

# Food for Thought

Greek Australian Women's Network

Quarterly Newsletter  
Issue 2– June 2006



**T**ogether,  
**H**ellenic women  
**I**nspire  
**N**urture and  
**K**indle  
**T**houghts of  
**A**ustralian  
**N**etworking  
**K**inships

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Food For Thought Greek Australian Women's Network

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**FROM THE PRESIDENT/FOUNDER**

This edition is devoted to the forever current issue of relationships. Dr Ingrid Sturmey our guest speaker for the first FFTN Networking forum in March 2006 provided much food for thought, practical tips and lots of personal anecdotes in a lively and entertaining manner and all agreed that it was a most interesting and beneficial forum.

I would like to share with you two things that I learnt since last time that are relevant to our theme.

The first thing that I learnt is in relation to the words of wisdom of a motivational speaker called Robyn Moore, the voice over of Blinky Bill who says that the words we use have power!

According to Robyn there are four things that take away the laughter out of our lives and therefore create problems in our relationships. She calls it CRAP.



### **CRAP** stands for **C**ynicism - **R**esignation - **A**nger - **P**rocrastination

Do you live with someone who is very **C**ynical and whatever you do you can never please them? Has the person **r**esigned from sharing the day to day simple pleasures? Is he or she withdrawn and lives in their own little world? Is your partner constantly **A**ngry? Is your partner a **P**rocrastinator? Does he or she find excuses to not do what is seen to you as a priority? Get the picture?

Needless to say, this is a very problematic relationship and unless the other person sees this as a problem then there is not much you can do other than having continuous conflicts or resign from that relationship. Dr Ingrid Sturmey would say see a counsellor and if this fails then leave.

Talking of counsellors I have recently purchased a DVD produced by Nick Theophilou, a counsellor entitled **Inside a Man's Group**, Sons of the fathers. Nick has been running men's groups for 15 years (hopeful) and has recorded the real conversations of men's fears, aspirations and feelings. Isn't this hopeful? The sad thing is that the majority of males seek help after they have already been kicked out by their wives. Eighty percent of divorces are initiated by women or when something really tragic has happened i.e. a child has gone off the rails.

You will find more information about these two topics by clicking

<http://www.thepoweroftheword.com.au/>

<http://www.fathersandsons.com.au/>

The topic of relationships, is a subject that we have dealt with in previous forums and will no doubt revisit in the future. The more we invest in them the better it is especially when the effort is reciprocal.

Be gentle and kind to yourself and others.

Take care

Varvara Ioannou  
President

**FROM THE EDITOR**

Welcome to the second edition of the FFTN newsletter. I hope that you have all been well and that you enjoyed reading our first edition.

A big thank you to those of you who have emailed me your contributions for the current edition. Your articles are enlightening, interesting, practical and very pertinent to this edition's theme - relationships.

The first function for the year (held in March) was dedicated to relationships and was a resounding success. Georgina Tsolidis captures the spirit of that night in her article "Thinking about relationships" (on page 4).

We are fortunate to have a regular column by Kalli Pulos who is our resident Personal and Executive coach. In this edition Kalli provides us with a blueprint on how to build better relationships. As she says in her article the concepts on how to build and sustain better relationships sound easy but putting them into practice is not necessarily so. Kalli's segment concludes with a Sweet Treats Jar exercise on page 6 which should be a lot of fun.

Vesna Grubacevic emailed me an article with some very useful tips on how we can communicate in a more effective manner and hence improve not only our relationships but our health as well. See page 7 on how you can improve your immune system.

For those of you out there who missed out this time but have something to say on any of our themes please do not hesitate to email me on [editor@fftn.org.au](mailto:editor@fftn.org.au). We love receiving your feedback and articles so drop me an email anytime.

In each edition a specific theme will be explored and we will seek input from our readers. As the theme for the second seminar (to be held in August) will cover a women's health issue, we would love to receive articles about how our readers have dealt with any health challenges and what helped them during this time. Alternatively we are interested in hearing from our readers who have had to support a family member or friend through a health crisis and how they coped, how they supported their loved one and how this experience affected them.

Take care of yourselves and each other.

Until next time

**Maria Zissimos**

**DISCLAIMER**

Please note that the views expressed in this newsletter are those of the individual and not necessarily of FFTN members or its committee.

We require that by submitting an article for an edition, you are giving us permission to use the article in future editions of the newsletter or magazine editions, giving full credit to its author(s). However we do not guarantee that all articles will be published.

**CONTRIBUTIONS**

If you wish to send an article to be included in the next edition of the newsletter, please email the editor at [editor@fftn.org.au](mailto:editor@fftn.org.au) by 29<sup>th</sup> August 2006. Also please feel free to email us your suggestions for topics that you would like us to consider for future FFTN functions and/or newsletter editions.

**SPONSORS**

We are in the process of collating a business register and we are keen to hear from members who would like to sponsor our newsletter. We will include advertising space in every edition to thank our sponsors.

## THINKING ABOUT RELATIONSHIPS

*By Georgina Tsolidis*

The Commonwealth Games were about to begin and Melbourne was buzzing. As we entered the restaurant a similar buzz was in the air - the first Food For Thought function for the year. Despite the Games-inspired traffic jams and subsequent late arrivals the evening was a resounding success.

**Dr Ingrid Sturmey**



The topic for discussion was; What Makes and Breaks Intimate Relationships? To get the ball rolling each of us was asked to fill in a questionnaire – My Preferred Relating Style. There was much laughter and animated discussion as we circled 'yes' or 'no' to questions such as; 'All the spaces in our home are shared spaces' and 'I don't seem to disagree very much with my partner'.

Our answers would determine if we were peace-keepers, passionate or people who validated others. Not surprisingly there was a large number of passionate people amongst us!

The survey had been provided by Dr Ingrid Sturmey from Relationships Australia who was the guest speaker for the evening. By the time she took the floor the audience was curious and most receptive to her contribution. Dr Sturmey provided many valuable insights into relationships and what makes successful ones work. Her talk was insightful and entertaining. She pushed boundaries, made us think and laugh.

She was generous in sharing her own personal experiences. Most of all she helped us appreciate how complicated relationships are, how precious they are and how difficult they can be to sustain.

Her talk revolved around three main themes; how to build a positive emotional climate, how to regulate negative emotional experience and how to repair damage and disconnections. She provided many good examples and practical 'how tos' that grounded her discussion of relationships. She helped us understand the whys through the hows.

Dr Sturmey argued that relationships are the responsibility of both people involved. Both partners need to understand what they bring to the relationship, the impact this may have on the other person and the need to adjust and develop in order to solve any existing problems or in order to avoid these occurring.

She identified three relating styles. Those of the peace-keeper or the person who avoided conflict; the validating or rational negotiator and the passionate or volatile style. All of these styles, she argued, had their strengths and weaknesses. It was a matter of understanding yourself and your partner and working out ways of adapting to situations and needs. In this way awareness is the first step to maintaining and building successful relationships.

Dr Sturmey was also realistic about relationships not always remaining successful. At some point, some couples need to go their separate ways. This is a process that needs prolonged consideration and is best coming after counselling. Nonetheless, by describing her own experiences, she argued that new and successful relationships are possible.

**Konstantina Ierolimou [left] and Varvara Ioannou launch the FFTN newsletter in March**



**BUILDING BETTER RELATIONSHIPS - By Kalli Pulos**

We all have many relationships in our lives – within our families and business, with friends, lovers, workmates and colleagues. The quality of our relationships is very closely connected to the quality of our lives.

Keys to building better relationship sound very simple in theory, however they are not always easy. The challenge is to put them into practice until they become natural to us. The thing is, they work! Apply some – or even just one of these below – regularly, and see for yourself...

**GIVE SINCERE ACKNOWLEDGEMENT**

Acknowledge people for their great qualities, for that which you love, admire and respect in them. Let them know that you see these qualities in them, and how much you appreciate them. So often we only hear about the things someone doesn't like about us, and we are usually aware of these aspects anyway. As with desired behaviour, desired qualities are brought out with sincere praise. (**Key word is 'sincere'!**)

**BE A GOOD LISTENER**

Really listen to the person you are with. They will feel acknowledged, and that you care about what they have to say, feel or think, and will feel closer to you. Listen actively. That is, don't interrupt, lecture, criticise. Sometimes we all need to just let out how we're feeling, to debrief. One of the greatest gifts we can give someone is our full attention and receptiveness, without judgment or defence – just being there.

**GIVE WHAT YOU WOULD LIKE TO RECEIVE**

If you communicate with warmth and love you are more likely to receive back a warm and loving communication. If you speak with anger, it is probable this is also the response you will get. Sometimes it may seem this does not work. For example, if someone is upset, whatever your communication, they may respond initially in anger. Look beneath the surface, and keep going if you care! This calls for discipline and perseverance, as the result is not always predictable or immediate. Start to notice how this works in your life.

**SPEAK THE TRUTH – WITH COMPASSION**

Be honest – whether it has to do with how you feel about something personally or professionally, or about a choice that is put to you, or about something that has already taken place. Being dishonest does not support any relationship, particularly the one with yourself. We always seem to 'know' when someone is not telling the truth – and it usually creates separation of some kind. The key with this one is to first ensure you are being honest with yourself, and don't 'dump'.

**ACKNOWLEDGE DESIRED BEHAVIOUR**

So often we tell people when they have done something we don't like. Try letting people know when they have done something you do like. We repeat behaviour that we get attention for, so if we only get attention for 'negative' behaviour, that's what we'll repeat. It therefore follows that when we are acknowledged for more 'positive' behaviour, that's what we are more likely to recreate. This is also a great way to communicate with children.

**ALLOW OTHERS THEIR POINT OF VIEW**

Every point of view is valid, because it is just that – the way someone sees something from their vantage point. It may not be the same as your point of view, but that does not invalidate it. You can acknowledge someone's point of view without necessarily agreeing with it. It is yet another way of letting someone know they have been heard, and they may also be more open to hearing your viewpoint.

**MAKE CLEAR AGREEMENTS – AND KEEP THEM**

An agreement is something with which all parties involved are in accord. Write them down so all know what the agreements are. Sometimes an agreement is verbal – for instance, arranging to meet someone at a certain time. Always let the other(s) know as soon as possible if you will be unable to keep the agreement, and make a new one. This is crucial to building trust with someone – they will know they can rely on you.

**BUILDING BETTER RELATIONSHIPS - By Kalli Pulos [ctd...]****ALLOW OTHERS TO MAKE THEIR OWN CHOICES**

What you want may not always be what another wants, and that's OK. Forcing an issue usually does not create the desired result without upset – and then nobody wins. State clearly what you want, and allow the other person to make their own choices.

**THE ESSENTIAL INGREDIENT:  
WORK ON THE RELATIONSHIP WITH YOURSELF!**

The one thing that all your relationships have in common is...YOU! So pay attention to that special relationship – nurture, yourself, develop your self-awareness, work on your personal and spiritual development, come to accept an love who you are and acknowledge the journey that brought you to this point, right here, right now. (And use all the keys above with yourself!)

*I wish you fulfilling and deeply satisfying relationships always.*

**THE SWEETS TREAT JAR \***

Here is a fun and effective exercise to warm anyone's heart – partners, friends, children...

1. *Get a large glass jar and some large squares of coloured paper – a different colour for each person participating.*
2. *Each person makes a list of all the things they would like to do or have.*
3. *Each person cuts out small squares of their coloured paper and writes one item from their list on each piece.*
4. *They then roll up and wrap the paper to look like a coloured sweet, and put in the jar.*
5. *Everybody mixes their colours in the jar so it looks enticingly like a jar of sweets.*
6. *Each day, one person chooses a 'sweet' (not their own colour), reads the 'treat' and puts it back in the jar. They then do their utmost to make sure it actually comes true for that person.*
7. *Participants are not to ask who gave them a Sweet Treat, or what it was.*

The best way the jar works is if the element of mystery is maintained. This way a halo effect spreads over the participants – because you never know who has given you a special treat, so you might as well be nice to everyone!

*\*(Sweet Treats Jar' reproduced with the kind permission of Dr Janet Hall, psychologist and author.)*

***Kalli is an accredited personal and executive coach.***

***She delights in working with people to create success on their terms,  
personally and professionally.***

***If you would like to arrange a complimentary telephone consultation to discuss the relevance of coaching for you or your business, contact Kalli at: [kallip@iprimus.com.au](mailto:kallip@iprimus.com.au)***

## Healthy Communication for More Fulfilling Relationships!

### By Vesna Grubacevic

Do you find yourself getting stressed, frustrated, angry, upset or anxious when you communicate with your partner? And when was the last time you had a disagreement or a misunderstanding? Would you like to communicate in a way that builds a more fulfilling and harmonious relationship?

#### Why is effective communication so important?

Effective communication improves harmony between partners and creates greater synergy in a relationship. Research has also shown that anytime we have a pleasant experience it increases our immune system, while an unpleasant experience can reduce our immune system. So by making our communication more pleasant where there is no stress, anxiety, frustration, hurt or anger, we are also having a positive impact on our health and overall well-being.

#### How can we be much more effective in our communication?

The art and science of human behaviour, Neuro-Linguistic Programming (NLP), shows us "how" and provides us with many specific tools to communicate much more effectively with our partner. Here are three ways to help you avoid misunderstandings and disagreements in relationships so you can create greater harmony and fulfillment.

#### 1. A difference of style

Often when we speak with our partner we find ourselves saying the same thing, only in a different way because we use different words. There are four major communication styles: visual (pictures), auditory (sounds), kinesthetic (feelings) and auditory digital (self talk) and each one uses a different set of words. Most people use a combination of communication styles and some have a strong preference for one or two styles. In a relationship, when you tailor the words you use to match your partner's preferred communication style, this will greatly assist them to clearly see, easily get in touch with and understand what you are saying and will help to avoid disagreements.

#### 2. Chunk your information appropriately

When was the last time you asked your partner "How was your day?" Did they give you a short answer like "fine" or perhaps they gave you so much information that you found yourself switching off and not listening to what they said. It is important to realize that some partners need a lot of detail before they can proceed with a task or make a decision so may ask you lots of questions. On the other hand, some partners simply need to be told the big picture and may therefore ask very few, if any, questions. Start becoming aware of the differences in your and your partner's styles so you give them the appropriate level of information.

#### 3. Let go of past baggage

In addition to communicating more effectively with your partner, it is also important to let go of all the past baggage. Because to the extent that you still hold onto past hurts, fears, anger, rejection, betrayal, abandonment, unworthiness, etc you will keep having these "buttons" pushed in your current relationship until you have resolved them. Any time we feel an emotion that is out of proportion to the situation we are in, it is a sign that it may be unresolved. For example, the last time you were really angry or upset with your partner was it appropriate for you to feel that level of emotion? If not, it may be a sign of unresolved past anger, sadness or hurt. Similarly, if you have beliefs around lack of self worth, being judged and fear of rejection, etc. and if these are left unresolved they can also trigger an overreaction to what your partner says or does.

By being aware of the differences between you and your partner's style and also acknowledging any emotions and beliefs that are driving your communication and reactions to your partner, you can use the techniques of NLP to easily and effectively overcome these and create a healthier, happier and more fulfilling relationship! © Q<sup>t</sup>, April 2006.

Vesna Grubacevic is an internationally recognised and certified NLP Trainer, holds a BEc, has over 17 years' experience in change management and is currently studying towards her PhD. For more techniques on how to create fulfilling relationships, effective communication and for your free gifts (valued at \$379), email Vesna today at [qt@vesnacorporation.com](mailto:qt@vesnacorporation.com) or call her on (03) 9653-9288.

## FFTN MEMBER PROFILE - Kalli Pulos

**Kalli Pulos**

Kalli is a regular columnist for our newsletter and is a personal and executive coach.

In this edition we provide a profile of some of Kalli's personal and professional interests.



**Where were you born:**  
Adelaide, South Australia

**My family originates from:**  
Cyprus and Chios, Greece

**My three favourite foods are:** Lamb (marinated for 24 hours and roasted), seafood, figs. (This is hard, because I

love so much food!!)

**In my spare time I:** Like to be with close friends or family, doing whatever we feel like doing. I love cooking, eating, talking, time out of town on weekends, reading, travelling and hanging out with my puppy Sophie. ( I can't wait to go back to Cyprus at the end of the year, where I'll be able to do all the above... except hang out with Sophie.)

**My favourite holiday destination is:**  
Europe...anywhere, but especially France, Italy and Cyprus.

**I am currently reading:** 'Shantaram' (Gregory David Roberts), 'The Wedding Officer' (Anthony Capella), and 'Presence' (Peter Senge/C.Otto Scharmer/Joseph Jaworski/Betty Sue Flowers).

**Favourite all time film:** I'm a romantic - Pretty Woman. (Though I did try to think of others, that's the first one that came into my head.)

**I joined the Food For Thought Network because:**  
I wanted to cement my commitment to embracing and celebrating my heritage (I was sworn in as a Cypriot citizen last year and now have my Cypriot passport too!). Also to connect with the incredible people in this community, with whom I haven't really connected since I spoke at a FFT event three years ago!

**Professional areas of expertise:**

- Leadership development
- Executive coaching
- Team Facilitation
- Communications
- Coach Skills training
- Powerful Relationships
- Individual and Group assessments (LSI Accredited)

**What is a personal and executive coach:**

Kalli is a catalyst for positive change and empowerment. She delights and excels in working with clients – individuals, teams and organisations - to make sustainable changes to achieve what they intend; to align achievement of business objectives with personal success and fulfillment; and to build mastery.

Combining an early background as an educator with business experience and a strong foundation in the field of human potential, Kalli added to the mix Executive Coach accreditation and Facilitation skills. Since 1990 she has become known for taking people and initiatives to their next levels.

Her professional history over three decades spans education, national project direction and team development, media, communications, business development, consulting and executive coaching. A common thread has been to work with clients to achieve their desired outcomes while developing individuals and groups, at senior levels of business.

**Kalli's clients**

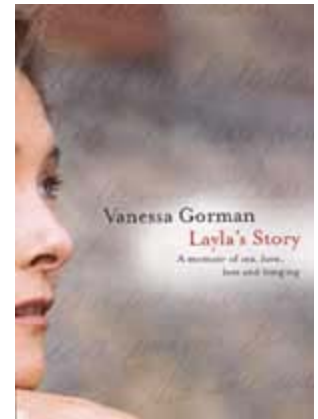
Kalli has worked exclusively in coaching and facilitation for individuals and teams since 2001, and is accredited by the Institute of Executive Coaching (IEC). Clients have spanned large organisations and small business to executives, entrepreneurs and private clients.

Kalli also delivers 'Leader as Coach' programs, designs tailored group initiatives and develops powerful, aligned and effective teams. Most recently working with clients from ANZ, Australia Post, Baker Heart Research Institute, HWL

## BOOK REVIEW

### Layla's Story - By Maria Zissimos

<b>Author</b>	<b>Vanessa Gorman</b>
<b>Book published</b>	<b>2005</b>
<b>Reviewer</b>	<b>Maria Zissimos</b>



Vanessa Gorman has written a very moving and soulful book about her life and in the process explores a myriad of themes, including; modern relationships and divergent personal goals, balancing career and motherhood, commitment in relationships versus freedom, relationship break-ups, when to have a baby and whether a woman who desperately wants a baby should go it alone.

However the central theme of the book is the unexpected loss of her daughter Layla, who died shortly after birth. This event catapults Vanessa into a very unexpected and difficult journey. The book then deals with Vanessa's journey through grief and how she rebuilt her life after her loss. It delves into how her relationships with herself and others changed as a result of the tragedy. It is a very inspiring book, written with great warmth, humour, candidness, sensitivity and courage.

Loss and grief are often difficult topics to discuss and write about however they are part of life and it is credit to Vanessa's personable writing style that enables the reader to explore these sensitive issues in a non confronting manner.

For those who have experienced the loss of a child this book says "you are not alone in your grief" and for those who have living children it is a wonderful reminder of how precious they are.

A documentary about Layla's story was also produced and was aired on the ABC as was a follow up, following the birth of her son Raphael. Vanessa also gave birth in May 2005 to a baby girl named Francesca. For more information on the book or documentary please refer to the following website:

[www.vanessagorman.com](http://www.vanessagorman.com).

### Extract from Book

*"We have all heard stories of the many ways people commemorate someone lost to them: setting up a foundation to raise money for research into the cancer that killed their wife, lobbying for laws to be changed, cycling the continent to raise awareness of the disease that claimed their child.*

*The death of someone close can bring many of us deeper into life. For the gift of that, we want to honour not only their life but what they have shown us through their death. Only when I was in grief myself did I fully understand this need to make meaning from loss. I needed to express the way grief had changed me.*

*We cannot control fate; we can only control how we respond to it. Opening myself to the gifts of Layla's death was one way to make it bearable and to honour all that she had bestowed on me.*

*Making meaning does not have to involve some grand act. I made a documentary and wrote a book because that's what I knew how to do. Making meaning can be a private affair, a small gesture, like planting a tree or gluing things into a scrapbook. One guy who emailed me about losing a child built a house as a memorial. 'It's a guy thing,' he said. For others, it could be the tiniest gesture, like feeding a stray dog in honour of the one they've lost".*

## WORKPLACE CORNER - Edited by Maria Zissimos

### Welcome to "Workplace Corner".

In this segment we will introduce and discuss a variety of workplace themes and topics. In this issue the workplace theme evolved from a conversation between Varvara Ioannou and Elizabeth Gertsakis. Some of this material was presented at a Diversity Conference in November 2005 by Varvara and Elizabeth.

When Varvara was lecturing a subject titled "Dynamics of Diversity in the Workplace" at Swinburne University she came across a book titled "A Peacock in the land of Penguins".

It gave her a better understanding of what was happening at the time with her full time job in a large corporate that claimed to foster "diversity" but only in "theory".

In the book by Barbara "BJ" Hateley and Warren H. Schmidt, *A peacock in the Land of Penguins*, Pages 115-117 a series of questions is asked to help us gauge whether we fall into the peacock or rare bird species category. Why not ask yourselves the same questions (refer to the questions opposite). **If you answered yes to six or more of these questions you are definitely a Peacock or some other type of exotic bird in your organization.**

### Are you a Peacock?



- Do you frequently feel like you don't "fit in"- that you are "different" in some way?
- Do you get criticised for not being a team player" (team player being a euphemism for conforming to group norms?)
- Do you feel pressured by your boss or others to change in some significant way to fit in?
- Do you feel ostracised, lonely, "left out of the loop" of information and decision making?
- Are you unable to identify with anyone as a role model at the top of your organisation?
- Are your ideas and suggestions routinely rejected as "not the way we do things here"?
- Do you often feel under – or un-appreciated for your talent and skill, while others who are less talented get promoted and rewarded?
- Do you often try to figure out "what's wrong with me"?
- Do you feel stifled, stuck, frustrated by some "unseen system"?
- Are you frequently ignored, interrupted, or discounted when you make comments or suggestions at meetings?

### Survival Tips for Peacocks

- Don't let your work suffer because you are discouraged about being different. Strive for excellence in all you do. Your professional track record is your most important asset, both inside and outside
- Seek out other exotic birds (both inside and outside your organisation) for friendship, networking and moral Support.
- Make conscious and careful choices about how much you can and will adapt or change to be successful in the penguins' eyes. What price are you willing to pay?
- Be prepared and flexible enough to put on a penguin suit occasionally when it's necessary and or important. Think of it as "penguin camouflage"
- Know that you are not defective – there is nothing wrong with you. Your talent, skill and ideas are valuable, even if the penguins don't recognise and reward you.

### Survival Tips for Peacocks on the move

- Be realistic about the world of work. You are going to find some penguins in most organisations, especially the large ones
- Try to stay out of organisations that are heavily dominated by penguins. If you are still working in one, keep your eyes open for more Diversity friendly places to work especially small, entrepreneurial organisations.
- Consider self-employment as an option. It is not for everyone, but many exotic birds are living happier lives by opting out of mainstream organisations
- Take comfort in the fact that you are not alone. There are many peacocks and exotic birds that feel the same way you do. Seek them out ask their advice take heart in their successes.
- Be a good example to other exotic birds. Be supportive, help other birds, and encourage those who are different to find their way to happiness and success.

## POET'S CORNER

Jane Litho would like to share with you the following poem written by Kahlil Gibran about marriage. Gibran was a poet, philosopher and artist and his poetry has been translated into more than twenty languages.

These are the finest words Jane has ever read about marriage and the most beautiful and liberating thoughts. Gibran says that it is the separateness of the partners that enriches the union of marriage, and genuine love that not only respects the individuality of the other but actually seeks to nurture and cultivate it.

But let there be spaces in your togetherness,  
And let the winds of the heavens dance between you.

Love one another, but make not a bond of love:  
Let it rather be a moving sea between the shores of your souls.  
Fill each other's cup but drink not from one cup.  
Give one another of your bread but eat not from the same loaf  
Sing and dance together and be joyous, but let each one of you be alone,  
Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping.  
For only the hand of Life can contain your hearts.  
And stand together yet not too near together:  
For the pillars of the temple stand apart,  
And the oak tree and the cypress grow not in each other's shadow\*.

**\*The Prophet, pp.16-19, written in 1923**

The following quotes have been sourced from a little book which I, the editor, gave as a present to my husband Peter six months after we re-met. The book's title is "With love to someone special" (published by Christian Art Publishers in South Africa.)

*One word frees us  
Of all the weight  
And pain in life;  
And that word is love.*

**Sophocles**

*The giving of love is an education itself.*

**Eleanor Roosevelt**

*The heart that loves is always young*

**Greek Proverb**

*The truth about love, I think, is that it is indeed  
a profound comfort, but it also a monumental  
challenge. Love immediately challenges me  
to break the fixation I have with myself.*

**John Powell**

*Brief is life, but long is love.*

**Alfred, Lord Tennyson**