



# Pentad Newsletter

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Infantile love follows the principle: "I love because I am loved."

Mature love follows the principle: "I am loved because I love."

Immature love says: "I love you because I need you."

Mature love says: "I need you because I love you."

Erich Fromm

## It's High Season for Divorce and Infidelity



We're reading unnerving news up here in the North as we move into the holiday season.

Almost daily we see the media tie Christmas parties together with infidelity. Social gatherings with colleagues and with the non-presence of spouses is reported to be a flourishing scene of flirting and casual sex. Jovial spirits mixed with alcoholic delights seem to be a catalyst in daring to let office flirts materialize to something more than a friendly smile. Private

detectives state that a large percentage of inquiries in December entail spying on spouses at their yearly heats. And, these investigators claim that they rarely come



back empty-handed. That's right. They discover a lot of hanky-panky going on. In addition, they state that work seminars, overnight team-building courses, and travel in general are the playing grounds for many. Work is becoming very personal for a large percentage of married people.

Insurance companies provide

information to the general public about what they can claim if something should happen at these types of outings. Not only as a result of physical stunts, but also as a result of the trouble an individual can get into when social drinking is in the picture.

Yes, infidelity is on the rise. And, it's not only men. Just as many women are becoming involved with it. However, the statistics still tip just a bit more over to the male population.

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## Article Subscriptions

Pentad will soon be offering article subscriptions as an additional service outside of the usual newsletters.

Our goal is to provide interesting and more lengthy in-depth articles

about the subjects of love and relationships. We'll discuss difficulties and solutions for you, the subscriber. We'll be adding the offer to our website [www.pentad.no](http://www.pentad.no) in a couple of weeks

specifying the topics and dates of publication, which will be approximately 6 times a year. Keep an eye open for this exciting new addition to Pentad's services.

## Jealousy E-book

### Jealousy, Self-esteem and Insecurity, Myths and Facts of Cause and Effect

Yes, it's ready for you! If you haven't discovered it yet at [www.pentad.no](http://www.pentad.no), go take a look!

I know you are out there searching the web trying to find out what your emotions of jealousy are all about. Everyone has felt jealousy at one time or another. Are you normal? Do you have low

self-esteem? Why can't you get rid of it? These are some pretty tough questions, aren't they?

We've answered them in this e-book, and we've given you an exciting viewpoint. We discuss the more average pangs of jealousy, leaving the more extreme types rest. In other words, we have addressed the general public.

Our offer until the 10th of December, is that you'll

receive a free copy of our e-book, How, What, and Why, with your purchase. We've made our product available at a very affordable price, and with a 30-day money back guarantee if you don't enjoy your reading experience.

We know that you're missing out on a good thing and solid methods if you let this offer go by. Even if you don't need it today, you'll need its contents some day.



***Yet he was jealous, though he did not show it, For jealousy dislikes the world to know it.***

**Lord Byron**

## Absolute Bliss E-book

This 295 page book published in Canada in 2004 by Tamera Daun, will be available at Pentad's website in E-book format before Christmas.

This is a relationship guide for all of you women out there. Happiness, integrity, boundaries, personal growth, adult love, intimacy, and

more. A very real process and the usual pitfalls that you won't find described like this anywhere else. Tamera Daun articulates the process of changing your life and love relation. It shares the secrets of the bumpy patches where most people feel they fail while working on their relationship. It prepares couples for their future no

matter how long they've been together.

You may think that you have all of the correct beliefs and answers about love, until you read this book! Its contents fulfills your real and authentic dreams of how your relationship should be. And, it will let you in on a couple of untold secrets!

*The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers."*

*By M. Scott Peck*

## Happy Holidays!



Pentad sends a "Season Greetings" to everyone celebrating something

special this month!

Celebrate safely, and do some relaxing in between the hustle and bustle.

We'd like to thank you all for your interest in Pentad this year, and we're looking forward to doing

business with you in 2006. We work for you and your relationship, by providing better quality products and offers than you'll find anywhere else on the web!

*Be well and stay safe*



## It's High Season for Divorce and Infidelity

Northerners pride themselves on their sexual freedom. They top global and European lists in frequency of casual sex, and liberal thinking around the same topic. The divorce statistics are quite similar to those of other Western Societies. And, infidelity rates are high. It's one of the top-given reasons by couples for divorce.



So of course, I can't help myself. I have to pose one of those critical questions. As we frequently read about spouses that feel their marriages are helped by a little outside flirting and infidelity (which is on the increase), why isn't this helping to decrease the divorce statistics? Shouldn't more couples feel that it helped?

We certainly understand that if about 50% (little higher or less, dependent on the country) of spouses are unfaithful, we're only speaking of the percentage that are still married. Of course. If we ask these people why they chose to be unfaithful quite a few would state that,

1. Sex had become boring at home
2. There hadn't been any sex at home for a certain period of time.
3. It spices up a long-term marriage.

4. Their partner drove them to it.
5. Their partner doesn't keep up their physical appearance. They had become unattractive.
6. It didn't mean anything.
7. It just happened.
8. The other person pursued them until they couldn't say, "no".

As I review a few of these points, it seems to be that many of these unfaithful people are not satisfied with something in their relationships. So, if they satisfy their needs outside of matrimony, wouldn't this help even slightly?



Maybe not. Maybe it's because most cases of infidelity are actually sooner or later discovered. This would mean that the faithful spouses can't live with and forgive them. And, yet. Wasn't it supposed to help marriages?

There's a professor (in the North again) that has proclaimed that the "faithfulness" part of the marital contract should be extracted. She claims that feelings can't be controlled, and that since people don't seem to be able to live a long life together, then we should just cut the whole thing out. Quite amusing was a

comment from a person wondering what the new marriage vows would be. Something like, "I vow to love you until a new person comes along that interests me?".

It's not easy to understand. The Internet provides site after site with tools to catch cheating spouses, private investigators earn good money doing the same thing. Long-term marriages end because of one incidence of it. Years of personal investment being risked by a single fling. It's flourishing at the workplace. Nevertheless, many unfaithful people would not want it to happen to themselves.

Another phenomenon is the frequency in which couples seek help for their marriages around holidays and summer vacation. Has life become so busy that these free days off with spouses becomes a, "Do I know you anymore?" experience? Is it then people understand that they haven't kept in touch? Or, are random family ("yours or mine") conflicts and arguments around the holidays that which catapults a couple to their wits-end? Maybe it's the helpful fling at the Christmas work party that becomes known and causes it. Are people adding to the frequency of jealousy problems that we just wrote an e-book about? Is all of this what people really want?

No matter what is happening, it all ends up in chaos. And, really. Isn't there enough

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No snowflake in an avalanche ever feels responsible.  
  
Voltaire



## It's High Season for Divorce and Infidelity

arbitrary chaos in life without consciously choosing even more of it? Change can be positive, however too much uncontrollable chaos may not be.

We at Pentad know that all of this chaos does not help people to experience happiness in the long-haul. Not unless they are trying to achieve irrational and whimsical periodical satisfaction that doesn't last. Not only does it not last, but a new "down period" follows as you end up where you started. This only leads to more of the same. We do understand that many find it difficult to specify their needs, and understand the jist of that which can provide the long-term experience of satisfaction.

To stress our introductory points, can we really give the Christmas and New Year's parties, spirits, and alcohol the blame for what we are experiencing inside ourselves? Shouldn't everyone take care of their relationships throughout the year, so that the holiday season isn't such a catalyst?

I'm pretty sure that most people not only know this, but they would also do it if they just knew what would help. No one is super-human; accomplishing everything perfectly, every single day. However, it's common to believe that it's the big frilly things that count. Even though this isn't truthful. It can all be simplified down to the most essential principles allowing them to materialize in the personal style of the individual. All of the women out there can read about these principles in detail in our book, *Absolute Bliss*.

It can sometimes be as simple as taking a few moments, a "time-out" if you will, in order to really specify one's authentic needs. These natural needs can mislead people to make

unwise decisions that can affect relationships in the long-term. And it seems as though the holidays are high season for mix-ups and chaos.

What do people experience as pressing needs? Well, they can be several things. It can be the need for intimate connection with others. Christmas tends to lead people to feel sentimental. Some can experience that sharing life with someone that has different preferences than themselves, leads them to feel detached and lonely. It can be the need to relax and have fun, without the drudgery of everyday responsibilities. Seasonal celebrations are something other than everyday life. They can wake people up to the fact that some change may be needed in life. A general lacking of recognition, can lead some people to gain it through flirting and flings. They try to satisfy this need through what others can give them, instead of working on inner qualities of personal pride that would satisfy this need. It not only satisfies it, but it becomes permanent satisfaction that can be built upon. And sometimes it's as simple as people being exhausted and not taking care of themselves. Their feelings are chaotic because their physical health is unbalanced, and they mistake what it's about.

These were just a few examples, but they are important and essential. I don't recommend romantic frills as solutions to marriage woes. Romance comes as a consequence and result of a good relationship. My recommendation for everyone this last month of 2005 is to take a few minutes of thought and get a handle on where you are as an individual. This is the first step.

1. What do you do to satisfy your physiological needs? Do you take care of the need to rest, relax, your diet, your fluid intake, etc.?

2. How safe do you feel in dealing with your environment? Are you emotionally capable in handling changes that occur in life? Do you feel flexible in dealing with other people? Or, are you sensitive and

prone to following the ebb and flow of other people's emotions? Do other people experience you as a person they feel secure being together with? In other words, are you trustworthy?

3. What is it that characterizes the manner in which you connect to the people closest to you? Are you demanding that your partner should be doing more to satisfy your needs? Are the demands too many and so constraining that your partner cannot love you in the manner they find natural? Are both of you allowed to be the unique individuals that you are? Is there acceptance? Do you, or you as a couple, have too many social connections and engagements with others, that drain your resources of time and energy? Do you protect your relationship from harm? What are your ethics in relating to other people?

4. What are you proud of? What have you accomplished of both small and large things? Do you lack personal goals? Do you challenge yourself, and do you give yourself recognition for your accomplishments? Or, do you expect it to come from others? Do you stand up for what you believe in? Do you have well-thought out principles? And, do you walk your talk?

5. What kind of hobby, interest, or specialization provides internal energy and inspiration? What is it that you love doing? Maybe, you've forgotten it. Do you allocate some of your time to reflect about the world around you and at large? Is there some way in which you can contribute to the world using your special interest?

Start here. If you need additional help in clarifying where your relationship is at, take a look at our "Pentad Guide" at, [www.pentad.no](http://www.pentad.no).

Here's to wishing all of you a peaceful and calm Christmas and New Year's Season. Take care of yourselves and your loved ones.

*Tamera Daun*

[www.pentad.no](http://www.pentad.no)

*Simplifying life and love*  
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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 publishes 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:  
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**I hold it true, whate'er befall;  
I feel it, when I sorrow most;  
'Tis better to have loved and  
lost  
Than never to have loved at  
all.**

**Why love if losing hurts so much?  
We love to know that we are not  
alone.**

C.S. Lewis

**If you have love in your life  
it can make up for a great  
many things you lack. If you  
don't have it, no matter what  
else there is, it's not enough.**

Ann Landers

**Tell me who admires and loves  
you,  
And I will tell you who you are.**

Charles Augustin Sainte-Beuve

