



Newsletter

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Simplifying Life and Love

The greatest weakness of most humans
Is their hesitancy to tell others,
How much they love them
While they're alive.

By, O.A. Battista

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Commentary

We're closing quickly in on the autumn season. It's always exciting to look out of the window and let the changes of nature remind us that change IS the nature of life. You may not always see a change in your outer circumstances. However, each and every point of development you work on in your inner self, will eventually lead to an outer change. Keep your intentions noble, and your outer changes will also be positive. Now, that was a little inspirational thought for this autumn. Always try to get off to a good start.

Some of you may be confused as to whether we here at Pentad work with personal development, or with the development of relationships. Well to set the record straight, we do both. They are intertwined parts of a whole. You can't reach an actual goal of the one, without addressing the other. Our articles and e-books reflect a variety of themes within these two subjects. They are meant not only to be eye-openers, but also to stretch the limitations of your thinking.

It was just the other day someone asked me why I like to work with these particular themes. In other words, what are my personal intentions? I decided to share a few thoughts about this with you.

When I think of the world, my thoughts go so very quickly to the millions of children out there. So many have been born amidst poverty, starvation, war, and they will never have the **choice** to realize their fullest potential. It's frightening to think of so many fundamental needs that are not being met. And, children fight for the privilege of pure survival.

My thoughts also reside with all of the children in the so-called "wealthier" countries. So many of them live everyday lives of chaos. Way too many have to deal with a grown-up world of problems. Countless adults experience difficulties in simple everyday ways, and choices. Life is not always easy, is it? Divorce alone leads to economic and emotional consequences that children have to pay for. Their feelings of worthiness risk following suit. Although many marriages may not be able to be saved, we can question if each case of the whopping 50% divorce statistic is/was really necessary.



Is it a partial symptom of an adult population that is confused about their own lives? Do people confuse the means of outer luxury and reward with inner valuing skills in reaching the ends of self-realization and well-being? Have people lost the ability to simplify life?

There are also confused children and young adults out there that struggle with making sense of their own lives. They struggle with finding their own identity, inner motivation, and understanding of what integrity is all about. Do they model after what they've learned from adults? Perhaps quite a few of them do without even questioning it.



It is a given that we deal with different types of difficulties and problems in cultures of material wealth, than people in poverty-stricken countries struggle with.

So, the measures and methods that we can choose to solve our problems will be quite different than theirs. However, we still need to work on solving ours, because the chosen solutions can have great impact. We have the luxury of being able to help ourselves.

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Autumn Course - "For Women"



Our autumn course, "For Women" will be held October 10-11th in Stavanger, Norway.

This is a great way to kick off the fall season! As the days grow shorter and the cold weather sets

in, many find themselves in a reflective state of mind. Some may even reach down into the depths of melancholy.

Now, some may experience this as something quite negative. Pentad views it as positive, and knows that this is the perfect time to do some soul searching and to clean out those mental and emotional cobwebs. It's also a unique chance to work on closing certain chapters in your life, with the goal of gaining a new start. You have the opportunity to create a new beginning each and every minute.

Don't let the fact that you can't show up personally on these two course days stop you! Send us an e-mail, and we'll design a personal course for you using internet correspondence.

tamera@pentad.no



One word frees us

Of all the weight and pain in life,

That word is Love

~ by Socrates ~

Second Spouses Club!

Is establishing a new relationship and family practically and emotionally challenging? Do you feel alone and frustrated? Well, you're not as alone as you feel.

As society changes and secondary/step families become more common, many people realize that they aren't prepared for the

challenges their new life situation presents. And, they realize that they aren't equipped with measures of coping.

Sometimes all you need is the support of other people in the same situation. A kind of forum where you can share ideas and suggestions.

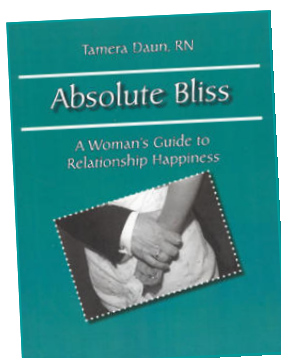
Pentad would like to offer this type of forum whether it be a support group, or discussions on our existing forum site at, www.pentad.no

Send us an e-mail, and let us know if you're interested!

tamera@pentad.no



Absolute Bliss



No, we're not going to let you forget!

Remember to purchase your copy of [Absolute Bliss!](#)

It gives you the keys to personal development which leads you to your well-being. And, it teaches you to utilize it in enhancing your relationship with your partner.

It's a book that, "cuts the crap", and "gets back to basics". A must read for those on the path to harmonious and loving relationships and a better life.

It can be purchased through our website, www.pentad.no





Commentary



Now, I know that personal development is the key and answer to solving many of the small and large problems people struggle with. It creates a strengthened integrity, alignment of the self, consistency and the ability to keep commitments. This I know to be a truth.

How does it help? Personal development teaches people to, ***Simplify Life and Love***. It teaches people to find meaning in their lives and create a sense of well-being. They are less often dissatisfied with the fact that their environment is not creating it for them. It teaches them to keep their lives free of drama, and the clarity of its importance becomes crystal clear as they work hard to quit themselves of their past unnecessary conditioning. They gain the energy and time to concentrate on larger problems outside of themselves. They are less inclined to endow unnecessary conditioning on their own children. If personal development is practiced positively, people become more tolerant of others, and their differences. Personal development teaches people to really reflect over life's choices. And, in working with their development in commitment to themselves, they become more committed as a result. Committed to others, to ideals, to principles, and to a better world.

You are to other people what you are to yourself

This points to the importance of creating a healthy relationship to the self. In compassion, and in kindness. If we adults don't get a grip on our own lives, how can we expect our children to learn any better? The power of example exceeds any wishes of, "Just don't make the mistakes that I did!". Adults need to be reflective and sceptical to popular

opinion. We need to show our children that there are many types of dreams, and ways in which they can live their lives. And, show them that their minds can be freed to make decisions that will lead to positive consequences.

It is never too late for adults to start on a new path of discovery. Many adults will choose to start with personal development as a preventative measure. And, sometimes for the sole reason of getting to know themselves a little better. My intention is to get the adult population excited, inspired, and motivated for this process. It is to help and support them through their personal processes, and to celebrate their successes together with them.



"We see things not as they are, but as we

My work with relationships aims to help couples work out their difficulties, and to mediate preventative measures in coping with life. As a basis, personal development is utilized in teaching couples how to stay connected in unconditional love and ethical relating. And, how to be flexible throughout the inevitable changes that life presents. It's a process that demands a greater follow-up than a few hours of



communication therapy. May the children involved learn that this is possible to actualize.

So, to be honest, I do have an ulterior motive. And, that is all of the children out there. They are the future, and they need a good start on their

adult lives. They need positive role models. This is what adults can do in our culture.

But, it doesn't stop there. We have to put forth our best effort in helping less fortunate children that struggle to satisfy their fundamental needs. We need to support efforts being made in crises ensuring; health, nourishment, shelter, security, and education. We need to support parents by welcoming the trade and export of their products, so that they can provide for their children and communities.

A mini e-book will be available for purchase through our website www.pentad.no, in a couple of days. It's entitled, ***"Getting Started on Your Personal Development. Your Guide to How, What, and Why"***.

My goal is to mediate basic steps in getting started on your own. You will also gain insight into the process, the pitfalls, and the reactions you will meet along the way.

10% percent of each sale of this article goes to the organization, "Doctors without Borders". The specific focus is the wonderful work the medical staff is doing in the crises in Niger. To the best of their ability they work around the clock trying to save as many children as possible that are affected by the impending starvation crises. In all humbleness I thank all of these people that spend time trying to make a difference in the world. You can read more about their work at;

www.doctorswithoutborders.org

*Sincerely,
Tamera Daun*



"Children tend to like themselves until someone makes them a sceptic"

Tamera Daun



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Pentad was established in 2002, by the author Tamera Daun. Pentad works for the personal growth of individuals and for the development of relationships. Pentad's primary wish and goal is for individuals to find purpose and meaning in their lives, and for couples to experience well-being in their relationships with each other.

Pentad offers several services such as; individual and couples counseling, seminars and lectures, support groups, and internet correspondence/courses. Pentad also gives out books, newsletters, and articles on a variety of topics within the subjects of personal growth and relationships.

The world is our limit!

Contact us at: tamera@pentad.no

**I have found
men who
didn't know
how to kiss.
I've always
found time to
teach them.**

~ by Mae West ~

Love doesn't sit there like a stone.

It has to be made like bread;

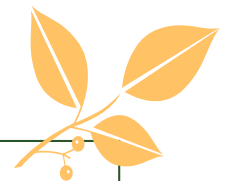
Remade all the time,

...Made new.

~ by Le Guin ~

**Love is like a rumor,
Everyone talks about it,
But no one truly knows.**

~ by Anonymous ~



***Love is
not a matter
of counting
the years...***

***But making
the years
count.***

~ by Michelle
St. Amand ~