

Shanti Mission: reward every try

Advertorial

As a former family lawyer, I used to see the very worst in couples as they came to end their marriage in the divorce courts. People who had once cherished each other enough to get married now hated each other, and the stories in the affidavits would make your hair curl. Otherwise sane and normal people were doing and saying out-of-control things, reacting to each other and engaging in 'tit for tat' warfare.

When we are in our 'stuff' it is difficult to retain accurate perception about the other person. All of the good qualities that attracted us in the beginning are still within them. We are just now focused on their faults. Everyone has faults including us, or we would be enlightened already and living in some other plane of existence.

To bring the best behaviour from our partners, don't wait until they get 'it' perfect according to your standards. Instead, turn the energy right around. Shock them by 'rewarding every try'. Encourage every move that is made in the direction you would like things to go. If your partner never helps you clean up but they actually wash a few things one day, thank them. The approval and attention trains people into better behavioural patterns. You need to keep this up for a while and simultaneously work on your own self-esteem. Ask nicely for the help you need. We can often assume that 'they must know what I need' but unfortunately few people possess advanced telepathic ability!! Remember that the more we respect ourselves the more others will too.

TIP: Don't just criticise. Give positive feedback as often as you can and notice the good in your partner. Don't wait until there is perfection, as you perceive it, but reward every try.

Empowering Relationships seminars July and August in Cooranbong. www.shantimission.org for details. www.shaktidurga.com

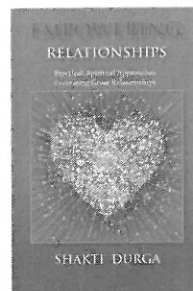
Shakti Durga

Shanti Mission

Live with more vitality, joy, peace and inner harmony
Meditation classes, personal transformation seminars, energy healing.
In Cooranbong since 2001, now around Australia and the world.
Sacred music, retreats, Eastern and Western Spirituality
Tuck shop and spiritual bookshop. Drop in and say hi.

Presenting: *Empowering Relationships*

Transform your relationships.
Turn around difficult relationships and make good ones even better.



When: Sat 4 & Sun 5 July; or Tuesdays starting 4 August 10am - 3pm over 4 weeks; or Sat 29 & Sun 30 Aug.

What: Learn tools and meditations you can practice any time to transform and uplift your relationships.



45 Kings Rd, Cooranbong NSW 2265 (1 hour north of Sydney). (02) 4977 3300
Bookings and other seminars www.shantimission.org | www.shaktidurga.com



Something to get off your chest?

Have you a story to tell?

Would you like to feature your community group or club?

Do you have ideas to talk about?

Or would you just like to share some ruminations?

bulletinnewshound@gmail.com



ART ZONE for the littlies

Children can develop new artmaking skills using a range of materials in a friendly, creative environment. Saturday sessions in June. Contact Lakemac Art Gallery on 4965 8260 or artgallery@lakemac.nsw.gov.au

ANNOUNCEMENT WARATAH MEDICAL CENTRE MORISSET

Dr Darren Paterson

M.B.B.S (SYD) F.R.A.C.S (orth), FAOrthA

Orthopaedic Surgeon

Dr Darren Paterson is a Harvard-trained Orthopaedic Surgeon specialising in hip, knee and trauma surgery with operating lists at both Gosford and Wyong Public Hospitals as well as the Sydney Adventist Hospital. He will be consulting at the Waratah Medical Centre in Morisset from June 2015.

For appointments please call 02 9473 8640