



Newsletter

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Simplifying Life and Love

Jealousy and Insecurity in Your Relationship

The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings. .

Buddha

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"Let's stretch our minds"

How in the world does a person define and describe "jealousy"? Do you look it up in the dictionary? Do you go by the uneasy feeling in your gut? Do you let others define it for you? Is it just an unnecessary feeling? I wonder.

Most people will be able to recognize an unfounded pang of the green-eyed monster in themselves from time to time. However, I also presume that in many cases people actually believe that their partner or spouse is partaking in "something" that exceeds their own value boundaries of what they think is appropriate. And believe you me, this can be about various types of issues. But is this also jealousy? Your dictionary might agree with this. And, quite a few partners will say that it is. If it includes a third person, that something can be about just about anything.

Or, could it possibly be. Yes, could it be that whatever is being expressed, just reminds a partner/spouse of **jealousy**? Is a partner seeing jealousy, when there may be other things going

on? And, is this a truth? Well, whether it's true or not, it does have a compounding effect on the person whose emotions are being defined.



"If I'm fearful— If I'm angry— If I'm jealous— If I'm coy— If I feel dependent—the feelings I have are not my problems. My attitudes toward these feelings are my psychological problems."
~unknown~

You can probably understand what it does to people. People don't like to be accused of being jealous, and people don't like to talk about jealousy. People will defend themselves, and fight it. Jealousy is one of those "no-no" words that society kind of ties a loser or weakness label to. It's one of those ugly words that causes people to feel shame for feeling it. And, hidden in this word is one more unexpressed bit of knowledge that everyone knows. Right? Yes, we all know. If you're not sure you

know, lean closer, and read the fine print. *"It means that you're INSECURE if you feel, or have ever felt it!"*

Yuck! OK, we got that out in the open. What does this all mean? What are we actually reading, hearing, and believing out there? That every person is insecure if they deeply love another, and can from time to time feel the uneasy emotion of what other people define as "jealousy"? Can this can lead them to feel shameful about the whole belief, because it's a sign of weakness? Boy, this is getting confusing, isn't it?

You see, I know that this tenses people up, because I've been on a "jealousy hunt". That's correct. I've looked into the amount of literature written on the subject. I've been on the web, and seen all of the websites promising that you'll be rid of this monstrous feeling if you follow their methods. Many proclaim to be the first to have discovered that which will abolish it from the emotional repertoire of everyone that has ever felt it.

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E-books



As you all may have noticed, Pentad has started its series of e-books, which can be purchased through our website, www.pentad.no

People search for advice, and solutions to their problems. Of course they do. We all do it. We humans need to understand. We crave explanations as to why we experience certain things. If we experience difficulties, negative emotion, or a lacking in our lives, we want it fixed. However, not all of it is so easy to talk about. Much of it stays hidden.

Pentad will be offering mind-stretching e-books covering some difficult themes. Many of our upcoming topics are pretty emotionally charged, and they'll hit close to home for many of you. They're

about aspects of peoples' lives that can be difficult to get out in the open. Problems that awake feelings of inadequacy, insecurity, guilt and maybe even a little shame, are what I'm referring to. They are the types of problems and emotions that we don't like to admit having, and that seem easier to try to hide. As we attempt to hide them, we don't get them solved. And, they'll keep nagging away, causing even more problems.

People seem to struggle with the same things, and yet just as many feel as if they're alone with their problems. This means that it's important to normalize circumstances in order to get a handle on them. What's incredible is that many of the solutions lie in our attitudes towards that, which is problematic. We humans create intimate relationships to our difficulties, and we tie strong emotion around them like a ribbon sealing the package.

Mind-stretching knowledge, perspective and insight, can help to turn it around. This is what most people need help in doing. Support is also necessary while

practicing new ideas. This is so very hard to figure out and do, when you feel as if you're alone and trapped up in the middle of it all. We can aid and help you in this process. The goal is to integrate new practice.

We will continue to find charity causes to donate a percentage of the sales from these e-books to. This is an important principle that Pentad maintains. As you work with your inner life, it's essential to remember that you're still a part of something larger. That larger something is the world, and you're an important player. This attitude supports healthy perspectives and outlooks.

We will inform our newsletter subscribers about our titles as they appear on our list. Write us at, tamera@pentad.no if there's a topic you'd like for us to cover. Looking forward to hearing from you!

Free Newsletter Subscriptions

We at Pentad would like to extend a special welcome to all of our new international subscribers. Since Pentad went global, the response has been incredible! Thank you for your interest.

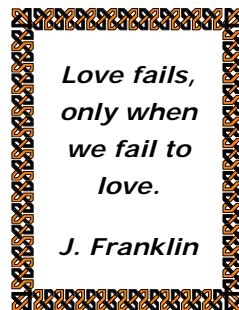
Different and unique perspectives of life and love in relationships around the world contribute greatly. They generate new ideas, and increase possibilities and solutions.

We'll keep our subscribers informed

of our offers, services, seminars and travel plans. We may just show up in a city near you, someday soon!

Welcome to Pentad!

www.pentad.no



Love fails, only when we fail to love.

J. Franklin



Happy Halloween!



Pentad wants to send a special Halloween hello to everyone out there in the

world celebrating October 31st this year.

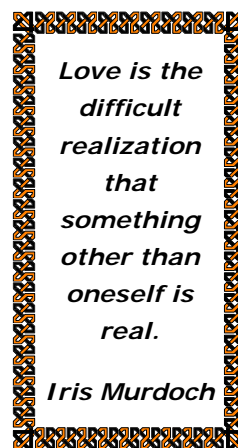
Halloween can be fun and exciting not only for kids, but also their parents. Although, as we know, Halloween can also turn out to be quite unpleasant for an unlucky few out there.

I don't feel that we can have enough reminders, so here

goes. Remember to protect your children with measures of safety:

1. Remember reflectors on their clothing, so that they'll be seen in the dark.
2. Know which route they're taking.
3. Remember to check sweets upon arrival at home.

Have a safe Halloween!



Love is the difficult realization that something other than oneself is real.

Iris Murdoch

Jealousy and Insecurity in Your Relationship



"Nature is at work. Character and destiny are her handiwork. She gives us love and hate, jealousy and reverence. All that is ours is the power to choose which impulse we shall follow."

~ Dr. David Seabury

I'm as human as you are. So, while I was out there reading, I almost started to feel "jealousy" the more I not only read about the topic, but also the word. Jealousy, jealousy, jealousy. And, as I felt a little uprising panic, I knew I was in danger. Believe me, I could have been an easy sucker for buying one of those secrets to rid me of a creepy feeling that didn't feel too good, right then and there. That was about the time I took a deep breath, and chuckled to myself.

The promise of getting rid of or curing an emotion permanently, is hogwash. Nobody has discovered for the first time how to do this. Even the Buddhists of Tibet worked with the theme of jealousy. Personal developers know that "getting rid of" is not the way things happen. Understanding and balancing it, is something quite different. Comprehending it from several angles can calm the emotional waves through knowledge. Coming to peace with it is a realistic goal. If people feel that they can get rid of it, they'll feel like failures if it ever pops up again. If they panic over the fact that this means that they sit with eternal low self-esteem, they can

"Do not believe those persons who say they have never been jealous. What they mean is that they have never been in love."

Gerald Brenan

become depressed. I dislike seeing people in these states, because it is less than the potential of people. As I now sit in a self-inflicted wound-up state of mild irritation at this thought, I wonder if there's a cure for that also.

Why am I "ranting-and-a-raving"? In my clinical experience with couples I see various things happening, and I hear the word "jealous" often being thrown out as it pleases the one, and becomes the horror of the other. A horror that compounds into a spiral of beliefs and behavior.

Figuring out what's going on in each relationship takes time, so I don't always automatically buy into the fact when one partner says that the other has a jealousy problem. I don't write down on my pad, "OK, that's it. That's the problem". I see that there's a lot going on out there, and most is about something else entirely, however it becomes solidly defined by the one. In our modern world of "strength", the one in the relationship that feels something different, is depicted as the "weakest link". Hogwash. What's even stranger is that I am constantly surprised at how often it is occurring.

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

(Lord Byron)

We all understand that there is a difference between extreme conditions and occasional pangs of jealousy. People that are so plagued that they are paralyzed by it in everyday life, usually know inside that they need help to figure something out. Even if they don't admit it to others. Amazingly enough, the more the finger is pointed, the more people become it. It's a vicious circle.

However, there are too many grey-zone areas that too few people question. It doesn't matter if you're a partner that feels as if you're on the receiving end of jealousy, or the partner that's being told that you're too jealous. Or, maybe

you're like most people that experience it from time to time, and just plain don't prefer the feeling. When we don't question and comprehend it through different meanings, we keep seeing it in the same way. We keep seeing it as something that consistently causes a problem. We don't get down to the core of it. Ah, the complexity of life and people. We're here to examine, stretch the mind, and simplify.



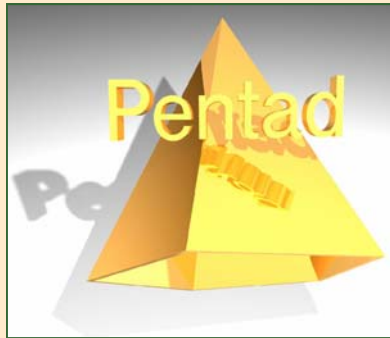
As you can guess, my jealousy hunt is not even close to being over. It's the subject of our next e-book here at Pentad. No. No cures, and no immediate extinction. Rather an in-depth real life view from several angles, a normalizing perspective, and peace to be found when we finally find out what it is we are actually talking about in our relationships. This is how you live with the many uncomfortable aspects that everyone encounters in life. And, this is how you disarm its potential harm in your relationship. Not everything is as it seems, and not everything is as dangerous as we may fear.

The cost is for the time used in gathering knowledge, applying clinical experience, and getting it all down on the screen to share with you. The sharing of the cost goes to the people affected by the recent hurricanes in the US of A.

*Be well and stay safe,
Tamera Daun*

"Don't waste your time on jealousy. Sometimes you're ahead; sometimes you're behind. The race is long and in the end, it is only with yourself."

~ Mary Schmich



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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

Our true identity is to love without fear and insecurity. Our higher potential finds us when we set our course in that direction. The power of love and compassion transforms insecurity.


(Doc Childre)

There are no guarantees. From the viewpoint of fear, none are strong enough. From the viewpoint of love, none are necessary.

Emmanuel

If we discovered that we had only five minutes left to say all that we wanted to say, every telephone booth would be occupied by people calling other people to stammer that they loved them.

Christopher Morley



You'll discover that real love is millions of miles past falling in love with anyone or anything. When you make that one effort to feel compassion instead of blame or self-blame, the heart opens again and continues opening.

(Sara Paddison, Hidden Power of the Heart)