

HONOURING OUR TEACHERS **by Marlene and Bob Neufeld**

We wanted to take this opportunity to honour the major influences we have had in the past 5 1/2 years since we have gone into private practice as couples' coaches/therapists.

Drs. Gay & Kathlyn Hendricks and the Foundation for Conscious Living (www.hendricks.com): We first heard of Drs. Hendricks from their book *Conscious Loving* which we used extensively from 1993 to 1997. In 2002, we created an opportunity to do 4 days of live training with them in the area of conscious loving relationships. We were so impressed by how they lived what they taught and by the vibrant community of apprentices that they had attracted to them that we jumped into an intensive apprenticeship program with them.

Some of the biggest learnings we have had from our interactions with Gay & Kaite (as we know them) have been about the importance of appreciation and creativity, about unconscious and conscious commitments, how to listen generously, how to communicate unarguably, how to take full healthy response-ability, how to make impeccable agreements, how to not take what others are doing or saying personally, how our past impacts on our present and simple ways to unhook from the past, how to shift out of blame, the victim-villain-hero drama triangle, personas (which are survival strategies which we developed to try to get our needs met), a variety of breathing practices which promote vibrance, emotional literacy, how to keep the game going, the importance of revealing, the upper limit pattern, what we can really control and the value of curiosity and wonder.

You will have an opportunity to meet Dr. Kathlyn Hendricks when she comes to Ottawa April 30-May 1 for a movement and sound exploration.

Ron Kurtz and the Hakomi Experiential method (www.hakomi.com): We were introduced to Ron Kurtz by Dr. Kathlyn Hendricks. Ron is the originator of the Hakomi method, which invites participants into an exploration of growth and healing through discovery of how they are organizing their experiences, their thoughts and beliefs, their self-image and world view. The Hakomi method is based on principles of unity (everything is interconnected); organicity (healing happens from the inside out); mindfulness (a focus on paying attention to present experience); non-violence (working with what wants to happen and staying in a state of loving presence); and mind/body holism (working at the interface of body and mind). We have learned to follow the lead of our clients as they uncover their experiences layer by layer.

Brian and Marcia Gleason and Exceptional Marriage Mentoring (www.exceptionalmarriage.com): We met Brian and Marcia when they came to Ottawa in Feb. of 2007 and were immediately impressed with their willingness to be transparent and real. Their background is Core Energetics, a therapeutic method whose primary purpose is to help clients release past emotional blocks toward the expression of their truest self (their Core). Brian and Marcia's focus is on how couples can have an

exceptional relationship by bringing all of their big feelings to the relationship. Specifically we want to acknowledge their contribution to our understanding of the 80/20 rule, no first cause, and our ability to make friends with big feelings of anger, fear and sadness or hurt. We highly recommend their recent book *Going All the Way, The Heart and Soul of the Exceptional Marriage*.

Distillation of the above: We were thrilled when the principles taught by Drs. Hendricks and the Gleasons overlapped. All three of these teachers agree that too much thinking and talking get in the way of experiencing and transforming. We have integrated them and made them our own. For example, we took the Hendricks “10 Minute Heart Talk” and the Gleasons “10 step Full Self Expression process” and have created our own “Moving through Strong Energy in Your Relationship Journey process”. While we have read many other books we specifically want to honour these teachers who have influenced us in person.

We have many other amazing teachers from our favourite 2 ½ year old Jaden to our Sufi spiritual guides, Radha Buko and Abraham Sussman to name a few. And last, but definitely not least, we are each others biggest teachers.

Marlene & Bob Neufeld practice body-centered Coaching and Psychotherapy. They are a couple who help couples learn life-changing skills and create closer, more loving relationships with one another. For more information call 613-594-9248 or see www.marleneandbob.com.