

Pentad Newsletter

November, 2005

Husbands and Love

Inside this issue:

Husbands and Love 3

Jealousy E-book 1

November Celebrations Around the World 2

Romantic and Unconditional Love 2

November Quotes 4



For those of you who have purchased Pentad's book, *Absolute Bliss A Woman's Guide to Relationship Happiness*, you know that we promote the happiness of women. We also work towards increased awareness regarding the concepts of love and relationships. And yes, men. I know this is not easy. From what I understand, men are so uncomplicated that it almost seems too complicated for the female brain to fathom. Before we get further into the subject of this article, I'd like to commend all of the women out there in their communicative attempts to understand their partners.

When that's stated, some women feel as though I'm a bit tough on them, and the question gets asked, "Don't men have to do anything to strengthen the relationship?". The answer to this is, yes. Of course they do. I just haven't finished writing that book. Yet I base my answer to that question on the following.

The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it is not without doubt but in spite of doubt.

Rollo May

We know that the ways in which people behave in their relationships include variables that are hereditary and genetically pre-wired. We also know that we can't dismiss the fact that gender roles also develop as a result of social conditioning and history. A more truthful answer being the theory of nature and nurture working intertwined, both enabling the other. However, I never accept a final answer of, "I'm a man, and that's just the way it is". Or, "I'm a woman, and we're like that". No, not good enough. Maybe for some people, and yet not for others.

If you take a stand in the nature-nurture debate, relationships become quite deterministic. If that's the case, then everyone could just give up right now and claim that the genders are too dissimilar to live together. That would mean

that the need for romantic love brings us together, but seldom lasts without conflict levels that lead to high divorce statistics. Quite an extreme thought, isn't it? It seems however, as if many people walk this path.

Absolute Bliss is not a "women's lib" book. And, I'm not proclaiming that there is anything wrong with "being a woman, or being a man". I'm only questioning if it really has to end with, "that's all there is to it".



Marriage is our last, best chance to grow up.
Joseph Barth

Continued on page 3

Jealousy

Remember that e-book on jealousy and insecurity we promised you in our last newsletter? Well, it'll be ready and available within a couple of weeks! Keep a close watch at www.pentad.no towards the middle of November.

Our newsletter subscribers will be the first to know of its arrival. You'll receive a personal invitation by e-mail.

Pentad's hunt into jealousy and insecurity has proven to be quite interesting! You're not going to want to miss this one. It doesn't matter if you

experience it, are on the receiving end of it, or are interested in extra insight into the subject. You'll want to add this e-book to your "document shelf". It just may even provoke a few of you out there by getting the cognitive juices flowing!

Romantic and Unconditional Love

What is the objective of your intimate relationship?

Have you ever contemplated this question? If you could formulate just one objective, what would it be? What do you think your partner would formulate?

If everyone took the time to answer this, I know that there would be countless variations of the concept of

love. I also know that the objectives would be quite vaguely formulated.

The concept of love is fascinating, and yet, quite confusing. We find words like “romantic love” and “unconditional love” used in the same contexts and describing similar things. Does your partner understand what you mean by love? Do you understand your partner? Do you specifically know how you define love so that you will be understood?

And, why is this so important? Well, because it’s an axiom in everyone’s search for how they can better and improve their relationships. Everyone has certain feelings of what ought to be, or ought not to be.

Which type of love should be the objective of your relationship? Pentad will help you figure this out in our next e-book.

Get Ready!



All married couples should learn the art of battle as they should learn the art of making love. Good battle is objective and honest--never vicious or cruel. Good battle is healthy and constructive, and brings to a marriage the principle of equal partnership.

Ann Landers

November Celebrations Around the World

We’d like to extend warm wishes to all of you celebrating something special this month! We hope that these celebrations will take place in peace, and that the significance for each and every one of you is respected.

Remembrance Day takes place on November 11th in Canada, remembering all of those that have given their lives in times of war.



Travelling southbound from there we wish everyone in the USA, a happy and safe Thanksgiving!



The 20th of November is the day that Mexicans celebrate their Mexican Revolution.



Chile gives us an International day and conference on the 17, November this year. That’s right, it’s “World Philosophy Day”!



Ramadan is already in progress this month. The month of fasting and blessing nears its completion within a couple of days.



Shichi-go-san is celebrated in Japan on the 15th of November. It is the day of prayer for the healthy growth of young children.



In closing, we’d like to mention the Hindu festival of Diwali. For those of you who are caught up in current events, you know that as preparations were being made for this super festival of lights, a tragedy occurred. We at Pentad send our condolences to the people in New Delhi and the innocent lives lost in the recent bombings. We sympathize with the grieving families and friends in a time that should have been filled with celebration and light.



Promote Peace!

Whosoever wishes to know about the world must learn about it in its particular details. Knowledge is not intelligence. In searching for the truth be ready for the unexpected. Change alone is unchanging. The same road goes both up and down. The beginning of a circle is also its end. Not I, but the world says it: all is one. And yet everything comes in season.
Heraklitos of Ephesos:

Husbands and Love

I believe that people in their complex simplicity have the ability to expand. If I didn't, I wouldn't be a personal developer. People are capable of expanding competencies and comprehension, and way beyond their genetic make-up or social upbringing. Our capacity to learn is extremely great, and our ability to question ourselves leads to awareness. Awareness can lead to change.



The way in which this can be accomplished is to concentrate on that which is invariant. This means that which is common for all humans. When we look at that which is common we get down to the essence of matters. It is this aspect that can be applied in helping partners understand each other's worlds out of similarities instead of focusing on incompatible differences. We all know that differences are there. Our focus is usually on them as they are quite noticeable. However, we seldom let ourselves focus on acceptance of these based upon a truly integrated comprehension of similarities.

It all works on general sets of needs that humans share as common denominators. Both genders have the need for security, love, self-esteem, etc. The only differences are preferences in their satisfaction, and this is just as much about individual preferences as it can be called gender issues. In addition, even though it may seem that preferences are "fixed or stable" in little boys and girls, we also have to admit that preferences change as we grow into adults, and experience life.

An absurd and simple example of this, is a 5 year old kid that looks at his spinach and says, "I don't care if I've never tried it, I just know that I don't like it"! That's right. That same kid may just grow up to love spinach.

What you focus on is what you "see". So, if you prefer the gender approach to relationships, this is how you will operate. This again will lead to certain beliefs. Let me throw out an example. Have you ever heard that women are communicators while men are good problem-solvers? We seem to find proof in studies that this is generally true. When I hear this I usually tend to ask, "so?". Why? Because men can also become good communicators, and women good problem-solvers.

No matter which approach you choose, it doesn't cause a problem unless you don't allow yourself to move beyond it. Especially if difficulties in your relationship already seem unsolvable.



That's what *Absolute Bliss* explains and teaches. It teaches women to build a strong sense of integrity, and to simplify life. How? By questioning their world, clarifying their value-systems, needs, and expanding their array of preferences. We bridge the

gap between the sexes by teaching women how to learn from their partner's strengths, and without compromising their femininity. The goal being self-created happiness and the personal experience of success in all arenas of life. This in turn, benefits the romantic union. Ethical principles in relating are emphasized as an integrated matter of course.

Even though quite a few women practice these principles, they are still frustrated in their relationships. This means that something else is happening within the union. They often feel misunderstood by their men, and they feel that the clout they have in the partnership is of lesser value. Now, this can be completely true even though a woman has high self-esteem and a sense of self-value at work and among peers.

On the flip side, men don't understand why things aren't working at home. They don't feel as if they're really succeeding. Everything they try, creates the same results. Too many men are way too frustrated. At the same time they really don't want to change that they are in fact, masculine. Quite understandably so. Women don't appreciate the thought of having to become less feminine either. Correct?

It's time for Pentad and "the men out there" to get in gear. We have a plan for the coming winter. These plans include creating audio/visual downloads with instruction and knowledge, guidelines, awareness, exercises, and tips. Just for men. So, be on the lookout!

P.S. We'll also be turning *Absolute Bliss* into a download e-book version that will be available at www.pentad.no very shortly!

Be well and stay safe!

Tamera Daun



Marriage is that relation between man and woman in which the independence is equal, the dependence mutual, and the obligation reciprocal.

Louis K. Anspacher:



The history of men's opposition to women's emancipation is more interesting perhaps than the story of that emancipation itself.

Virginia Woolf:

www.pentad.no

Simplifying life and love
www.pentad.no

Pentad

Strandsvingen 12
4032 Stavanger
Norway

E-mail: tamera@pentad.no
www.pentad.no



Never let a problem to be solved become more important than a person to be loved.

Barbara Johnson

Love is like pi — natural, irrational, and VERY important.

Lisa Hoffman

In order to create there must be a dynamic force, and what force is more potent than love?

Igor Stravinsky

The most important things to do in the world are to get something to eat, something to drink and somebody to love you.

Brandan Behan

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:

