

## FEBRUARY 2012 NEWS

For many of us, February is LOVE MONTH. Valentine's Day comes and goes, relationships come and go and I suppose so do short and long term relationships.

Now, I am the last person who can call herself an "authority" on relationships. As at age 52, I find myself not so happily single but very happily peaceful and in the most amazing space to get to know the menopausal me that has always been part of me but yet such a foreign part of the person I know as me.

As I looked at the end of a really "committed" and long term relationship, I alas also coerced to look at myself, my ex and most of all my life forwards. Of course the initial response is to "replace" the person (which men seem expert at doing often to their detriment) but woman generally, although not always, seem to be a bit more conservative in this regards irrespective of the instinct that nature has given us to "fill a space of lack or emptiness". The natural law of nature abhorring a vacuum is alive and well and living in each one of us.

Then at some time common sense prevails. Nature calls it "energy follows thought". We realise that we are so much more worthy than our past and we move into "we only want what we energetically deserve".

So, enough about the negative aspects of relationships and their ending. Let's look at what I believe is what we need to make relationships work.

Two books that I read stand out for me. The wisdom on the pages shouts out at me whenever I spiritually mentor people regarding relationships. Before I mention these books, I ask that each of us (within relationships of ANY kind) that may see ourselves as "victims" of anyone ... look again. Dig deep inside and find the answer. I ask you to look at the wonderful work of Sue Choy and Stephen Karpman in this regard. I am more than happy to write about Transactional Analysis in more detail in future newsletters if you request me to do so. For now, if you are feeling like a "victim" or "persecuted" by another, just know that you are setup for failure. (Yip, by yourself.) If you have managed to get yourself in a relationship where you are rescuing another ... same scenario, failure. All three of these states (Persecutor, Rescuer and Victim) lead to disempowerment of self and others.

Now in a summarized version, I ask you to look at that which two authors have written about relationships. Their needs and most of all their survival aspects.

Of course, it would be simplistic to say that the following only applies to intimate relationships so please do see the information in this newsletter in the broadest sense of "relationship".

Dr Willard F. Harley, in his book called "His Needs, Her Needs", lists the 5 most important needs for men and woman in intimate relationships. See the table in order of importance ...

### Men

Sexual fulfilment  
Recreation companionship  
Attractive spouse  
Domestic support  
Admiration

### Women

Affection  
Conversation  
Honesty and openness  
Financial support  
Family commitment

So when I look at these lists, I actually realise why we see divorce statistics as high as they are, why people find relationships so challenging and why so many people are continually disgruntled by their partners.

This is a book based upon years of research and certainly bears deep contemplation should we be embarking on a new relationship or want to rekindle the fires of a flailing relationship.

He also speaks about the “love bank” concept. He states that when we meet and fall in love with another, our “balance” in our love bank is 100%. Then over time, this balance declines and fortunately improves depending on how we fulfil or not our partners 5 most important needs. Sadly, he mentions that when the love bank becomes too depleted, we reach a space of no return and hence relationships end in a not so pleasant way.

Another bit of information that made me sit up and think, was that he says, “A healthy relationship requires a minimum of 13 hours of pure one-on-one focus per week. In other words, no TV, movies or joint gardening etc. Just time together with no interruptions or outside influence. The only exception is having a meal together as a couple. Well, this certainly was never the case in my relationship. And I urge you to take note of this man’s wisdom.

The other book I refer to is “The 5 Love Languages” by Dr Gary Chapman. Dr Chapman’s experience told him that we all have a certain primary way of expressing and interpreting love and that interestingly, we seem to choose partners that speak a different love language. Now, once we know our partners or potential partners love language, we can invest in that language and therefore ensure that the love bank remains full. The 5 love languages, as identified by him, are Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service and Physical Touch.

These languages are pretty self explanatory so I will not go into each. My questions to you are, do you know your love language and that of your partner and, as importantly, does your partner know yours? This all boils down to effective communication.

So, to those of you in relationships, please do invest in that love bank and do all you can from your side to keep your partner happy and fulfilled. I think the phrase “givers gain” says it all.

And for all us single people, I say, “Do everything in your power to fill your personal love bank and may this year, known as the Year of the Magician, be filled with magic all around.”

Love and light  
Debbie