

DISCOVERING RELATIONSHIP

BREATH
OF LIFE
MINISTRIES

About the Workshop



Discovering Relationship celebrates our deep interconnectedness with one another. The program is for individuals, couples and groups. It focuses on our relationships

with friends, lovers, family, and colleagues - as well as with ourselves and the world around us. People are guided through a range of activities to explore and enhance all of these relationships.

In an intimate living room setting, we delve into challenging and sensitive issues in a gentle, non-confrontational way. This helps us to examine the core ways of being that shape our lives. The weekend enables us to discover new possibilities for our joyful and creative self to unfold.

People emerging from the workshop often find themselves able to communicate more openly. People also discover a newfound balance in work, play, family, community and inspiration with a new enthusiasm and sense of purpose. We do all of this with respect, compassion and love. This enables us to heal and grow from the inside out.

"More than anything else, 'Discovering Relationship' helped me to forge a new relationship with myself. I'm no longer encumbered by my past. And I've created a balance in my life that I never felt was possible." LISA LEVINE

Affinity, Reality, Communication

We focus on the three basic relationship principles of *Affinity, Reality and Communication*. Without alignment in these three areas, most of us will experience frustration, dissatisfaction, upsets and a general sense that things are not working. *Affinity* is the "spark" of a relationship. It is that element of respect, admiration and appreciation that makes relationships magical. Without affinity, the magic disappears. *Reality* is the fabric of agreement two people build in a relationship. It is an alignment of their short and long term goals, as well as clarity about where each stands on important issues. Without reality, you have conflict, insecurity and uncertainty. *Communication* is the glue that holds a relationship together. It is the ability to genuinely "recreate" another's experience. Without communication, relationships get lost in misunderstandings, hurt feelings and frustration.

"Discovering Relationship is about recovering the ability to be in relationships successfully. It is about providing the tools to look deeply at the core issues that are causing one's present experience. It is about the willingness to be fully expressive, happy, vital and loving human being." GEORGE MOSCONA

"I am able to see clearly the patterns and defense mechanisms I use to keep people from getting close to me. In the end, those same patterns were keeping me from being as successful as I wanted to be in my professional life." DANIEL HILLRIEGEL

For more information on scheduled workshops or to arrange to sponsor a workshop in your area call 505-453-4169 or email bolm@geomosco.com

An interview with George Moscona

DISCOVERING RELATIONSHIP

George Moscona is the creator and director of Breath of Life Ministries which provides workshops as well as consulting for couples, families, groups and individuals. A teacher and counselor with a M.A. in Psychology, Moscona first offered Discovering Relationship in Hawaii in the early '70s.

Discovering Relationship is given over the course of a weekend for a small group of people in an intimate living room setting.

"The most interesting workshop is where there are married and engaged couples, parents and children, business partners, lovers, even new acquaintances and individuals focusing on relationship issues. That way, many different possibilities are represented. The foundation of relationship is the same. The workshop is appropriate for anyone in any situation. "

"The first day we look at the story of our relationships and discover what our key issues are. "

"The second day is about communication and our experience of 'being related'. It is about allowing another person to be with us in a way that dissolves our sense of individuality. Some find this experience to be almost mystical or metaphysical. "

"Discovering Relationship is very practical. There are techniques that can be used later when we get stuck in new situations. People who have completed the workshop often mention four specific results:

1. We communicate more openly and honestly.
2. We expand our sense of mission in life beyond that which we had before.
3. We cut through the explanations and justifications and find truth in our relationships.
4. We are more able to support other people and let ourselves be supported. "

"People often share that they are now more able to let another person really be part of their lives. "

"My sense is that in our attachment to the form of our relationships, we often lose sight of the experience of joy that brought us together in the first place. We get stuck in the content that we have created and consider that to be the relationship. In the workshop, we have the experience of simply being in relationship, of working together. Out of that experience, the content suddenly makes sense. We can recreate our initial enthusiasm and joy, and from that can see what form of relationship is most appropriate at this time. "

"Discovering the essence of relationship - of our connectedness - is the only basis of having a harmonious world. It is not MY universe, but OUR universe. "

Excerpts paraphrased from:

"The Stowers and Gold Special Newsletter Featuring Workshops" Summer 1982

"Discovering Relationship has helped me to approach all my relationships in a fresh, new way. I am more able to say what I feel and get the interactions I want. I am able to impact every relationship I have in a more positive and productive way. I now have skills to hear what other people are really saying." JOANNA HOOD

"The workshop provides an environment where people can experience their ability to manifest relationship, come to terms with areas which have been holding them back, and discover purpose in life." GEORGE MOSCONA

