

What does it mean to relate?

Clonea Strand Hotel – 16th, 17th and 18th September, 2011

RELATIONSHIPS can go one of two ways. We can connect with others in a co-operative way that will uplift and strengthen both parties. Or we can relate in a way where we compete against each other and operate from a sense of rivalry and a lot of the time feeling threatened. The latter relationship will result in a weakening of the relationship and lead to mutual destruction for both parties.

Elizabeth Schnugh has chosen Ireland as her base from which to impart her knowledge of human behaviour. She has been facilitating courses at Clonea Strand Hotel, Dungarvan, twice per year since 2009. People have travelled from all parts of the world to Dungarvan to participate on these courses.

I have attended all the courses thus far, some more than once, as there is also an opportunity to redo a course if one wants to, for no charge. I have found the courses to be excellent and most supportive in the way they are presented. I have seen huge changes in the people who come to these courses.

There are many subjects covered over the three full days of the course. The course runs from Friday morning until Sunday evening. One subject that I got a lot of clarity on was working with my feelings and emotions and learning they are not the same.

When I speak with people about emotions and feelings, most people would say that there is not much difference between the two. However, there is a huge difference. Let me explain a little. Feelings are irrational. They are the expressions of our own inner being. We could call it our gut feeling or our intuition but unless we listen to our feelings and learn to trust them, we will always be stuck in our minds going around and around, and never learn who we really are or what life is all about.

In order to be able to work with and trust our feelings, we must also understand and learn how to work with our emotions. Our emotions when understood properly are wonderful gifts. When we use them to support us they will take us back to the feeling and in this way we begin to learn about ourselves and about life.

So take for example the emo-

Have you ever asked yourself, how well do I relate to others?

How well am I connected to others?

How well do I relate to myself?

How well am I connected to myself?

tion anger. Anger is one of the primary emotions and if used properly can be a real treasure. However, we know that anger can be hugely destructive to ourselves and to those around us when we allow it to get out of control.

Emotions are based on desire. Anger is the desire to fight. When taken at face value, to fight would mean to go into some kind of conflict with another person or with ourselves. If we go a little bit deeper, we will begin to recognise that anger IS the desire to fight - but WHAT we are fighting for is our self respect, our clarity. What is really going on here? What can I learn about myself from this situation?

Directing our anger at another person, at ourselves or suppressing it can be very destructive. And as well as being destructive, most of the time we learn nothing new about ourselves or our behaviour and we will continue to re-act and to express ourselves in this manner every time we get angry.

On the Relationships I course, Elizabeth Schnugh takes the participants through the process of recognising and working with their emotions in the most life supportive way.

What I learned is that the first thing to do when I get angry is to acknowledge the anger. It is ok! However, in doing this I must also be wide-awake and alert to what is going on within me and around me.

Then I must detach from my anger so it doesn't take me over, so I don't get caught up in it. It does not mean I stop being angry! In detaching, I may have to get out of the room.

In my relationships where someone is willing to work with me on my anger, it is best I agree with them beforehand if I am going to leave the room!

I have realised that it is perfectly ok to ask for support.

Sometimes all that needs to be said is 'I am feeling very angry right now, please give me a moment'. And then 'Can you please help me to find where my anger is coming from?' When I do not follow these steps, I usually end up in an argument!

The other primary emotions are fear, joy and melancholy. These are the main emotions and often our emotions can be made up of a combination of these.

Fear can also be very supportive in a relationship when understood, but very destructive when it becomes overwhelming or debilitating. On these courses, Elizabeth will take the participants through each step in handling and understanding fear.

Some of the other tools that we received on these courses are:

- The differences between the male and the female. The role of each in all relationships, and learning the most supportive way for we males and females to co-operate intelligently with each other - to enable us to uplift and to strengthen each other and our relationships.
- Using conflict to get to the harmony we all long for.
- How to work to get beyond our self-images when relating with others.
- Learning how to co-operate intelligently together to uplift each other instead of blaming each other or competing against each other.
- How wanting to be perfect all the time trips us up.
- Understanding compromise.
- The importance of being able to detach.
- Understanding guilt and how we continuously use it against ourselves.
- Unconditional love versus conditional love.
- The art of and the practical tools for communicating so we can share freely with each other what

is going on in our daily life.

The next Relationships I course will take place at Clonea Strand Hotel on 16th, 17th and 18th September, 2011. The number of participants is limited so early booking is advised. For more details, please contact Patrick Power on 068 42903 or by email on patrick@institute-for-the-study-of-man.com

Relationships I is the course that gives all of us the opportunity to acquire the basic tools to work with to make our relationships an uplifting experience. There are other courses to follow which will support us on our journey depending on how far we want to enhance our relationship with ourselves, with the people in our life - and with life itself.

Elizabeth qualified as a Chartered Accountant at the University of Cape Town, South Africa, in 1976. She then embarked on a highly successful career in the corporate world, becoming Financial Director of Gilbey Distillers and Vintners in 1984 - a position she held for over ten years.

Through her experience of working with a wide cross section of people in her career, Elizabeth began to realise that her talents and fate did not lie in the corporate world, but in helping people to help themselves. Consequently in 1991, she started training as a teacher of the humanitarian disciplines and in 1995, Elizabeth resigned from Gilbeys, and since the beginning of 1996 her commitment to teaching became full-time.



Elizabeth Schnugh