

# Newsletter

## Intimacy and Independence Are they compatible in love?

*The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings. .*

Buddha

### Do you remember recess out at the school playground on a sunny spring day?

While you're reminiscing, I'll cross my fingers and hope that the memory entails the boys also chasing the girls, and not only the other way around. Why? Well, because my memory reminds me more of the following picture:



We're told that there are several explanations for this sweet phenomenon. The most usual being, "Girls mature earlier than boys". OK, we can buy that one.

Now, let's leap a little, and take a look at research based on the behavior of young girls and boys. Do you all remember that lesson? It goes something like this. Girls sit face to face in intimacy and chit-chat, while boys sit side by side enjoying the view in front of them. Little boys often do things together, and little girls share their secrets and dreams with each other. This explanation is also pretty reasonable.

Okay, so where am I headed with this? Well, when the development of identity is viewed through gender

differences, we see that girls seek intimacy and boys seek independence and competency.

The identities of girls and women are closely tied to their closest relations, and they feel of worth when they manage to create and maintain intimacy. However, the ways in which they define intimacy can be quite individual. It can certainly be difficult to describe this concept of intimacy, and the depth of emotion involved and felt.

Boys and men feel worthy when their accomplishments are appreciated among other men. They need to be out in the world. However, they have to be focused on that world in order to achieve what they want. If boys distance themselves from others in the development of their identity, you'll imagine the same picture as myself.

That picture would be a comical home movie where a young girl chases a boy, and he dodges her with all of his might. If we skip to the end of the movie, we can see the same boy matured to a 90 year old man still in flight as fast as his arms can swing the wheelchair around the corner. And all the while, his 80 year old girlfriend chases after, aided only by her four-wheel walker and her purse placed in the luxurious basket attached on the front. Just in case she ever catches him, her lipstick can't be far away.

Do you now understand

why I was hoping that your playground memory was something other than that picture? That's right. If not, it's a miracle that the two genders ever get together at all with all that chasing and running going on. It's almost impossible not to view it as comical and ironic, because the beautiful concept of love still has to be fit in to it all.

It's not uncommon for a couple in love to express the meaning and depth of their love. The one might say something like, "It's so important with love, togetherness, and intimacy. To love and be loved by someone is an incredible experience and gift".

"Oh, you're so right. I completely agree!", exclaims their newfound partner. It seems as though they more or less agree about what love is all about.

The agreement actually lies in the fact that it's important to agree about something that builds the foundation of a relationship. They may even agree about the same key values. The relationship may eventually prove worthy enough to try on for size, and to invest in.

And, yet. A few years down the road they're sick and tired of misunderstanding each other. Didn't they agree on those important values and concepts? They don't get it, however they suspect the other of being egotistical.

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## Reaching Out

Pentad is always interested in the personal growth processes people experience and work through.

We'd love to hear from you, if you'd like to give us feedback or share your insights and thoughts. No matter what they are. You may want to share your most difficult

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challenges, so that others may learn from your experiences. Or, maybe you'd just like to tell about your successes.

Pentad is also extremely interested in how your relationships have been affected by personal growth.

Write us an e-mail with all of the details. Or, send off a little mail and ask for a date and time so that we can communicate by Skype internet telephony, which can be downloaded from our website at

**www.pentad.no**. It's a free telephony service.



## The Right Message!

Pentad would like to thank the media, and especially Cosmopolitan, for helping us to get the right message out to people about love and relationships.

You can read a lot about these subjects in the popular media, and not all tips and advice will be adequate enough. Many people will

end up feeling like failures in the constant search for perfection. People love to soak up articles about how to be the perfect partner, or how to meet the perfect mate. And all the while, relationships and love are actually something quite different from this. We're now taking the opportunity to express our

gratitude.



**True love does not come by finding the perfect person, but by learning to see an imperfect person perfectly.**

(Jason Jordan)

## Tailored Solutions for Couples!

Pentad tailors solution packages for couples. We start with the challenges couples want to work on, and we design a plan that meets their specific needs. The goal is always permanent success.

Each couple is a part of this planning process, and they decide how intensively they wish to work. Pentad ensures methods that will work for you. These solutions can include a combination of private courses,

individual/couples dialogue, and individual personal growth sessions. Pentad always offers follow-up work, helping and supporting along the way. We'll help you by e-mail course/correspondence combined with internet telephony. We give you the individual and intensive attention you need.

Life will "happen" in this process, and for that reason plans may need adjusting along

the way. It's all about handling whatever comes your way, and making good decisions while you're at it.

These packages give you a set price for a set amount of hours of work. They save you money, and we'll help you out with a payment plan if necessary. Get in touch with us today;

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## Intimacy and Independence



A woman appreciates deep closeness . She loves shared secrets, gentle caresses, and loving understanding experienced through conversation and deed. She feels that these things express intimacy. She waits for it all to be attended to, so that her femininity can allow her to let "good biology" naturally happen. Women wait for their senses to be awakened, and she waits for mutual admiration and respect. At the same time, she longs to be treated with tenderness, and receive positive feedback for the fact that she's good at that which she can do best.

And, yes. A man also waits for expressions of love. He waits for appreciation for the fact that he carries a feeling of responsibility for the family's well-being. He has a need to be treated as a man in his own definition of himself. His own thoughts of himself aren't enough in the end. He too loves positive feedback. He won't find it easy to let "good biology" naturally happen without these things. This biology is his answer to experiencing closeness and intimacy. He too loves support, for he can't always be a strong pillar of safety. He waits for a woman's love to allow space and time for a little freedom. He wants freedom to be who he is, and like that which he likes. He appreciates a woman that allows this in trust, and without feeling personally rejected. A woman that understands this and stays in touch with her femininity, is a woman that he can appreciate.

A man once said to me that, "there are two reasons why a man focuses on his work. The first reason is that he is 100% focused on the well-being of his family. He'll do what he can in the participation of supporting and providing for them. The other reason is because he dreads going home at the end of the day. And the reason for that, is that he is met

with accusations of not doing enough for the family, because he works too much.

**Well, now.**

Did you accept the premiss of gender differences? Okay, you probably did. But, let me ask you this. Can you really conclude an absolute truth about the concept of love from that premiss? Quite a few people think that they can.

Are you tired of misunderstanding each other in the challenges of everyday life? Are you waiting for signs of love defined by you and your slight of gender? Will you then feel loved?

Everyone defines love in their own way. Strangely enough I find that many of these definitions are based more on a need for self-esteem and recognition, than they are based on love itself. They are often based on how much "I" can get of what I want and need in order to feel that I am worthy and loved. It's not only strengthening of the ego, but it also becomes a tug-of-war between two egos and their survival. Most couples work hard at finding daily compromises, and phrases such as, "give and take" are a part of the working language. But, this isn't love.

Intimate relationships offer unique opportunities to strengthen oneself, and they offer the unique chance to grow as an individual at a genuine and deep level. However, this is something other than love.

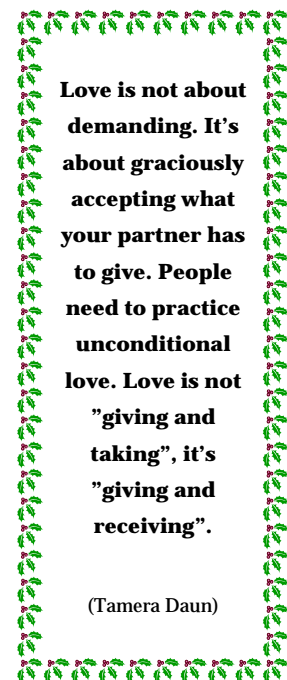
The wonderful aspect is that people are always learning something new. And that means that they can learn about love all over again, and without gender differences creating more constraints and distance than is absolutely necessary. If two people are committed to each other, they've created a foundation for their lives together. Love gives that commitment a quality aspect that helps the grass grow greener in their own garden.

Pentad knows what this garden looks like, and the only thing that is needed in taking care of it, is a little knowledge and practice.



**Enthusiasm  
created from the  
heart is the spirit of  
the matter. It  
ignites your whole  
system so there's  
no drag, no  
resistance, no  
thoughts like "Do I  
have to?" coming  
from the head to  
sabotage the power  
of your surrender.**

**(Sara Paddison)**



**Love is not about demanding. It's about graciously accepting what your partner has to give. People need to practice unconditional love. Love is not "giving and taking", it's "giving and receiving".**

**(Tamera Daun)**

*Simplifying life and love*  
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**Love fails, only when we fail to  
love.**

J. Franklin



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**Love is the difficult realization that  
something other than oneself is  
real.**

Iris Murdoch