

Coming Full Circle: Honoring the Rhythms of Relationships

BY NANCY VANARSDALL

Relationships can be life-giving. *Coming Full Circle* offers an innovative approach to creating and sustaining that intention. Metaphorically, the moon, its cycles and phases, enlightens us and shows the way to creating fulfilling, healthy and respectful relationships.

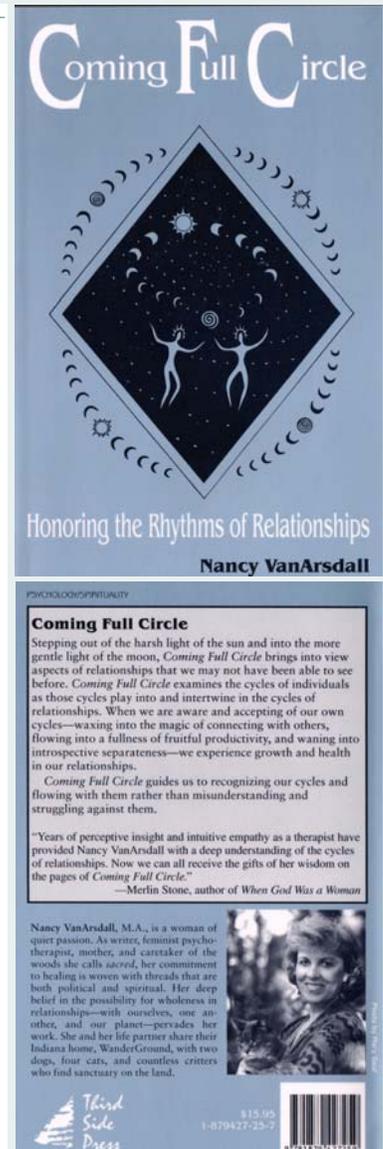
The lunar cycle has to do with the relationship of the moon with the sun as seen from Earth. What the lunar cycle measures is not the changes in the moon itself, but changes in the solar/lunar relationship.

CFC identifies four life cycles in an ongoing relationship. Concurrently, within each life cycle we energetically and relationally wax into connection, grow into a creative fullness, and wane into introspection and evaluation. Using the symbol of the moon gives us a context which, when recognized, allows for a deeper understanding of the inevitable rhythm of coming together and moving apart...affirming both the intimacy and individuation that deepens the relationship.

This is not a linear experience, nor is there a defined frequency of the passage through the cycles. Within each life cycle, we will cycle through the phases monthly or yearly; the movement is organic, and will occur throughout the lifetime of the relationship.

The *new moon phase* (think "dark of the moon") is a time of considering, birthing or renewing of the *cycle*. The *waxing moon phase* is the time for connecting/ reconnecting. The energy is increasing into the *full moon phase* when we celebrate abundance, enjoy what is being accomplished. But when a conflict/argument erupts, this may be the indication that one, or both, is moving into a waning phase. This is an opportunity for introspection, a time when we may separate (emotionally and/or physically) in order to evaluate our needs, our growth, to examine the inevitable differences between the two of us. The challenge here is to *stay connected with a dotted line*. Having been especially introspective, a feeling of romance or desire for intimacy would no doubt follow suggesting a readiness to move into the waxing phase. A special date, a celebration (no particular reason required), a creative project, would suggest being in the full moon phase.

When we are aware and accepting of those cycles, we experience growth and health in our relationships and are able to honor the waxing and waning rhythms without fear but with an open heart. So, *Coming Full Circle* guides us to recognizing our cycles and flowing with them rather than misunderstanding or struggling against them. We *honor* those rhythms.



Coming Full Circle

Stepping out of the harsh light of the sun and into the more gentle light of the moon, *Coming Full Circle* brings into view aspects of relationships that we may not have been able to see before. *Coming Full Circle* examines the cycles of individuals as those cycles play into and intertwine in the cycles of relationships. When we are aware and accepting of our own cycles—waxing into the magic of connecting with others, flowing into a fullness of fruitful productivity, and waning into introspective separateness—we experience growth and health in our relationships.

Coming Full Circle guides us to recognizing our cycles and flowing with them rather than misunderstanding and struggling against them.

"Years of perceptive insight and intuitive empathy as a therapist have provided Nancy VanArsdall with a deep understanding of the cycles of relationships. Now we can all receive the gifts of her wisdom on the pages of *Coming Full Circle*."

—Merin Stone, author of *When God Was a Woman*

Nancy VanArsdall, M.A., is a woman of quiet passion. As writer, feminist psychotherapist, mother, and caretaker of the woods she calls *sacred*, her commitment to healing is woven with threads that are both political and spiritual. Her deep belief in the possibility for wholeness in relationships—with ourselves, one another, and our planet—permeates her work. She and her life partner share their Indiana home, WanderGround, with two dogs, four cats, and countless critters who find sanctuary on the land.



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SPECIAL POINTS OF INTEREST

- Published in 1996 by Third Side Press
- Nancy VanArsdall, MFT, worked for 30 years as a feminist therapist
- Examines the cyclical nature of interpersonal relationships
- Uniquely integrates concepts of spirituality and psychology
- Read more about the book on Nancy's website, nancyvanarsdall.com
- Available for purchase from the author