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## Featured Article

### **The Principle of Mutuality in Relationships**

Dr. Tim Ong

There is a universal rule or principle that, if properly practiced and adhered to in every layer of societies, will bring about peace, prosperity and justice for all. This principle is called the principle of mutuality. Elsewhere in the scriptures, it is also known as the Golden Rule or “do unto others as you would want others to do unto you”.

The principle of mutuality is based on the recognition that life is precious to all living beings and that every being has the equal right to life, liberty and self expression, provided that in expressing yourself you do not trample on another being's similar rights. For this principle to work effectively, there is a need for openness, honesty and courage, and the realization that we are all subjected to the universal law of cause and effect. You reap what you sow.

In practical terms, what this means is that you have the same universal rights as everyone else. You do not have more rights than another. Neither do you have less rights than others. This is irregardless of whether you are rich or poor; a Christian, Muslim, Hindu, Buddhist or Jew; a European, Asian, African or Aborigine; a male or female; or whether you are smarter or dumber than others. Likewise, in corporations and governments, you have these same rights to demand for equal justice, regardless of whether you are the governed or the governor.

In our relationships with others, this principle is particularly important in bringing about an equal and enriching partnership. When adhered to, it brings about respect for each other, fair play and sharing of roles and responsibilities. It encourages personal and mutual growth, as well as spiritual development. However, putting this principle into practice is not easy as it requires a high degree of self awareness, a non-judgmental attitude and especially the taming of the ego.

The ego has this attitude that “I am more important than you”. Thus we often see how it tries to manipulate every relationship to its own advantage at the expense of others. In a position of power, it will abuse its power. We see this in government and institutional leaders as well as in homes and families. We see this in teacher-student relationships as well. Even among friends, we need to be aware

of this dynamics.

If I ask you to examine your own key relationships, such as husband-wife, parent-child, and employer-employee relationships, are you able to honestly say that these relationships are equal and fair for all concern, or are they heavily leaning to one side? One simple way to know whether our relationship is balanced is to see how happy the two persons in the relationship are. If it is well balanced, then both are equally happy. If either one is unhappy or both are, then an unequal dynamic exists. The more it diverts from the center, the more unhealthy the relationship is, and the more important it is for you to do something about it. Leaving such one-sided relationships in status quo only serves to perpetuate this inequality in your relationships as well as in society. In addition, inaction on your part breeds contempt for yourself and squashes your personal and spiritual growth.

Now is as good a time as any to re-examine all your relationships.

#### **About the Author:**

Dr. Tim Ong is a medical doctor with keen interests in self improvement, mind science and spirituality. He is the author of “The Book of Personal Transformation” and “From Fear to Love: A Spiritual Journey”. You can find more articles on self improvement at his websites at <http://theselfimprovementsite.com> and <http://mindscience101.com>

## **Recommended**

# **Declare your emotional independence! Introduction to The Option Method**

Friday, August 26, 2011 at 6:00 PM - Sunday, August 28, 2011 at 5:00 PM (PT)  
Amador City, CA

#### **WORKSHOP DESCRIPTION**

Join us for a Friday evening through Sunday evening intensive and immerse yourself in the nuts and bolts of The Option Method. Find out the key to emotional independence through an understanding of the true cause and effect of unhappiness. Excellent workshop for those just learning about The Option Method, as well as those who want to study further.

Join us in beautiful, historic Amador City, California on old state route 49, in the heart of the gold country, to explore your potential for genuine happiness with The Option Method. In this empowering, experiential and fun workshop, you will learn the fundamentals of the most efficient, effective method for unraveling any unhappiness, from the slightest annoyance to the deepest fear. Learn what it means to declare your emotional independence and enjoy the freedom to be your happiest self.

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**The Option Method** is a personal growth and happiness tool designed to help people feel the way they'd love to feel. The philosophy behind it recognizes that if we are unhappy, it is because we believe we have to be on some level. The Option Method helps to bring those beliefs into awareness through loving, non-judgmental questions. As a result, we develop a completely new way of thinking about happiness and unhappiness. We come to understand the true genesis and purpose of unhappiness and possibly for the first time in our lives, to be able to effectively question its necessity.

This workshop is a rare opportunity to work with three of the most experienced Option Method Master Teachers in the world, trained directly by the creator of The Option Method, Bruce Di Marsico. The workshop is intended to provide you with a basic understanding of the principles and practice of The Option Method. There are no prerequisites. Through discussion, exercises and demonstrations of the Option Method, you will have the opportunity to explore –

- Our vision of happiness and how it affects the way we feel about our lives
- The demystification of unhappiness by understanding its true cause
- How to separate emotional problems from practical problems
- The dynamic connection between beliefs and feelings
- What it means to choose our feelings
- How to tap into the wellspring of joyous motivation that we all share
- How to listen to ourselves and others with unconditional love and acceptance
- The joy of emotional independence without sacrificing our connection to others

And

- How to use The Option Method to get to the true source of any unhappiness every time.

This workshop satisfies some of the requirements for registration as an Option Method Teacher.

## **TUITION**

EARLY BIRD DISCOUNT: \$395 if paid by **JULY 24**, 2011.

If paid from JULY 25 to close of registration: \$450.

Workshop tuition includes:

- Meals during the Workshop (Friday night light supper; Saturday and Sunday continental breakfast, Saturday and Sunday lunch, Saturday evening dinner.)
- One-hour Option Method dialogue (if requested within 6 months of the workshop date).
- Workshop materials
- Ticket for Saturday night drumming circle (drums provided)
- 20% discount on Workshop sale items

This workshop is presented by Dialogues in Self Discovery Center for The Option Method and hosted by Chuck Laughlin and Karen Sage.

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## FACILITATORS



**Wendy Dolber**, Option Method Master Teacher, is the founder of Dialogues in Self Discovery LLC and Director of the Center for The Option Method. Wendy has been an Option Method teacher for almost forty years and has conducted many workshops on The Option Method. She was one of Bruce Di Marsico's original students and was associated with him for more than twenty-five years. Wendy is the author of *The Guru Next Door, A Teacher's Legacy*.



**Deborah Mendel** participates as an Option Method Master Teacher in all the Center's programs.

Deborah has been involved in Option Method for almost forty years, working with her late husband, Bruce Di Marsico, during his lifetime, then continuing his legacy over the past 16 years. Deborah's unique grasp and understanding of The Option Method affords us all a special opportunity to benefit from her intimate experience with Bruce and his teachings.



**Frank Mosca**, Ph.D participates as an Option Method Master Teacher in all the Center's programs. He had been a psychotherapist with formal training at N.Y. University's Post Doctoral Institute for Psychotherapy, after a period at that institution as a professor. He also had had formal training at the University of Pennsylvania's Center for Positive Psychology. Frank has over 36 years experience working with The Option Method including a number of years working with and being trained by Bruce Di Marsico. He is the author of four books about The Option Method.

**QUESTIONS? FEEL FREE TO CALL US AT 888-912-0065**

or visit: <http://declareyouremotionalindependence-eivtefrnd.eventbrite.com/>

## Quotes

