



# Midwest NLP Monthly Muse

August 2005

Volume 18

*"Act as if what  
you do makes a  
difference. It  
does."*

*~William James*

*Work like you  
don't need  
money,  
Love like you've  
never been  
hurt, And  
dance like no  
one's watching.  
-Author  
Unknown*

## IN THIS EDITION!

- Intro: Welcome To Issue #18!
- Article: An Ideal Relationship, What do you want?
- Tools: Sharing, Requests & Questions, a tool kit.
- Book Review : Getting the Love You Want
- More! Fall Midwest NLP Events
- More: Upcoming Local Events

## Welcome to Issue #18

Welcome one and all! In this issue I focus on relationships, those relationships that mean the most to us, romantic partnerships, intimate relationships, those connections that stir us so deeply that sometimes we encounter parts of ourself that we were not aware of, that we may not recognize, but surly are a big part of who we are.

### *What do you want in relationships?*

During the first article I raise some opinions and questions regarding the significant relationships you are in. I invite you to write me or join in and write to me about your answers or opinions to any of these questions. I also invite you to join in on the free monthly call to answer these questions. ! On the call we will get into more detail and I will also offer a few more suggestions on how you can get more of what you want in your significant relationships.

The second section is a small 'tool kit' that you can use immediately in your relationships today! I also offer a complimentary relationship coaching session if you would like a bit of practice in using the tool. The final section is a book review on the topic of Getting the Love You Want. This book is very different than my own: "*Getting What You Want: The Art of Living On Purpose*", while mine is a practical guide designed for immediate use, Harville's book has a psycho-dynamic slant providing his views and insights from that framework (Both great books!).

I hope you enjoy this issue, answer some of the questions, send me some of your answers and use the information to live the kind of life you truly want!

Namaste

*Jim Accetta* ☺

## Feature Article->

*"Ecstasy is a feeling that comes only when the heart is tuned to that pitch of love which melts it, which makes it tender, which gives it gentleness, which makes it humble." -Hazrat Inayat Khan, The Sufi Message*

*"Control is the ultimate villain in destroying intimacy. We cannot share freely unless we are equal."  
-John Bradshaw*

## An "Ideal" Relationship: What Do You Want?

Love, intimacy, connection. Those very deep, 'states' that stir so many of us, that for some, are just an edge, a flickering, something that you think about, appreciate, as if almost from a distance. For some of us they are states that move us deeply; that create a stirring in our bodies; that flood you with feelings that bring you to smiles, tears, sadness and joy. I have talked about many forms of fulfillment in relationships and suggest this: **really go "all out"!** Letting yourself experience fully is really part of this fulfillment I speak of. I have said that **living in fulfillment is not for the meek**, not for the fearful. If you are one of the many who has let their gremlins take over and "run the show" then you are likely in a space of indecision or in a space of fear, or in a space of stagnation. Is this where you want to be?

### *Are you living in a box, limited by beliefs that keeps you there?*

Or are you living in fulfillment, aligned with your values, making decisions, taking action and putting yourself 'out there' to experience all that this life, all that this world has to offer? Are you moving in the direction of experiencing life fully, with wanton desire and joy? Facing the many fears, gremlins and limiting beliefs that interfere along the way?

### *Are you experiencing life fully alive?*

Too often in our lives, some of us have settled. I too have had many times when I have settled for less than what I truly want, how about you? You may have settled for a certain kind of life, a particular job, boss, friend, spouse, house, car, etc... We have settled for what we consider "good reasons".

### *What are you settling for in your relationships?*

Now some questions about relationships:

- What do you want in your relationship?
- What is your ideal relationship? Can you currently have that with this partner? If not, what do you want here and now?
- What are you willing to give up? (in other words, what are you willing to "settle" for?)
- Are you getting what you want in your relationships?
- What are you giving what you want?
- Are you satisfied, truly, deeply satisfied?

By answering these and other such questions, we begin to be intentional about what we want, who we want to be and who we want our partners to be in this very important relationship.

What about altruistic love, that unconditional love we may romanticize about, and some (or many?) experience. The love that we may seek that is most akin

*"The time has come when those who choose to stay on the earth plane must agree to having it all. Those who don't are simply holding back those who are willing to have it all"*

*- Brooke Medicine Eagle*

*"Respect...is appreciation of the seperateness of the other person, of the ways in which he or she is unique"*

*-Annie Gottlieb*

to the type of love felt in our infancy, or spiritually, or is it 'true love'? Is it possible in an intimate partnership/marriage to love the other unconditionally, the kind of love without expectation?

### ***What about unconditional love?***

As soon as I/We get in the mix of things, the unconditional love becomes affected in some way by what we want or expect 'in relationship'. Is it possible to take ourselves out of the picture and think only of the other? What if both people have this attitude and are 'all giving'? What is the balance? How can we truly love another and get ourself out of the way? Is it even 'human' and doable to be this kind of being? Is it too altruistic? All people feel the need to be taken care of sometimes. What happens in the relationship when both people feel **and express** this need at the same time?

One answer was articulated well in an article entitled "Jealousy and the Abyss" by William Pennell Rock from the Journal of Humanistic Psychology (Vol.23, No.2, Spring 1983, 70-84)

*"Love cannot be channeled to one object. If you have one love object and channel all your love there, you will be experiencing attachment....If you really love, then you'll experience an overflowing, you will experience a love for all....When you deal with your own relationship with existence...Then you will free yourself to love more" Earlier in the article he states: "If you really love, then you'll experience an overflowing, you will experience love for all."*

This month I pose these questions to all of you, please let me know your thoughts. Take a moment and write to [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) about any one or two questions above.

Let me invite you to join the discussion Wednesday August 3rd at 7pm. Email me @ [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) or call 847-749-0759 for the teleconference number where we will discuss these questions and more!

## **Tools of Communication: Sharing, Questions, Requests**

Recently an associate of mine shared this tool with me. Although simple in form, it is highly effective, and thus I want to share it with you. This format is suggested anytime tension or conflict occurs in a relationship. The most challenging part of this format is that for it to work, the parties must take turns and be in full agreement to practice it as shown below. Once you choose who will start, there are three possible choices:

1. I have a share, are you willing to hear it? Or
2. I have a question, are you willing to hear it? Or
3. I have a request, are you willing to hear it?

*Joy is not in things; it is in us.*

*-Wagner*

*Never do anything against conscience even if the state demands it.*

*~Albert Einstein*

Asking this question allows the other person to choose to be involved, or not, AND it lets that person know what is coming and what type of response you are looking for.

If you have a share, the appropriate response from the listener is to say enough to let you know they heard what you said, that they got your experience. (It is not helpful to respond with their view of the matter, to be defensive, to react, to fix the problem, to agree or disagree. Just let the speaker know they were heard.) The speaker's job is to support the listener by letting them know that they got it, or what they missed.

If you have a question, the appropriate response from the listener is an authentic answer. The listener's answer is treated as a share as described above, the person who asked the question would let the other person know that they heard what they said as an answer to the question.

If you have a request, the appropriate response from the listener is one of four responses: I accept, I decline, I counter-offer, I postpone. Requests are made, willing to hear a no, otherwise it may feel like a demand. Generally, it is better to share what is going on with you before making a request, otherwise it may feel like a demand.

When listening to your partner, if it is not a clear question, or a clear request, then treat what was said as a share.

If you would like a complimentary coaching session in order to put this or other relationship skills to work, please contact me at 847-749-0759 or write [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) to schedule a time!

PS: My associates name is Charles Zook, I will insure you can contact him.

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## **Getting the Love You Want:**

**A Guide for Couples: Harville Hendrix, Ph.D.**

What is a "conscious relationship"? Too often relationships "happen", and we make efforts to change, push and pull yet find it a struggle, or settle for something less... WHY? Because so often we are not intentional about the kind of relationship we want, who we want to be in the relationship and how we want our partners to be with us!

In past newsletters I have discussed the importance of being intentional in all relationships. In his book, Harville discusses relationships from a psycho-dynamic viewpoint, great clarity and sense. Now, I don't particularly promote the psycho-analytic philosophies, but the discussion of how many people are attempting to heal 'old wounds' through primary relationships is insightful and well thought out. Harville adds work and ideas from social psychology, gestalt therapy as well as a strong and long background in marriage and family counseling. A good read and great exercises even if only one of you is willing to work on the relationship, an even better read if used in the relationship for improving and enhancing even the best of couples and partnerships! In part of his summary, he addresses some of the notions of "ideal" or "unconditional

**Upcoming  
local events:**

**While sexuality touches every part of lives, it's sad that this most pleasurable, life affirming phenomenon -- the act of creating our birth itself -- is today tainted with fear, abuse and general negativity.**  
Swami Nostradamus Virat

love” which I will offer in this quote:

“...the conscious marriage...[is revealed] as a state of mind, a way of being based on acceptance, a willingness to grow and change, the courage to encounter one’s own fear and the conscious decision to act in loving ways.”... He then refers to “reality love” “When partners learn to see each other without distortion, to value each other as highly as they value themselves, to give without expecting anything in return, to commit themselves fully to each other’s welfare, love moves freely between them without effort...now love is based on truth.”

The book offers a whole appendix of exercise although for best use, it is best to actually, read the book first ☺

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**Upcoming NLP Trainings**  
**Call 847-749-0759 for early registration discounts!**

**Communication Excellence**

**Saturday & Sunday - October 22nd & 23rd 2005 - 10am-6pm  
Holiday Inn, Skokie IL**

Holiday Inn-Rolling Meadows, IL. RSVP [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com)

Do you want to be more influential? In any situation? No matter what? What would it be like for you to be able to build rapport with prospects or clients immediately, maintain that rapport and use your communication to help them to reach their goals? How do others who are so influential and persuasive do it? In any situation? No matter what?

***NOW YOU CAN LEARN TO BE MORE INFLUENTIAL!***

It all has to do with you we use our own brain—how we connect our language and how we use both our verbal and non-verbal to influence. LEARN NOW what thousands of others have learned! Gain for yourself the insight that allows you to create the results you want in almost any situation!

Register today! Go to <http://www.midwestnlp.com/nlptraining.php> or call Jim at 847-749-0759

**Upcoming Local Events**

**Open Hypnosis Forum: Hosted by Larry Garrett  
of Garrett Wellness Center**

**Sunday, August 7<sup>th</sup>: 1-3pm**

3020 N. Kimball Ave. Chicago

If you’ve not been to Larry’s, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and

friends and associates with purely an interest in learning more about hypnosis as well as some their just to socialize with kind people. For more information, write Larry at [Mesmer1@aol.com](mailto:Mesmer1@aol.com)

## **Toastmasters Coaches Elite**

**7-9pm**

**Wednesday, August 10<sup>th</sup>**

**Wild Oats Market, Ogden Ave. & I 294, Hinsdale**

Do you want to:

- Learn or practice your ability to speak in front of groups?
- Become comfortable with developing varied presentations?
- Enjoy networking with other coaches?
- Like to have fun?

If you said yes to any of these, then Toastmasters coaches Elite is for you. We meet on the 2<sup>nd</sup> Wednesday of every month. Join us once and experience the fun for yourself! Contact [jim@trulyhumancoaching.com](mailto:jim@trulyhumancoaching.com) for more information. Or see [www.chicagotoastmasters.org](http://www.chicagotoastmasters.org) for a Toastmasters group near you!