



AUGUST 2007

IMAGO

AFRICA

NEWS

TALK

Greetings and peace from Imago Africa News Talk.

In this issue we have:

- ♥ A Message from the Imago Africa Chair and Vice-Chair
- ♥ News about Imago Relationships International
- ♥ Article by Dr Ian Opperman on The Creation and Manifestation of Reality Through the Formation of Subconscious Conclusions and Decisions – Part TWO
- ♥ Article by Tali Rosen – Through this lies happiness.
- ♥ A note from the editor – Eleanor Bubb

From The Imago Africa Chairman's Desk

Imago Africa – News from Dave Mills and Mia du Toit

It gives us great pleasure to share with the Imago Africa community a number of important items of news and input, both from the Chair and Vice-chair, as also the Executive Committee.

Imago Africa Conference – sadly due to a low level of registrations we have decided to postpone the planned Imago Africa Conference of September 2007. We have in mind to reschedule it to run in February 2008, however **we would really appreciate your feedback in terms of whether you would be keen to attend a conference or similar event.** We recognise that training, conferences, AGMs, supervision, and other get-togethers are an important source of connection and cohesion within the Imago community. It is therefore imperative to hear what would be most viable for and appreciated by you as the community, so that such opportunities can be created and catered for. Please make a point of e-mailing or phoning either of us, or using the website, at www.imagoafrica.com to make contact in this regard.

One thing that we are very keen to include in whatever event is finally agreed for 2008, is a "Graduation" type event, during which we are able to honour all those who have completed training through Imago since the end of 2004.

2007 IRI Directories – these have now arrived from the USA and will be reaching you through the post – this forms part of the benefit of our having signed the Imago Local Organisation (ILO) affiliation agreement with IRI. Another benefit of this is that information about our therapists can be displayed on the IRI website, which has a link to our local website at www.imagoafrica.com We are also, through a yearly payment of US\$15, enrolled as members of IRI, another important benefit that you gain through your annual membership of Imago Africa.

Daniel Siegel Workshop to be led by Jette Simon – Saturday 29th September 2007 – we are pleased to announce that Jette Simon, who many will know as a member of the Imago International Faculty of Trainers, will be hosting a short Workshop addressing the work of **Dr Daniel Siegel, one of the world's foremost exponents of Neuro – psychology and mindfulness.** The details of this day are soon to be released through a promotional communication, however please diarise the date and be sure to come along and be part of this very special event. Jette Simon has worked closely with Daniel over a number of years and co-presented with Deborah Mulhern PhD. a workshop on Dr Siegel's work at the International Imago Conference, Atlanta, Georgia, held in October 2005.

Keeping in touch - as your Chair and Vice-chair of the Imago Africa Executive Committee and community ***Mia and I are very keen to keep up a close relationship with you as our members.*** Please make use of the website, as also through direct e-mail contact be in touch with us regarding any matters of concern - Dave on david_mills@vodamail.co.za and Mia on Mdutoit@NHCLTD.com. We really want Imago in Africa to go from strength to strength and can only ensure that this happens with the support and input of all our members.

We welcome Jette to our community once again as she began further training in June to begin both Imago Clinical and Workshop Presenters Training in Pretoria, to continue in both September and December this year.

Yours in the service of Imago,
Dave Mills and Mia du Toit

Insights shared following the IRI Board Meeting, held at El Sueno Del Corazon, Abiqui, New Mexico, April 2007.

Through the generosity of IRI (Imago relationships International) it was possible for me to attend the recent face-to-face International Board Meeting of Imago, held in April at El Sueno del Corazon, Harville Hendrix and Helen La Kelly Hunt's Ranch in New Mexico. The meeting was a wonderful opportunity to get to know fellow Board members more personally as also have time to look in detail at a number of important issues facing Imago across the globe. In the pictures below you will see on the left a view of the ranch and on the right an informal view of part of the IRI Board during one of our meetings.





One of the major items that we addressed at this meeting was the establishment of a Social Projects Fund, to operate within the USA, in supporting the training of Social Agencies Therapists for their work with lower income families. An anonymous donation of \$50 000 served as a strong incentive to members of the Imago Board of Directors to raise, at least initially, personal pledges of \$12 500 towards this project.

We also did as part of our time of meeting a S.W.O.T analysis of Imago, led by Dave Roche, one of the newer members of the IRI Board, who has had considerable professional experience in the analysis of the process operating in organisations and the setting of vision and mission statements for them.

In addition, we spent quite a bit of time looking at the relationship between the Imago Board and the community of therapists, both within North America as also in the Local Regions Globally. Tim Atkinson, our Executive Director, had done a lot of research into the subject of dialogue and thus how to work dialogically as an organisation. A time of very fruitful discussion followed during which we looked at ways of helping our community to relate and be in connection dialogically.

A further very exciting topic that was discussed was that of the Imago Educational Track, through which we looked at Imago and Coaching and how those who have been or are being trained as Imago Educators might include people with experience in the “Coaching Industry”, both within North America, as well as worldwide. The Imago Board has also developed a number of important sub-committees, including an Imago Strategic Planning team that is meeting on a monthly conference call to look at ways of marketing Imago more effectively primarily in North America but through this in time in other regions globally.



Members of the IRI Board: Front Row from L to R: Maryrita Glaser, Tim Atkinson, Virginia Thomas, Eugene Shelley and Sara Boxnboim (Imago Israel); Centre: from L to R: Dave Roche, Betty Williams, Dan Glaser, Ron Clarke, Sophie Slade and Bill Brennan, Back Row: from L to R: Dan Prosser, Mark Griffith, Maureen Brine, Tani Strain and Dave Mills (Imago Africa). Not present: Karl Leitner (Imago Austria).

Dave Mills

Chair: Imago Africa

We now view with Dr Ian Opperman the stage of exploration and how the realities we create on a subconscious level during this phase influence our future relationships.

THE CREATION AND MANIFESTATION OF REALITY THROUGH THE FORMATION OF SUBCONSCIOUS CONCLUSIONS AND DECISIONS – PART THREE by Dr M C (Ian) Opperman – Clinical Psychologist

1 INTRODUCTION

As discussed in Part One of this series, we will begin to use case illustrations to demonstrate how the **hypnotic blueprint** is formed during the various developmental stages and **re-enacted** or **re-created** during life. In this instalment we will consider how the **hypnotic blueprint** is formed during the **exploration stage**.

2 SUMMATION OF THE EXPLORATION STAGE

AGE: 18 MONTHS – 3 YEARS APPROXIMATELY

CORE NEED: TO LEAVE HIS/HER MOTHER'S SIDE AND EXPLORE HIS/HER WORLD, OR BEGIN TO FUNCTION ON HIS/HER OWN WITH THE CONFIDENCE THAT HE/SHE CAN RETURN TO A SECURE AND LOVING HOME BASE. ENCOURAGEMENT TO EXPLORE WITHIN SAFE BOUNDARIES.

TABLE 1: TABLE REPRESENTING THE BEHAVIOUR OF THE MINIMISER AND MAXIMISER OF THE EXPLORATION STAGE

	MINIMIZER	MAXIMIZER
Response of caregiver Deficient caregiving	Caretaker is excessively protective; setting unrealistic limits on the child, or prevents his/her passage into the world.	Mother pushes before he/she bonding of safe grow up prematurely be with her or h
Creation of pattern Subconscious conclusion	"My Mommy does not allow me to play by myself; I am being absorbed, stifled, trapped, and immersed."	"My Mommy pu am not ready scared without l
Subconscious decision	"(and therefore I decide) to pretend and comply with her wishes, but rebel by sneaking away from her, withdrawing from her."	"(and therefore leave my mot emotional re-a make her disap my mother will good child."
Manifestation in childhood	The distancing child sub-consciously chooses to close his/her boundaries and make them unyielding.	The ambivalent and exaggerate make sure her r
Manifestation in life Response	"I need my space." Feels threatened if demands are made on his presence or emotions. Needs freedom of movement.	The pursuer sa aim is to rem always be ple attempt to comfortable.
Belief about life, people	I can't say no and be loved. I will be absorbed if I get too close.	I cannot rely independent. If abandoned.
Ego-state formation	Ego state 1: Externally comply with mother's wishes. Ego state 2: Internally rebelling against her restrictions, to protect him/herself from being controlled and absorbed. Results in passive aggressive behaviour.	Ego state 1: Fe Ego state 2: cheerful child so with me."
Core life complaint and response pattern	Feels that he does not get enough freedom and autonomy. Feels frustrated that others need too much. Manages it by becoming oppositional and distancing.	You are never Therefore, I wi you go. Will complain and d
Life pattern	Will attract people where he feels that they need too much and withdraw from their needs by becoming oppositional and distancing.	Will attract peo "you are never cannot rely or harder for you t

3 UTILISATION OF CASE STUDIES TO ILLUSTRATE THE CREATION AND MANIFESTATION OF REALITY THEORY WITHIN THE FRAMEWORK OF THE IMAGO DEVELOPMENTAL STAGES

3.2 EXPLORATION STAGE CASE STUDY OF FW

3.2.1 GRAPHICAL LAYOUT OF THE SUMMARISED EXPLORATION CASE STUDY OF FW

<p>Re-enacted problem or presenting problem</p>	<p>FW consulted with the psychologist after a carjacking attempt during which she feared for the life of her daughter and two young grandchildren. She felt angry with the car-jackers, feeling that they impacted on her right of movement, her freedom. She felt trapped.</p> <p>She stays with her daughter and son-in-law and her two grandchildren. She feels trapped having to live in a cottage on the same premises as her daughter's family. She has no freedom and no privacy. Her daughter and grandchildren come and go as they want, not considering her needs. She does not have the financial resources to buy her own home, preferably by the sea.</p> <p>Her daughter and son-in-law seriously consider emigration to America because of the crime situation in South Africa. They insist on her accompanying them in spite of the fact that she does not want to leave South Africa. She feels that she has no choice, that she is trapped in the situation.</p>
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<p>Initial Sensitising Event (ISE) or Critical Event</p>	<p>In hypnosis she regresses to being a three-year-old child, "My dad dumps my mother, the baby and myself on the farm with my grandparents." Her father works for the railways and only comes home once a month. Her mother suffers from post-natal depression following the birth of her baby and the grandparents are busy on the farm. They expect FW to look after the baby boy. She wants to run on the farm and go with her grandfather to feed the animals. He expects her to look after her little brother. Her grandfather goes to the extreme of tying her to the kitchen table.</p>
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<p>Subconscious Conclusion</p>	<p>The psychologist prompts her, "<i>My grandfather ties me to the table because ...</i>" and she continues, "<i>... I am a hateful child, that is why they hit me like that.</i>"</p>
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<p>Subconscious Decision</p>	<p>The therapist prompts the client, "<i>I am a hateful child and, therefore, I decide to ...</i>" She continues, "... just accept it. They had to be served all the time. I had to bath the children, put them to bed, make the table, clear the table. If I didn't do that, I would get a hiding. <i>I have to be obedient, I have to get their approval, I must do what I am told to do because I wanted to feel wanted.</i>"</p>
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<p>Imago Developmental Stage Stuckness</p>	<p>Exploration</p>
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Manifestation in Life Pattern or Symptom Intensifying Events	She marries a powerful man that did not allow her much freedom. She feels she has birth to two children, which takes away more freedom and by definition adds to her loves her children dearly and she has an especially good relationship with her son. night. She sees all the freedom that she misses so much in her own life lived by her son and they maintain an exceptionally close connection, talking at times until 2h00 in the army, she receives a telephone call informing her that her son has died in a motor vehicle accident. Her only escape from the drudgery of life, her son, has been ripped from her life. She is entrapped again.	to be a good wife. She gives her feeling of entrapment. She They sit talking until late son. She enjoys his company in the morning. While he is in the Her only escape from the drudgery of life, her son, has been ripped from her life. She is entrapped again.
	She loves to visit the coast. She “sneaks” away from her daughter, telling white lies about visiting family at the coast, while she is travelling by herself, holidaying by the coast.	about visiting family at the
	She swims with dolphins, experiencing her freedom from the real and imagined entrapment.	constraints of her life, the
	She signed over her property, worth a substantial amount, to her daughter and son-in-law and is trapped because of limited financial means in the autumn of her life.	-law and is trapped because

3.2.2 ELABORATED VERSION OF THE EXPLORATION CASE STUDY OF FW

Presenting Problem

During our intake interview she mentioned that: *“I dreamt these people (the car-jackers) came back. The same one that had the gun to my head.”* She pauses, attempting unsuccessfully to control the emotions that threaten to overwhelm her. *“He said, ‘Today I am going to kill you!’”*

The therapist asks her how she deals with it. *“I feel quite detached, as though I am somewhere up there”, she says, gesturing into space, “looking down at myself and my life.”* Often after a traumatic event, where one feels your life is in danger, dissociation or detachment is a defence mechanism, helping us to survive during times of overwhelming emotional trauma, also referred to as flooding. The therapist suspected, however, that dissociation is an old companion of FW’s, which fits her life comfortably, like a well-worn glove. She mentions that she wakes up weeping. *“Why?”* the therapist enquires. *“I don’t know”,* she replies. *“Perhaps it is because I am feeling this overwhelming sense of helplessness. In the past forty years I didn’t do anything for myself, and it’s too late. There is no more wanting something I am making a mess of my life. And I know I am responsible for it. What can I show for it today?”* Obviously a rhetorical question, as she is not waiting for a response. She adds: *“Nothing! I never contributed anything. I worked hard for my home and family. I suppose nothing lasts forever.”*

The therapist wanted to know from her what she would have done differently in her life for her to feel more meaningful. *“I would not trust the story of ‘living happily ever after’. I can’t believe that I was so naive not to believe it was just a fairy tale. This is what scares me so much, if I can do a stupid thing like that, how long would I go on doing stupid things?”*

The fear of loss is a constant companion to her, and being helpless to do anything about it. She lost her only son in a similar fashion; a haunting telephone ringing in the early hours of the morning, with that message no mother can bear to hear. Her soul mate son, with whom she could sit and talk until the early hours of the morning, died in a horrific car accident. Never to fill her days again with his brightness, his sport and academic achievement, the exuberance of his life that seems to dull the confinement she experienced in her own life. By him being so alive, it could lessen the persistent fear that she is not living her life to its full extent, that she just exists. And the incarceration of marriage and two beautiful children can seem enticing, durable and liveable.

My Grandfather ties me to a table leg

In hypnosis she is regressed to her being a three to four-year-old girl. *"My dad dumped my mother, the baby and myself on the farm with my grandparents. I had to look after the baby," she shares in a soft voice. "My grandfather ties my leg to the table so that I wouldn't go off ... so that I would look after the baby."*

"Why didn't your mother look after the baby?" the therapist asked. "I don't know ... all I know is that she was sick all the time." The therapist prompted her by stating: "I don't want to look after the baby, therefore I am..." "I am bad because I disobeyed; I must be something bad for them to disapprove ... That old farmhouse. What did I do wrong except not wanting to look after that baby. What was my mother doing!?" "What clothes are you wearing?" the therapist asks in an attempt to get her to focus more on the situation. "A little dress with flowers. Broekies to match. No shoes. My hair is hanging in rat's tails." "What emotion do you feel?" "I just want to know why? When I asked why I was told to shut up. Why did I have to bring up my siblings? Why did I have to look after my siblings? I am sad. I just want to get away from it. It's not nice on that farm. Everybody is always angry. I see that little baby brother. I don't want to stay with him. I want to run outside with my grandfather. He tells me a million times: 'stay with the baby.' Then he took an ox-rope and tied my leg to the table so that I would look after the baby and not run on the farm."

The therapist encourages her to express her needs to her grandfather, because if we don't learn to express our emotions, we become masters at repressing our feelings which, in its turn, leads to depression. *"Oupa, can I come with you to the stables," she begs in a pleading little girl voice. "Can I come and help you pick mealies? Can I feed the lambs and the calves that's on bottles?" "But he just shouts at me: 'Look after your brother!'"*

"How do you feel about it?" the therapist enquires. He is attempting to get her to connect with her feelings as she has learnt not to feel during her childhood, to numb her feelings, to dissociate. And we all do it, to a lesser or greater extent. It protects us from becoming emotionally flooded and thus paralysed.

"I feel belittled, like an animal. Even the horses were tethered. There were dogs tied up. I am deservedly belittled. I promised myself I am going to stop asking why." This becomes a life blueprint – she decides to accept her fate without questioning it. "I would love to be outside. I would love for mommy and granny and

granddad and the baby to come and walk outside with us. And feed the calves and the lambs with the bottle outside."

The therapist prompts her subconscious conclusion by stating: **"My grandfather ties me to the table because..."** She hesitates a moment, her eyes brimming over with tears, **"Maybe you hated me. Why did they hate me like that?"** She added: **"I am a hateful child, that's why they hate me like that."** The therapist prompts her to obtain an understanding of the subconscious decisions that she made by saying: **"I am a hateful child and therefore I decide to ..."**

"Just accept it; they had to be served all the time. I had to bath the children, put them to bed, make the table, clear the table. If I didn't do that, I would get a hiding. I have to be obedient, I have to get their approval, I must do what I am told to do, because I wanted to feel wanted."

Manifestation in Life

Her subconscious decisions thus translates into her denying her own needs to explore her childhood world, to run free, feed the greedy calves with a milk bottle, and just be free to be a child. But because she wasn't allowed to do that, she got stuck in her exploration phase, and found her self-worth through serving others. Because of the age at which the pivotal life disturbance occurs, during the exploration stage, and because of the repetitive, relentless nature of the onslaught on her freedom, she gets and remains stuck in her exploration stage. In the present she re-enacts the pattern of being prevented from doing what she wants with her life, manifesting in different areas of her life:

- Her daughter and son-in-law want to emigrate to the USA with her grandchildren. She is happy in SA and feels that is forced to do something she does not want, feeling trapped.
- She signed over her house and property to her daughter and now lives in a granny flat on her daughter and son-in-law's property. She feels trapped in this situation as she has limited privacy with her grandchildren coming into her area uninvited.
- Her dream is to have her own little cottage by the sea where she can walk free, swim with the dolphins and enjoy her life. Due to financial constraints and her daughter feeling it is too unsafe for her to stay far away from her family, she remains trapped with her daughter and son-in-law.

Swimming with dolphins

She wrote the following an ode to life after swimming with dolphins on the coast as, thanking the psychologist:

I woke at dawn on the first Monday morning of 2002, for a visit to the local Marine Research Station and a rendezvous with the dolphins. Anticipation made it difficult to concentrate on instructor J's do's and don'ts. The cloudless morning is eerily quiet, the silence broken only by the boat skimming over the water, even the waves seemed to have transformed into mere large ripples. I sat, staring wide-eyed at the fast disappearing coastline. The view from the ocean gave it an unfamiliar landscape, as though it belonged to a different place in a different

time. With no perception of the distance travelled, we arrived at an unnamed secluded bay and lowered anchor. The boat started rocking violently when numerous, larger-than-life, blue-grey dolphins leapt out of the water, apparently recognizing and welcoming J, who promptly jumped in amongst them. A staccato of voices, mixed with sedate largo tones broke through the surface, as though conducted by someone other than human, and I thought, was there ever such music to the ear? I became mesmerized with the scene just below the surface. Like a beautifully-choreographed ballet, they rhythmically anticipated their human contact. With a gentle breeze on bare skin, and an urge to experience and participate, I slipped as gracefully as possible over the edge of the boat. In a few short seconds, with their attention diverted from J, I was surrounded by the most beautiful smiling mammals; even their eyes seemed to dance with pleasure. Half submerged, I extended a tentative arm, a most elegant dolphin left the group to nudge my hand and, ever-so-gently, with feather-like touches, seemed to caress and plant kisses everywhere. Not knowing whether this Godlike creature was a male or female, I said, "Hi Turciops, I'm F". Just then J surfaced and whispered that it is okay to accept the invitation. Oh! To swim with the dolphins is just too magnificent to articulate – such a high esoteric level, to be of this world and to feel as one NOT of this world. Please tell me **why everything can be so alive, with so much energy?** The self trust to appreciate the love of nature, for **always wanting to grow and venture.** Just to be -- ? My self-appointed dolphin never left my side, it allowed me to hug it as though neither of us wanting to let go! It allowed me to let go of the holographic and conscious mind, and just play. With the absence of malice, I could have followed to the bottom of the ocean. How can there be so many different concepts of pleasure? Because each interaction begins just to end, it was soon time for the dolphins to leave with the receding tide. Weary-limbed, back on the boat, the midday sun mercilessly beating down; I got scolded by J for not having a hat! He then unceremoniously proceeded to tie a bandanna on my head, and laughingly produced bottles of drinking water. In the mystical tranquillity of the moment, I remembered you once talked to me about "ships passing in the night" and wishing you were here to tell you that even in bright sunlight it can evoke the same feeling of sadness. Back on shore, I could only try to express my gratefulness and with a tinge of sadness J acknowledged, because as a soon to be Marine Biologist, he will have to leave his group of studied dolphins. That was also the last day he would follow them to their feeding – "grounds" – his words, not mine! Standing quietly on that beach, with a feeling of oneness and of separation, the affirmation of the treasure every moment can have, **I felt like an unlimited individual** with a reservoir full of beauty and dreams.

Today I freely, Breathed every flower,
 Flew with the birds,
 Swam with the dolphins,
 Stood in awe of a whale,
 Wondered about the smallest shell of the beach.

The gift of giving myself back to myself. Thank you, Ian.

4 CONCLUSION

In Part Four of this series we will discuss the formation of the **hypnotic blueprint** during the **identity stage**.

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HERE FOLLOWS ANOTHER ARTICLE BY TALI ROSEN WHICH REMINDS US OF THE BASICS AND RICHES OF THE IMAGO PROCESS. IT IS A WONDERFUL ARTICLE FOR YOUR CLIENTS AND YOURSELF TO READ, AND MANY OF YOU WILL ENJOY THE INSIGHT INTO HEDY AND YUMI'S RELATIONSHIP, WHERE THEY STARTED AND BY USING IMAGO TECHNIQUES BEING WHERE THEY ARE TODAY.

Through this lies Happiness
by Tali Rosen

www.hedyyumi.org/articles/isrnews.html

If you've felt like you've hit a dead-end in your marriage. . . If you've asked yourself whether you have really chosen the right partner . . . If you've dreamed about love and happiness in marriage and instead you've succumbed to 'reality' . . . then the next pages present a new angle at looking at your relationship. They are based on a method of treating couples that is proving successful for many.

The theory behind the method says that each of us finds a partner who requires that we reveal and reclaim our whole self. That partner becomes the healer of past pains. Couples in which one partner is a mental health professional have participated in this workshop in Israel and told me about their experiences. *Getting the Love You Want* is not only the name of a book. And in order to find love, it is not only enough to read it, but it is definitely a beginning.

Harville Hendrix, Ph.D., author of *Getting the Love You Want* and *Keeping the Love You Find*, maintains that everyone can create a healing, loving relationship, often without ongoing therapy. The refreshing discovery is that his method is not just an interesting theory. It is a practical system with skills to practice and worksheets to assist you. It is possible to try to do the exercises in the books. But it is easier and more effective to learn the method within the framework of a workshop. The workshop is not lectures, not therapy, not group work, and not a cult! The workshop is a time and place in which you work, with the assumption that through working, you will move forward as an individual and as a couple. Hedy and Yumi Schleifer, she a psychotherapist and he an aerospace engineer and businessman, conduct

workshops using Hendrix' method. The Schleifer's arrived in Israel bringing the Hendrix 'toolbox' with the intention of teaching us how to use it.

The Mission of Marriage and Romantic Attraction

The basic assumption of this method says that marriage not only has a goal, but it has a mission. The mission is to help each other to heal the childhood 'wounds' that absolutely everyone carries within.

Childhood wounds not only include obvious hurts, but all of our childhood needs that were not filled.

Each of us has wounds. You do not have to have been abused or neglected to be wounded. Even a

happy childhood carries wounding. "Children," said Freud, "are creatures that are never satiated, and

there is no parent in the world who can react perfectly to the changing needs of the children."

Dr. Hendrix maintains not only that the origin of our frustrations as adults is actually tied to unfulfilled

needs or other hurts in our childhood, but that choosing our partner is a consequence of our unconscious desire to heal or repair those wounds. "Our unconscious seeks the person who, on the

surface, looks the least capable of giving us what we need most, primarily because that person is very

much like our parents or other childhood caretakers," explains Hedy Schleifer.

Yumi gives an example: "My father was never home because of his business. My mother was a nervous

woman and I had a very intelligent aunt who treated me as if I were her student. When I was looking for

a partner, I had, of course, a list of what I wanted. She should be beautiful and smart and many other

things, but an important part that actually determined my ultimate choice was my unconscious that was

looking for someone who resembled my childhood caretakers. My unconscious looked for someone who

would not be at home all the time and who would want to be my teacher. This is what I knew from the

past. I knew how to cope with someone like that, and from exactly that kind of person, I wanted what I

did not get as a child. I wanted the love from somebody who was away all the time, and that was one

thing that was so difficult for me in our relationship. I still wanted from my parents what they (and then

my partner) were not able to give me."

The 'Old Brain'

Yumi, of course, was not conscious of this process while he was courting Hedy. Dr. Hendrix says that

none of us are aware of that process because it comes out of our 'old brain', our unconscious. To

differentiate, what we call the 'new brain' includes the part of our brain that is conscious, that makes

decisions, that thinks, that organizes information, and creates ideas. The old brain guards our existence

and monitors our environment, inside and out, in order to insure our survival. It recognizes only two

conditions, "danger" and "safety." It is like a sensitive radar system that signals the alert. Its goal is survival and it will not take unnecessary chances. Like in war, an airplane that has been identified as a dangerous enemy will be attacked. An airplane that is determined to be safe, and identified as an ally, will be granted permission to enter our air space.

What Is an 'Imago'?

The old brain recognizes the sense of safety and security from those people who took care of us and influenced us from the moment we were born. Every one of us carries within, a picture or image that is actually a combination of the positive and negative characteristics of all these people and their attitudes toward us. (This image is called the "imago") Romantic attraction, falling in love, depends very much on a potential partner's conformity to that image. The moment we meet somebody the old brain lists and checks to see if the characteristics of this person matches what we already know. If there is a fairly close match, there is a chance for the relationship. The chance of 'falling in love' grows proportionately as the conformity of the partner to the unconscious image increases. "And why," says Hedy, "does our unconscious look for and find the person, who to the conscious mind, appears as if he or she least likely fits our parents and yet is likely to least able to give us what we are looking for? It is because the image that we hold inside consists not only of the positive qualities of caretakers, but also of the negative that we have experienced. At first glance, it looks like a trap: Why should we go again to those places that hurt us? In a logical, conscious choice of a partner, we were supposed to look for those who could compensate for what we didn't receive from our caretakers - certainly not for someone who would act just like them! For example, if a person was wounded through parents who were not reliable and trustworthy, you would think the person would look for someone that they can easily trust. Someone who had a parent that was very overprotective would look for someone who would allow them freedom. But that is not what happens. The process of choosing our partner is governed far more by the unconscious.

Incompatible? -- Celebrate It !

According to Hendrix' theory, what looks like a trap, becomes a saving grace. When you learn new skills, it is precisely with that partner who seems most incompatible and who seems to re-wound you over and over again, that you both can learn to give your partner exactly what he or she has yearned for since childhood. This is part of the power of the method: by learning what our and our partner's childhood wounds are, we can then re-image our partner, learn target-specific things we

can do and
say, and can become mutual healers.

Hedy, in speaking about some of the healing that has occurred in her own relationship by using Hendrix' tools recalls; "When I began my practice as a psychotherapist, I was very busy. All of a sudden, for Yumi, it was as if I had disappeared. Once, when Yumi was coming in the house, I was on the telephone. He was terribly offended by this. Of course, it wasn't the telephone that caused his anger. My action triggered all the feelings of that lonely child of the past. With the new tools we had learned, he could not only talk with me about this, but also give me a whole new understanding that his anger and frustration was not a personal attack against me. This is a small child who keeps terrible feelings of solitude and loss inside him. So we then agreed that if the marriage is a mission, and my mission is to help heal those childhood wounds, I would gladly give up the phone when he arrived home. If he came home and I was on the phone, I would quickly finish the conversation. Yumi would go outside and come in the door again, and I would give him a genuine, warm welcome that he had never received as a boy. The interesting part is that when you start to receive this kind of attention, the wound gradually heals. At one point, he simply said, "OK, I think that's been enough for me. From now on, if you want to talk with someone, go ahead and continue the conversation."

Reclaiming our 'Lost Self' in Our Road to Wholeness

Moreover, our selection of our partner is not only meant to heal those wounds, but also to help us reclaim parts of ourselves that seem 'lost.' We will also look for someone who completes what seems to be missing in us. "Basically, we are born and live as energy expressing itself," explains Hedy. This energy is expressed in four basic ways; through our thinking, sensing, feeling, and acting. Each one of these channels of expression is equally legitimate and important. However, in the process of socialization, when our parents, teachers, and other adults (or institutions) gave us messages that told us who we were to be and how we were to act, some of this natural expression of our energy was blocked.

"When you tell a child things like, 'Don't touch your body,' 'Don't feel angry', 'Don't be so emotional,' 'You think too much,' or 'It's not lady-like to be athletic,' part of our natural expression goes into hiding. If you tell a quiet girl that she is being a good girl because she's not making noise, the message she gets is good means quiet. If the girl is energetic and spontaneous, this becomes even more of a problem. Such

a girl finds herself with a caretaker who does not want to be connected with her, puts her in a corner, and says, "When you calm down, we will talk with you." She learns that being herself, expressing herself, is not OK. Instead of being nurtured, while being guided, in her way of expression, she learns to hide or repress her natural energy and spontaneity.

"During the time I was growing up, I was told, 'Don't be too smart or you will never find a husband.' And so I learned to block my thinking. Of course, who did I look for? Someone who has brains. My unconscious immediately saw this in Yumi and it was as if it said, 'Ah, here is my missing part.' With Yumi, it was an identical process, but in the area of feeling. In his home, they used to say, 'Don't cry, don't be so sensitive.' And what did he see in me? Warmth, sensitivity, and bulging emotions." We are not conscious of the process. We just feel complete, as if two halves make a whole. Hendrix says that we really find the one that will demand the we complete ourselves, that we reclaim our natural wholeness.

The Romantic Phase

In the romantic phase, that time of falling of love and 'courting', each person enjoys what the other person has to offer. I enjoyed the fact that Yumi had a good head on his shoulders, and he enjoyed the fact that I am sensitive and feel everything. Afterward, during the next phase of the relationship, the power struggle, the difficulties started at exactly this point. Yumi would say to me, "Why do you have to start every sentence with 'I feel. . .'" "At least once in awhile, you could start with 'I think. . .'. I would say things to him like, 'Don't you have any feelings? You are hard and cold.' It's as if the unconscious hires a person who will demand that we use those very aspects of ourselves that we have had to negate and lock away. Falling in love is part of the trick of nature to connect two people who often appear so incompatible."

The Inevitable Power Struggle

The Romantic Phase is meant to fade away because we don't need it any more. It got us together with the perfect person who will bring all our issues right to the surface. Then comes the second stage, the painful one, the power struggle. This is the stage when you feel like your partner does not, and will not, give you what you want and need, or that your partner is hurting your feelings or doesn't care about you.

For some couples, the power struggle is very intense, and for others relatively mild. But for everyone, it is an inevitable phase of the relationship.

"One way people react to the power struggle is to divorce," says Hedy. "When it feels

impossible to bear it anymore, this seems like the only way to survive. (Another reaction that we see more and more in the United States is murder or suicide of one of the partners.) What many people do, is just 'cope.' Often, these people create what is called a 'parallel marriage': 'You do your thing, I'll do mine. We have to stay together for the children.' Often, these couples will spend more time with friends or the children than with each other. Many people have this kind of relationship that looks good on the outside and is basically dead on the inside. Another way people cope is by creating a 'hot marriage' in which there is a lot of fighting, making up, and great sex afterwards. On the surface, people tell themselves the relationship is OK because the passionate fights and reconciliations stimulate a lot of adrenalin and other chemicals that give the sensation of feeling good.

The Dance of the Hailstorm and the Turtle

"Yumi and I understood intuitively some of these things and we were really a good couple together.

What happened with us was what Hendrix calls the power struggle between the 'turtle' and the

'hailstorm.' Every couple has, to some degree, its version of the hailstorm and the turtle. The hailstorm

wants to talk about things, needs to relate, and projects things onto their partner. The turtle is the one

who withdraws and locks himself or herself in.

Once, Yumi was in his shell for almost two weeks and I went crazy. When I couldn't stand it anymore, I

grabbed him and screamed, 'Enough! Come out of there! I need you!' Yumi just stared into my eyes and

replied, 'I hate you.' Although that was before we knew Hendrix' tools, I understood that the one who had

shouted at me was not Yumi the adult, but Yumi the child. . .the child who had spent long days locked in

the basement. It was as if I could actually envision him knocking on the basement door and screaming

at the grownups that he hated them. And when I recognized that, I had empathy. I felt for him, as if

someone had done this to our small child and I started to cry. Yumi sensed that I wasn't crying because

of the words he had said to me, but because I understood him and cried out of compassion.

The hatred

disappeared and we shared a moment of great intimacy. Over the past three years, because of the

Getting the Love You Want workshop and the tools we have practiced, we have learned to create such

moments of intimacy consciously."

Creating a Conscious Marriage

In order to arrive at this stage, which Hendrix calls the 'conscious marriage', you need to first acquire

knowledge and awareness to become more conscious. Whether we like it or not, we enter

the romantic phase and the power struggle on automatic pilot. In order to create the 'conscious marriage', we must learn and understand exactly what triggers us, what pushes our buttons, what those things are that in a moment turn us into small wounded children. Then we must learn how to help each other becoming a healing person for each other.

The Getting the Love You Want Workshop

And this is exactly the purpose of the workshop. With the facilitators explaining the theory and process, demonstrating the skills and with participants using the worksheets in their manual and practicing the skills with each other, the workshop becomes a safe place where you can begin a new level of your journey in discovering yourself and your partner. There is no group interaction in exercises. Although anyone who wants to share an insight or a comment can do so, no one is required to say anything to the group. The work is done alone and with your partner. At first glance, the exercises in the manual, and even the skills you learn, seem very artificial and awkward. But their structure turns out to be exactly what creates safety. They work.

The work you do in the workshop, together with the written exercises in the manual, is built like a puzzle. At the end, you understand why you chose your partner, why you have the difficulties that you have, what you really want to get from your partner and don't get all without necessarily feeling the pieces of the puzzle come completely together. Each partner starts seeing the other's childhood wounds, and the work is done so that, at the end, each partner sees, in self and other, the needs of the old brain to feel safe and some of the things that can make that happen. As the sense of safety increases, there is less need for one or both partners to seek 'exits' from the relationship.

Exits Escape from Distress

And what is an 'exit' from the relationship? Exits are all those things that we do in order to escape from intimacy. They are not limited to affairs. Exits can also be working excessively, focusing all your attention and time on the children, watching television, spending all your time in community service, using alcohol or other drugs, jogging, hobbies anything that you use to avoid dealing with your partner and the issues in your relationship. When you identify what you do to avoid the relationship, each partner must commit to closing these escape routes, slowly, but definitely.

Working To Become Safe and Conscious

The workshop, says Hendrix, is only the first stage in the process. In the manual you receive, there is a

program designed for 27 weeks after the workshop, and the process continues for 3 or more years.

Although it seems like a long time, creating the relationship you long for and healing the wounds that fuel conflict take time. It is not magic it is a process and it's worth it. Of course, the healing begins with these first steps and each frustration becomes an opportunity to deepen that healing. While in the beginning it can feel like a rollercoaster of frustration/pain, and safety/love, the process gradually moves more and more into the area of safety. You experience the process of co-creating the relationship of your dreams.

Who Comes to a Workshop?

The workshops are intended for anyone in a committed primary relationship: those who have a good marriage and want to make it even better, those who are having problems in their relationship and want to work toward healing them, and also those who are faced with what seems to be the end of a relationship and want to know if there is any chance of saving it.

Real Love

Through this process, you come to real love, a solid, lasting love," say Hedy and Yumi. "You know who you are, you know who your partner is, and you choose to be together, not because you have to, but because you want to."

Israeli Therapists Attend the Workshop

The first workshops held here in Israel (June 1993) by the Schleifers was aimed at therapists and their partners. They wanted to introduce therapists to an effective model to use with their clients, and to give therapists a personal experience of the model. Therapists are human beings that have their own frustrations and pains in relationships like everyone else. The three couples I interviewed, related to the workshop, not as mental health professionals, but as married couples living their life.

The Yanays: Diving Deeper and Finding Gifts in the Garbage

I can't say that I discovered any thing brand new, but this presented some things from another perspective than what I had known before," said Oraniya Yanay, Ph.D., a clinical psychologist who heads, with her husband, the ADAM Institute for diagnosis and consultation. "It's as if this brought another layer, a different level in the depth of touching the pain I have brought into my relationship. As a small girl, I had the sense of being someone who was invisible in my family, so it is obvious that this was the point at which I would be attracted to my husband, Dov. That is the peak of my pain and the peak of closeness between us. I knew this, but the level of sensing it, feeling it, and diving in to that whole issue

was deeper. And it was possible because of the sense of safety. The climate and the techniques of the workshop are very protecting. They keep boundaries and provide safety. You do the exercise or work with the skill, and then there is someone who stops it so that you don't stay stuck in it. In every skill or exercise, the workshop leaders pay attention and are available to help at all times."

"When people express some of their problems, it is obvious that your problem is another version of ones that most people have," says Dov Yanay. "Oraniya had the feeling of being abandoned, and I am a 'space cadet.' One of the things that drives her crazy is when I forget to arrive on time. It touches those feelings of abandonment." "And the more I have asked him not to disappear, the more he has done it," interjected Oraniya. "In the past I would tell him I need him not to disappear. I asked him to tell me when he is going to be late. But the more I told and asked, the more he seemed to run away." Both of them agreed that the workshop touched them most strongly in exactly those places, the pain of their childhood wounds. "Although we were accessing those wounds," said Dov, "the workshop was not a crying and pain party. There is a nice blend of both the head and the heart. There is a lot of transfer from the unconscious to the conscious, a lot of thinking, and a sense that you are moving and putting things in order."

One of the most exciting experiences for the Yanays was an exercise that is very positive and joyful. Oraniya described it; "This was an exercise where you 'flood' your partner with your admiration and love. Dov was sitting and I was walking around him, almost like in a Polish wedding, and I told him things that I love about him. I started with 'I love your eyes' and proceeded to tell him what I loved about his body and physical appearance. Then I went on to what I love about his character and about his behavior. I told him only those things I love. Other people in the room were also doing it with their partners at the same time. There were people who cried and people who laughed. I became very emotional, both when I was giving and receiving. It was a very special experience that I had never done before."

Dov and Oraniya left the workshop optimistic because of one its claims; "the part of your marriage that is most messed up can also become your greatest healing and your greatest gift, on one condition that you learn how to change it from atomic energy that destroys your partner and your relationship into solar energy that provides new light and warmth for you both." Dov said that his sense of optimism came from the fact that "you learn practical tools that help you find love and to transform even the junk into a positive source of change and healing. It's as if I need to say 'thanks that I have an SOB

that pushes my buttons, because through that person maybe I will reach something better my healing and my whole self."

Now, a few weeks after the workshop, the Yanays aren't rushing to commit yet to the process. Dov said,

"I am not ready yet to make the commitment to the entire process. I've bought into the system at the idea level, because I can see the pluses of doing it. It's as if somebody tells me that if I lose 20 pounds and exercise, I'll feel great. I know that is true, but it doesn't mean that I've started the diet yet, or that I've committed to a program of exercise!"

Oraniya said, "I'm ready to make the commitment, but being 'ready' isn't actually making it. It is difficult.

I'm not giving up on it, and I'm also not completely willing to give up on the junk in myself and my relationship. I'm used to it! However, it is not as easy as it was before to come home and start fighting.

Now, I really want to sit down and do a dialogue. A good partnership is an investment of time and

energy and the way to freedom is often much more difficult than the way to slavery! We are trying to use

this method. Many years ago, I committed to work on my marriage and my relationship with my children,

and even with my friends. To me, it is very important for me to be more open, more receiving, more

caring, and more willing to be cared for, but this is very difficult for me. It is not difficult to find an exit! We

both have careers, we both love our work, and it is so easy to plunge right into it instead of doing the

work of our relationship."

The Basic Dialogue

The couples interviewed had practiced primarily the 'couple's dialogue', a basic tool that they learned in

the workshop to help provide both communication and safety.

In principle, the dialogue is a simple and somewhat artificial technique. You set a time for this dialogue,

rather than constantly react and attack your partner every time a frustration occurs. Then you talk about

the issue within the safety of a fixed structure. The technique seems basic, but is more difficult to do

than it appears. The basic dialogue process is as follows:

- One person talks about his or her frustration.
- The other partner listens and mirrors what he has heard. The mirroring is repeating back the words of your partner without expanding, reducing, or analyzing. You repeat back precisely the words you heard, without paraphrasing.

This prevents a distorted understanding of things and makes the person feel truly heard without the

listener injecting his own thought and feelings about the issue. You have your partner's full attention.

- If the listener makes mistakes in the mirroring, or leaves something out, the speaker corrects it until it is heard precisely.

- When the speaker finally answers "no" to the question, "Is there more about that?", the couple proceeds to the next step of the process, the validation.

This step lets your partner and you know that you have understood. Understanding and validation does

not mean that you necessarily agree with what has been said. It simply makes sense to you from your

partner's perspective.

- You, the listener, tell your partner that what he or she is saying makes sense and you tell why.

- You then guess how your partner must have felt or must feel. The focus is on the original speaker, not

on your own feelings and thoughts about the issue.

In the beginning, it sounds stupid to have a disagreement "by the book", but you soon internalize the

dialogue and other tools and it becomes more natural. Although they appear deceptively simple, the

dialogue and the other processes work effectively.

Two weeks after the workshop, Dov and Oraniya said that the technique of the couple's dialogue is

simply "overwhelming" in its effectiveness. It is structured, it feels artificial for awhile, and it seems

dumb, but it works. "If we say, 'Let's have a couple's dialogue right now while the sparks are flying,' the

results have always been satisfying," said Dov. Oraniya added, "When you are very angry and you ask

for a dialogue, preferably right away, you can say what you have to say. Your partner, because he has

to mirror like a parrot, cannot be occupied with himself and he can't ignore or hurt you at the same time!

To ensure success he should mirror me accurately, and then he also has to validate and to move into

empathy. Experience shows me that in the end, your issue is diffused, and you feel your partner has

understood what you were trying to say. No doubt, this increases the sense of safety."

The Naamans: Expressing Rage and Discovering Wounds Through Rage

Chaya Naaman, a clinical social worker, and her husband, Meir, a medical and clinical psychologist,

also came from the workshop with great hope. "It is true that the road is difficult, but as therapists, we

know how much every change and improvement involves strenuous work and optimism. In this method

too, we talk about hard work that is sometimes painful, but sure enough, we expect positive results fairly

quickly. We can see the light at the end of the tunnel - and we know it is not an oncoming train!"

Dr. Naaman said, "In the book, Getting the Love You Want, the optimism and hope also

emerge. The bad news is that each of us chooses our partner according to an unconscious road map that leads us to reconstruct childhood wounds. On the other hand, the good news is that our partner has the potential to become the best possible person to help heal those same wounds." As professionals, the Naamans stress that a workshop cannot take the place of therapy in many situations although your partner can contribute to your healing. "You have to remember," said Dr. Naaman, "that your partner can't have the emotional distance, the objectivity, the professional tools and motivation that a therapist has, all of which are important for real treatment. For a partner who is stuck in his or her childhood wounds, the mutual stimulus can be very difficult and express itself by remaining stuck in power struggles." Chaya added, "The workshop doesn't take the place of therapy, because according to the theory, the place of healing in this method is through those friction points between the partners. There are other areas that you need to discover. As a parallel to therapy this workshop can help a lot. Hopefully, people will persevere using the understanding, vision, and tools that they learned in the workshop and will not need therapy.!"

The workshop deeply touched the Naamans personally. "I had a great experience in accessing my own wounds in a powerful and intense way and in meeting the child inside Meir," said Chaya. "We are very close, and we know each other's history inside out, but still, the way things were done and the new perspective was special and renewing. The depth was different than in other times."

The Naamans volunteered to be a 'demonstration couple' during the workshop to enable the leader to teach the group a particular skill. Meir admits that despite the fact that they were doing the exercise in front of the group, they were able to get right into it. The skill that was being demonstrated was resolving rage. Meir was the one working on his rage and was encouraged to do it with full intensity, raising his voice to help him feel it viscerally. Chaya's task was to create a safe 'place' for herself, and receive the anger, understanding that the one who was expressing his rage was the little child in Meir. In the second stage Meir could express the deep pain behind the stored up anger. He spoke of what it reminded him of in his childhood "and this was deep and serious," he reported. "People in the group reacted strongly to seeing and hearing my pain. Even men came up after and hugged me, not only the therapists in the group, but even those who were not professionals."

At the end of the workshop, on the way home, Chaya and Meir stopped in a coffee shop and made a

commitment to themselves to continue the process. The support group they organized was an expression of that commitment. They thought that support would be very important in holding onto and continuing what they had obtained in the workshop. In the first two weeks after the workshop, and at the beginning of a new road, they took upon themselves small commitments to "do something different" in their relationship. The workshop stresses beginning with small steps to ensure success.

They have kept those commitments and Meir says, "Although at first glance, these things we agreed to do seem small and simple, they contribute to the climate of our relationship and to the basic awareness that we are working together to improve, to deepen, and to enrich our partnership." Chaya added, "It also gives me a feeling of satisfaction, like I am doing a good deed."

At this stage of our conversation, something interesting happened. Chaya said that Meir's request of her was to ask once a day for two weeks whether she had angered or annoyed him. Meir said that he had requested her to ask, on purpose, whether he had something to tell her or to share with her. Meir then went on to explain why, according to his version, why he had requested only that she ask if he had something to say. "Sometimes," he said, "in the fog of arguments, your partner is not listening. So, when you want to tell them something painful, it is likely that the things will be dissolved if they are listening. So it was important to me that I would have a place and time in which I could express myself fully, and Chaya would be completely attentive."

So what was it that she committed to to ask if he is angry with her, or to ask if he had something to share? One big advantage of this method is that as you make these small commitments to change, you write them in your manual. So when they looked, the disagreement was settled. What was written was, "Chaya commits herself to ask once a day for the next two weeks whether I want to express any anger." "The special request," Meir explained, "was actually about anger, but the goal was for Chaya to request that I share something. Today, the question itself, seems less important. In fact, the very feeling of mutuality contributed to the sense of listening and paying full attention to each other."

Chaya also has the sense of a new level of listening. The very fact of using the partner's dialogue, she says, makes a real difference in the quality of the listening. Now, even if she wants to tell Meir that she is angry with him about being late, or he makes a remark about keeping the house neat, using the dialogue works through the issue much more calmly. Because of the structure of the technique, the one

with the frustration has a sense of safety that he or she will not be attacked by the other person. And the partner who is listening does so, not as one being attacked, but as a healing listener. And at the end, even the fuel that continuously feeds the fight becomes less flammable.

"In order to listen to me, he needs to leave his ground and enter mine," explained Chaya, "and then, any arrows I may shoot as I say something, do not reach his ground, but stay in mine. And the moment he repeats back what I have said, my anger diminishes because I know he was listening to me."

The Kanfis: Nurturing Partnership

The third couple interviewed, Lily and Joshua Kanfi, married "happily" for 30 years, never had a problem in the sense of togetherness, sharing, or loving. They were optimistic even before the workshop. Lily manages the judicial chamber of WIZO (a government agency) in Ashdod and does some family counseling. Joshua works as a manager of a fuel company.

The Kanfis read *Getting the Love You Want* before they went to the workshop. Not only did they read it, they also took a day off from work to do all the exercises. Lily signed up for the workshop because she thought it would help her a lot in her work. Joshua said that if it would help her, he would go along, even though he didn't understand why they needed to go.

After the workshop, Joshua said that he felt better because it affirmed that they were on the right track.

"This is truly exciting and enjoyable," he reported. In his point of view, the best part of the workshop was that it seemed to tie together in a systematic way, things that had seemed natural for him before.

Joshua commented, "By nature, I am not an aggressive person. If obstacles appear above and beyond the usual, I give up. Throughout my life, I saw my friends succeeding far more than I was. I couldn't

understand why I was not more of a go-getter. Only at the workshop did I understand that my father was

exactly the same way I am and that Lily is completely the opposite. She is very competitive." "But,"

interjected Lily, "as much as he is not competitive, he was always the one who told me all along the way,

'Don't give up, continue on!' All the time he encouraged and pushed me."

Both could easily find those points in which they complement each other and ask for those same things

from their partner. Lily came from a large, warm, supportive family. Joshua came from a very small

family in which it was not acceptable to touch one another. In Lily's family people touched all the time.

Joshua is an introvert, Lily the extrovert. And both are calling forth the 'lost' qualities in each other.

Joshua is learning to show his feelings, and Lily is learning some restraint.

They had difficulty in one of the exercises exploring childhood wounds. Even though they tried to look for them, they could not find much. Later, when Joshua was doing an exercise in which you ask your partner for specific behaviors, Joshua asked Lily to stay next to him when he watched football on TV in the evenings. At the time of the request, it made no sense to Lily why he asked that. They often sit together to watch TV. It was true, that when football came on, she often found other things to do. But because she wanted to learn new ways to become a healer for Joshua, she agreed to that request. "As I started doing it," Lily related, "I found first that because he loves football, he wants to share it with me. What I also discovered was that when Joshua was little and came home from school wanting to share exciting things with someone else, he had no one because his mother worked. His feeling of being so alone and isolated in front of the TV came from that experience."

After the workshop, Lily and Joshua did not feel that they needed a support group. They continued doing the exercises and using new skills on their own. At the end of the workshop, both had a strong desire to see their parents and say "Thank you." "I always thought I had wonderful parents," said Lily, "but when we left the workshop I told Joshua I had the urge just to go and give my parents a kiss. When we arrived and my mother came out to greet us as usual, I started to cry. She didn't understand, but she hugged me and I felt so grateful for the way she had raised me."

"Love and partnership," said Lily before we parted, "is like the beautiful plants I have in my living room window. You need to water and fertilize them so they can bloom. There are those who know how to do that by themselves. But most of us need to learn how to get the love that we want."

INTERNATIONAL CONFERENCE IN 2007

The international conference in Austria in October 2007 is rapidly approaching and a number of us will be attending the conference in Vienna. If you are attending, let us know that we can meet together in Vienna. The presentations look outstanding and Vienna is a wonderful city to visit. So perhaps re-consider and join us!

Ian Opperman will be delivering a paper at the conference that will relate to the articles he has been presenting in this newsletter. These articles have been enlightening providing thought provoking insights

into the power of Imago and using with other therapeutic skills. This is a wonderful opportunity for Africa to bring new insights into the Imago paradigm. So go for it Ian. Another good reason to attend the conference.

Imago Africa Training News

Jette has done the first sessions of the Workshop training and by all accounts it has gone well. If you want to know any further information regarding training contact Kobus van der Merwe, who is the Imago Africa Training Co-ordinator. Kobus can be contacted as follows: e-mail: kobus@ident.co.za For full details of all the Imago Therapists Educationists please log onto www.imagoafrica.com

From the editor

Here we are in August, with the year flying by. The Imago Workshops offered by those already trained are doing well, and it is going to be wonderful to have further workshop presenters training so more weekends can be held. It is also good to have someone training from Cape Town so there will be a Capetonian to present in the Mother City. Namibia is also soon to have their own qualified workshop presenter. It is really exciting to see the growth of Imago on this continent and to know we have competent and powerful therapists and workshop presenters. Imago Africa is growing and the healing process of couples with it.

Our relationships are gifts provided by the universe for a safe place where we can heal our pain of the past. Often it does not feel safe and we tend to cut ourselves off from those we love most. By doing this we just allow for similar patterns and hurts to reappear in other ways in our lives and relationships. Our present relationship though gives us the opportunity to let go of the past and our pain and discover our authentic self in its fullness. We just need to take and work with the gift the universe has given us that we no longer have to live in the pain. We need to take responsibility for our own healing. As therapists we are in a very privileged position to mentor others to a point where they can move beyond their pain and discover the richness of who they are. They grow into healthy and responsible adults who are prepared to deal with their hurt. In that sense we have a double gift. What a humbling place to be in. So continue with your good work as you move into your fullness.

Please feel free to send in articles and comments on the newsletter. They are welcome and it will help our newsletter to grow and become

more informative.

In love and light Eleanor.