



## Newsletter from the Open Grove

*branches of well-being,  
rooted in healthy living*

*forward thinking, interactive media*

**Hello from the Open Grove!** After the blush of Valentine's Day, the real work of creating and maintaining a loving, intimate relationship begins. We decided to speak with couple's therapists about how to improve struggling relationships. We created 3 case studies ([click here for a .pdf file of the case studies](#)) and invited therapists from every theoretical orientation in America. We spoke with Caroline Gearing, a Mars Venus facilitator, Mary Simon, an Imago therapist, and Jeanie Bein, a general couple's therapist, about what they would do in therapy with these 3 couples. We also spoke with Christopher Renstrom about how astrology interacts in relationships.

This audio magazine includes:

- Descriptions of 3 troubled couples - Turtle in the Hail Storm, The Betrayal, and The Distance and Difference.
- 3 experienced counselors discuss what they believe is causing the trouble in these relationships and the tools they would use to help the couple.
- Christopher Renstrom discussing how astrology can help you understand your partner.

To listen to this audio magazine, [click here](#) or type into your browser: [www.opengrove.com/audio.htm](http://www.opengrove.com/audio.htm).

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We recently received permission to publish Oriah Mountain Dreamer's new poem, "The Call". The Call is the third in a series of poems including the Invitation and the Dance. The Call will be published along with Oriah's third book this year. We look forward to reading it and hope you enjoy the poem.

### The Call

I have heard it all my life  
A voice calling a name I recognized as my own.

Sometimes it comes as a soft-bellied whisper.  
Sometimes it holds an edge of urgency.

But always it says: Wake up my love. You are walking asleep.  
There's no safety in that!

Remember what you are and let this knowing  
take you home to the Beloved with every breath.

Hold tenderly who you are and let a deeper knowing  
colour the shape of your humanness.

There is no where to go. What you are looking for is right here.  
Open the fist clenched in wanting and see what you already hold in your hand.

There is no waiting for something to happen, no point in the future to get to.  
All you have ever longed for is here in this moment, right now.

You are wearing yourself out with all this searching.  
Come home and rest.

How much longer can you live like this?  
Your hungry spirit is gaunt, your heart stumbles. All this trying. Give it up!

Let yourself be one of the God-mad,  
faithful only to the Beauty you are.

Let the Lover pull you to your feet and hold you close,  
dancing even when fear urges you to sit this one out.

Remember- there is one word you are here to say with your whole being.  
When it finds you, give your life to it. Don't be tight-lipped and stingy.

Spend yourself completely on the saying.  
Be one word in this great love poem we are writing together.

Oriah Mountain Dreamer  
*- reprinted with permission from the book, The Call, Harper San Francisco, September 2003*

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## March Newsletter - Improving your relationships

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*The Open Grove is forward thinking, interactive media stretching around the globe to create a newsletter, website, and audio magazine! The newsletter and audio magazine are published separately once a month. For more information, check out our website at: [www.opengrove.com](http://www.opengrove.com). The Open Grove is a nonprofit organization designed to share information about healthy living. Claudia H. Christian is a licensed professional counselor and a certified addictions counselor (level III) in private practice in Denver, Colorado. She is currently the host of The Open Grove. To learn more about Claudia, visit her website at [www.selfkindness.com](http://www.selfkindness.com).*

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***BRANCHES OF WELL-BEING - ROOTED IN HEALTHY LIVING***

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