

Spring Newsletter

The Spring has sprung !



"Spring is a heart full of hope and a shoe full of rain." - Unknown

Ah, spring....

Love is in the air! We are hoping this Newsletter finds you in high spirits and bursting with aliveness. If the winter made your heart cold, this is the season to rekindle the flames.

What an incredible time of the year!

Can you feel your body responding to the nature's change, rejoicing in the rejuvenation? It is time to sprout from hibernation,

remember your aliveness, emerge with the new energy and focus, have a clean slate, create anew.

Flowers are not the only thing blooming ... apparently, according to some scientists, our thoughts turn to love more frequently as the temperatures arise and days get lighter. May we suggest you ride on that wave of novelty, and maximize your spring-time appeal

(finally something good about maximizing!!!)

To help you with that task, here at Maureen Brine and Associates Ltd. we have prepared a fresh offering of our *Imago* well established programs, as well as some new stuff—read on!

*Maureen, Sandra, Joan
and Yvonne*

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What's New at MBA ?

We're busy with fresh starts at Maureen Brine & Associates...

* Be sure to mark your calendars with dates for our regular workshops: "Getting the Love You Want"—Imago workshop for couples, and "Keeping the Love You Find"—

Imago workshop for singles.

* Also, our 3hour intro to *Imago* — "Imago Connects", as well as "Start Right Stay Connected" - the new program for couples preparing for a journey of a committed relationship!

* A weekend Retreat for Women! Register now to save your space.

* Stay tuned— for evening seminars on deepening the Imago practice & also a new workshop for recovering couples. Check our website regularly, we'll keep you informed.

Getting the Love You Want

Couples Workshop 2009

June 19 — 21
 August 21 — 23 Halifax
 September 18 — 20
 October 16 — 18
 November 27 — 29

Keeping The Love You Find

Singles Workshop 2009

November 13 — 15

Basic Clinical Training Dates**TORONTO** (*in progress*)

Week III : Sept. 09 — 12

VANCOUVER

Week I : Sept. 23 — 26
 Week II: Nov. 18 — 21
 Week III: TBA

CALGARY (*in progress*)

Week I : Aug. 12 — 15
 Week II: Nov 23 — 26
 Week III: TBA

Workshop Presenters Training**Toronto** (*in progress*)

Week III: June 16 - 19

Advanced Singles Training

October 07 — 09

Other Programs and Seminars at Maureen Brine and Associates Ltd.**For the Curious at Heart – Imago Connects!**

Already hooked on Imago and have some friends and family that you'd like to get introduced to Imago but not sure how to do it?

Wanting to "polish" your *Imago*-skills, or interested in taking your relationship to the next level?

Wanting to understand relationship patterns and dynamics?

Come join us for a 3h introduction
 to *Imago* Therapy & Theory.

We are offering the newest *Imago* program:

Start Right, Stay Connected !

It is a one day (8h) seminar for couples planning to embark a committed relationship, engaged couples and newlyweds, helping couples learn the tools to have a successful relationship.

Next *Imago Connects*
 comes July 22nd
 & Sep 9th at 6:30pm.!



Connect...
 We will show you how!

**Start Right,
 Stay Connected**
 will be offered on the
 following date
September 5th

For more information about *Imago Connects* and *Start Right, Stay Connected*, and to register, please contact us at 416-921-8688, or imagoyvonne@successfulrelationships.ca

Landscape of stillness, longing and desire

By Sandra Pribanic

Dear Women...

I am deeply thrilled to have the opportunity to announce a weekend retreat for women, August 7th-9th 2009, at the *Maureen Brine & Associates Ltd.*

For the last seven years, I've belonged to Women Circles in Europe and USA, and earlier this year the two were brought together for the first time - so women from Europe, Japan, Australia, Peru, USA and Canada finally met in person. Since that very moving experience, it has been clear to me that I want to call a circle in my own community, at home in Toronto. Such circles have gathered women of all walks of life, all ages and experiences for exploration, discovery and expression, to share and support meaning and richness in their lives.

This summer I will be offering "**Landscape of stillness, longing and desire**" - an intensive retreat for women, exploring all that shapes our inner world and inspires our aliveness.

In our modern culture we sometimes bring more attention to what goes on in the outer world than the stirrings of the inner world - could it mean that we are listening to only one version of the story? Longings and desires change shapes, live in our ideas, in doing, or simply being. Do you know the veins through which that river appears and flows in you, or is the terrain still uncharted? The creative force of desire flows into beds we have for it as well as those we dig ... Archetypically, the idea exists that if one prepares the place, the creative force will hear it and come forward to inhabit it. And, often times it needs a particular kind of stillness... Longings and desires can never be lost; they are always there, placing our feet on the path. Join us for a weekend of exploration... We will be learning how those inner stories get frozen and lost to our aliveness, and searching for practices that deepen our access to wholeness. We will be using texts, stories, symbols, blessings, prayers, songs.

I hope you will be joining me.....

Looking forward, and with excitement

Sandra



How much of my aliveness is available ...

To see what is there to see

To know the life cycles

To know how to navigate in the dark

To get nourishment from ideas

To be a keeper of my creative fire

To call upon intuition and instinct?

I need to touch stillness.

Can I really trust this particular kind of stillness,

My longing and desires

To be the messengers of where I need to focus on,

How do I go on a journey that isn't yet chartered?

For more information and to register,
please contact **Sandra** at
416-921-8688, or [imagosandra@](mailto:imagosandra@successfulrelationships.ca)
successfulrelationships.ca

August 7-9th 2009

Friday 5:00- 8:00pm,

Saturday & Sunday 9:00am-5:00pm

Registration \$350 (GST included)

Reserve your space soon with \$100 deposit!

How often do we as individuals shut down our listening when we are upset or out of rapport with our partners and instead listen to our own inner dialogue? How often do we dread that important conversation that we know we must have but are afraid to because of the intense emotion we know it will arouse or that discouraging frightening fear that my partner might never really get me.

As a hobbyist potter, I often - like potters before me - use the metaphor of a beautifully finished fine large ceramic bowl. There is only one way to create it; with even and balanced pressure from either side of the soft clay it is formed and shaped. If either hand, does not stay focused on the shared intentional outcome, the clay falls into a mangled disappointment. I can equate this further when I talk about the **maximizer** and **minimizer**. The maximizer (see definition below) pushes too hard and minimizer (see definition below) doesn't stay the course, in either event, if the bowl collapses, both hands are equally responsible, if they have created a stunning bowl, they are also equally responsible. This holds true for connection and rupture in relationships as well; just as both people are equally responsible to stay present and aware of what they each need to contribute to create just the right tension to create the right amount of space. And just as it takes years to create the bowl you envision, so it takes commitment practice and patience from both of you to accept as gifts the progression, however humble, you do make progress. In a culture which demands instant gratification, it can be distracting to honor the process and the practice and to deeply value the gains. To enjoy the funny little bowls that you make before the glorious ones which come with time; a commodity we often disallow ourselves.



As you can see, I am no Demi Moore.

The dialogue as we teach it generally is indeed a significant time commitment and I think that sometimes, we don't do because we can't afford the time because of external pressures. So, I invite you to use aspects of the dialogue as a preventative measure. In all of your day to day interactions, stay fully present, listen and reflect in all of your transactions, with all of your loved ones and others at all times. "Be Here Now" as most of us from the sixties will remember.

Even with the best of intentions to prevent, negative interactions, "Poop Happens" another quote from the same era. If there is something to resolve, as an interim measure and if time isn't available, take a moment to stop your speeding thoughts and soften your gaze and see past the issue to the person you have chosen as your life partner. Validate the concern that has made itself known to both of you and remind yourselves that this too can be understood, given the context and with the right receptivity and intentionality. Just acknowledging and identifying that there is an issue that needs to be addressed, is often enough.

So there you have it, prevention by intention, expression of your intention as an interim measure, or the classic intentional dialogue.

I encourage my clients to extend the benefits of listening - beyond the formality of the intentional dialogue where, appropriately, an appointment is made to address a particular and significant issue- into every waking moment of every day. Stay present to all areas of life as well, if you do you can create a most exquisite container for all that life brings, as I have done in my own life, because life does bring stuff and if it doesn't our innate need to recover from previous wounds will find their own way to be healed. Because, as they say, even where one chooses to squeeze the toothpaste, can be a significant issue if we make up that it means we aren't feeling respected or loved. The more we can integrate the specific techniques of the Intentional Dialogue - mirroring, validation, empathy - into our daily lives, the more first nature it becomes, the more connected we will feel with one another and talk about what wonder that creates in relationship! Ultimately, my goal is to create beautiful functional art in which to keep the issues where they belong, in the space in-between, where issues can be seen and resolved and appreciated as growth opportunities.

The Imago Intentional Dialogue is a gift to me in all of my work: my couple's counseling; my parent/teen counseling and my Family Mediation practice. It works because it removes the deadening power struggle by eliminating right and wrong. The dialogue's focus on listening and "mirroring" helps create a shared mutual space where real, honest and tender, kind and well intending communication can flourish. The work is done, not in either person's face but in the comfort of the in between space.



It is a messy business but it doesn't work without both hands fully engaged in their individual work while always staying connected with one another.

The Intentional Dialogue

A Gentle Reminder

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Step 1: Send & Mirror

Sender sends a message:

I feel...

I love...

I need...

What's bothering me is...

*Receiver listens deeply, echoes message,
checks for accuracy and invites more:*

Let me see if I've got you.

You said...

Did I get that?

Is there more about that?

Receiver summarizes:

Let me see if I got it all...

Is that a good summary?

Repeat the additional messages.

Step 2: Validate

Receiver validates sender's message:

**You make sense,
and what makes sense is...**

Step 3: Emphasize

*Using words (e.g. angry, sad, happy, loved,
important), the receiver imagines the sender's
feelings, and then checks for accuracy:*

**I imagine you might be feeling...
Is that what you are feeling?**

Switch Roles and Repeat Steps 1 – 3!

Successful Relationships Practice Imago!

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About Our Organization...

***The Mission of Maureen Brine and
Associates Limited is to...***

*"Create an opportunity for all couples,
individuals and trainees to learn about
Imago - "a new way to love" & to make a
peaceful difference in the world."*

To this end, Maureen Brine and Associates
Limited supports clients, therapists and stu-
dents to create and sustain mutually fulfilling,
healing & egalitarian love relationships which
are based on Imago theory and practices.

Visit our website at www.successfulrelationships.ca