

# Saying Yes to the Givens of Relationships and Life

**David Richo**

**31<sup>st</sup> March & 1st April 2007**

*"We are delighted and most fortunate to have Dave Richo present this workshop for us. He has been a significant influence on us for the last ten years. He has a deeply rich understanding of the human condition and a gentle, engaging and humorous style. This will be the first time he has run a workshop in the UK/Europe, we anticipate a real treat for all who come".*

**Paul King & Marie Faire**

This workshop will be based on his latest book; *The Five Things We Cannot Change And the Happiness We Find by Embracing Them*, Shambhala, 2005. There are, Dave Richo says, certain facts of life that we cannot change, unavoidable "givens" of human life and especially of relationships.

The five significant givens are:

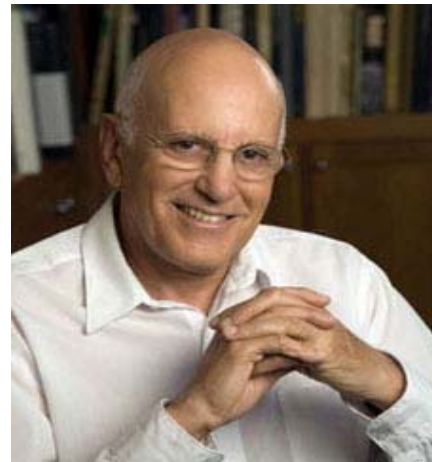
- 1) Everything changes and ends,
- 2) Things do not always go according to plan,
- 3) Life is not always fair,
- 4) Pain is part of life,
- 5) People are not loving and loyal all the time.

*'A given is a fact of life over which we are powerless. It is something we cannot change something built into the very nature of things. From one point of view there are many givens. In addition to the five disturbing ones stated above, there are also delightful givens.....there are also givens that apply only to us as individuals.....There are in fact givens in every thing we do and every place we enter.....*

*Each of the givens or conditions of existence evokes a question about our destiny. Are we here to get our way or to dance with the flow of life? Are we here to make sure everything goes according to our plans or trust the surprises and*

*synchronicities that lead us to new vistas? Are we here to make sure we get a fair deal or are we here to be upright and loving? Are we here to avoid pain or to deal with it, grow from it and learn to be compassionate through it? Are we here to be loyally loved by everyone or to love with all our might?'*

**From: The Five Things We Cannot Change**



## **David Richo**

Dave Richo, Ph.D., is a psychotherapist, teacher, and writer who draws upon Jungian, Buddhist, and poetic perspectives in his work. He leads popular workshops at the famous Esalen Institute, the University of California at Berkeley, the University of California at Santa Barbara, and Santa Barbara City College. He lives in Santa Barbara and San Francisco, California.

He is the author of *How to Be an Adult*, *How to Be an Adult in Relationships*, and *Shadow Dance: Liberating the Power and Creativity of Your Dark Side*. His latest book is *The Five Things We Cannot Change and the Happiness We Find by Embracing Them* (Shambhala, 2005)

Dave will explore with us how we cannot find real contentment in our lives until we acknowledge and come to terms with these facts. This means giving up trying to control them. Once we begin to do that, we start to realise that these givens actually offer us profound opportunities for a new honesty and realism in our lives. We cultivate an “unconditional yes” to these conditions of existence, and we learn to open, accept, even embrace our predicaments without trying to control the outcomes. We begin to trust what happens as gifts of grace that help us grow in character, depth, and compassion.

Within a relationship we encounter many other givens, such as how romance moves into conflict, boundaries become confused, fears of intimacy arise, ego gets in the way of true love, unconditional love becomes difficult.

In this workshop we will learn how to deal with what can be changed and to accept what does not yield to change. Combining practical techniques with a [commitment](#) to saying yes to what is, our life and our relationships begin to work better.

Drawing on Western psychology and Eastern spirituality, David will guide us how to open up to our own truth—including opening to what is frightening, painful, or disappointing—and discover our greatest gifts.

*'Psychological work and spiritual practice are not two separate tasks but one simultaneous project of human becoming. In psychological health, our purpose is to fill our life goals, find personal happiness and enjoy effective relationships with those around us. In spiritual practice we expand our purpose so that our motivation includes the happiness and evolution of the whole world'.*

#### **From: The Five Things We Cannot Change**

Dave Richo presents a rare clear and coherent description of the link between psychological work and spiritual work – psychological work to heal and develop a healthy functioning ego and spiritual work to let go of ego, a seeming paradox.

The insights and clarity he offers into our life's journey and our relationships are true gifts for those who want to live their lives more authentically and help others to do the same. What he teaches has great applicability and relevance to successful living inside organisations.

#### **Dates**

Saturday 31<sup>st</sup> March & Sunday 1<sup>st</sup> April 2007

#### **Venue**

The venue for this programme is The Rectory Hotel, near Malmesbury, Wiltshire.



The Rectory is a delightful small hotel set in lovely grounds. It has a special ambience, and serves great food. The Rectory is just 9 miles north of Junction 17 of the M4 and 3 miles from Kemble railway station on the London Paddington to Cheltenham line.

#### **Cost**

**Course fee:** £450+VAT=£528.75

The price includes lunch on both days.

**Optional dinner:** 31<sup>st</sup> March: £25+VAT=£29.38

On the Saturday evening there will be a dinner at The Rectory, if you would like to join us please reserve your place with your course booking.

**Total course fee and dinner:** £475+VAT=£558.13

#### **Accommodation**

We have negotiated a special rate at The Rectory (12 rooms) and at the Best Western Mayfield House Hotel across the road (24 bedrooms). We recommend that if you wish to stay at one of these hotels that you book your room as soon as possible. We can also provide a list of other local accommodation.

#### **Booking**

Please send a cheque for the course fee, plus the cost of dinner if you wish to join us, made payable to The Beyond Partnership Ltd and send it to 2 Holbrook, Bromham, Wilts, SN15 2DH

Contact us at [info@thebeyondpartnership.co.uk](mailto:info@thebeyondpartnership.co.uk) or 01380 859106.

See also [www.thebeyondpartnership.co.uk](http://www.thebeyondpartnership.co.uk)