

Preface; Having it both Ways



PREFACE

A MIRACLE MOOD-ALTERING “drug” is available. The label on the side of the bottle promises, among other things, significantly enhanced personal well-being, richer relationships, and family lives, and increased organisational productivity. Additional trials will be required to determine its effect on potentially lethal conditions such as domestic violence, road rage, and murderous outbursts at work. Completely legal, and requiring no doctor’s prescription, this “drug” is freely available to anyone willing to inject the win-win power of their ABCs ---Awareness of Behaviour and its Consequences--- into any and all of their many relationships. Having It Both Ways will guide you in doing this.

In Chapter One, “On earth as it is in heaven”, we outline our basic premise; since our Higher Power, the Universal source of goodness that surrounds us all (referred to by a variety of names ---Tao, Buddha, God, Allah, Jesus, etc.--- among the earth’s six billion inhabitants) speaks to us through others, a daily commitment to improving the win-win quality of our day-to-day interpersonal relationships marks the path of spiritual development . A proven set of tools to help us stay on our spiritual paths is offered in Chapter Two “The ABCs tool kit”. In Chapters Three “The proof is in the coding”, and Four “Monkey see, monkey do”, by analysing the interactions in familiar fairy tales, parables, and true stories, we demonstrate how using the ABCs tool kit contributes to creating the spiritual experiences so vital to feeding our souls. In the next chapter “What is this thing called love?”, we reframe a basic biblical truth into its essential win-win terms: “Do unto others as they would have you do unto them”. Several natural pitfalls that can derail us from our win-win journey are brought to light in the next chapter, “Pitfalls to be avoided”.

Based on this foundation, the next several chapters---“Pregnant moments in intimate relationships”; “The gift is in the giving”; “Hello, goodbye”; and “Discourse of the silent variety”---focus on examples of the ABCs in action. Some conversations deal with day-to-day bread-and-butter relationships between, for example, husbands and wives. Others, more spiritual in nature, focus on conversations we have with ourselves throughout our lives and with loved ones in the closing moments of their lives. In the chapter entitled “When you have to burn a bridge behind you”, we explore how we can detect, protect, and disconnect ourselves from lose-lose co-dependent relationships.

In the final chapter, we invite the reader to join us in a “Leap of faith” as we explore the relationship between the story of the Hundredth Monkey and Having It Both Ways. In that relationship, as Ken Keyes has noted, “may lie our only hope of a future for our species!”

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