exploring Stuck Places in Your Love Relationship A One Year Program

There is a part of us that trusts nothing and no one. It believes the truth about life is that we are born alone and die alone; that we must survive on our own and by ourselves; that it is foolish, moreover *dangerous*, to totally trust or depend on anyone for help or unwavering love. Many aspects of our lives are adversely affected by these beliefs, none more so than the primary love relationship.

There are few areas in life in which we experience as many heart-soaring and heart-breaking experiences - moments of clarity and confusion, closeness and loneliness, love and pain. This is because no other experience in life, short of perhaps the love and helplessness parents feel for their children's well-being and the process of physically dying, asks us to be so vulnerable. And we are extremely conflicted about the choice to be vulnerable. As Gary Zukov puts it in his book The Heart of the Soul : "*Your life is a journey into vulnerability. You do not trust that journey. The consequences of this are terrifying.*"

Anyone who enters a primary love relationship has to ask themselves the following questions, and by their answers, determine how they live and love:

- Is showing my vulnerability and personal truths a strength or a weakness?
- How close do I allow myself to get to this other person and how close do I allow them to get to me?
- Do I bring all or just some of my mind, heart, body and soul to them or do I hold some back for my protection, independence and personal freedom?
- Can I be true to who I really am and be loved or must I always sacrifice the one to have the other?
- Can I love fully without losing myself? Is it possible to give too much and how do I know when I am doing so?
- Is it possible to give too little and never know the beauty, richness and transcendence of love?
- With love comes pain, and most certainly loss. Is it truly "better to have loved and lost than never to have loved at all"?
- If great love requires great courage, how do I handle love's enormous risks?

This One Year Program will use our primary love relationship as the mirror in which to examine our deepest (ego) conflicts, dynamics and tactics in our relationship with other human beings. Its purpose will be to assist participants to identify, take responsibility and heal the personal barriers we place in the way of love's fulfillment – be it with man, woman, child or Higher Spiritual Power. We will see that the barriers that we keep in place to true and lasting intimacy with our mate and those that we keep in place in our relationship with a Transcendent Power in our life *are, in fact, one and the same*.

The program will emotionally support and guide participants to become more comfortable with, express and *enjoy* their emotional and sexual vulnerabilities, seeing in them our means of connecting to the richest and most fulfilling depths of our human experience.

**Format:** 6 experientially-based weekend workshops spaced approximately 2 months apart beginning in April, 2012; buddy system; weekly support group meetings (highly recommended)

**Cost:** \$1650 + H.S.T. (payable over the course of the year)

**To register:** Contact Reena Taank, seminar coordinator, at (604) 689-4532 or [reena@telus.net](mailto:reena@telus.net)

# UPCOMING WORKSHOPS

HEALING THE ORIGINAL PAIN OF YOUR LIFE:  
THE INNER CHILD  
VANCOUVER: MARCH 17-18, 2012

RELATIONSHIPS: THE WORK OF LOVE  
VANCOUVER: MAY 5-6, 2012

To register in either workshop or for further information, please contact Reena, Workshop Coordinator, at 604-689-4532 or reena@telus.net

Suppose that what you fear  
could be trapped  
and held in Paris.  
Then you would have  
the courage to go  
everywhere in the world.  
All the directions of the compass,  
open to you,  
except the degrees east or west  
of true north  
that lead to Paris.  
Still, you wouldn't dare  
put your toes  
smack dab on the city limit line.  
You're not really willing  
to stand on a mountainside  
miles away,  
and watch the Paris lights  
come up at night.  
Just to be on the safe side,  
you decide to stay completely  
out of France.  
But then danger  
seems too close  
even to those boundaries,  
and you feel  
the timid part of you  
covering the whole globe again.  
You need the kind of friend  
who learns your secret and says,  
"See Paris first."

M. Truman Cooper  
*Fearing Paris*

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