

# The Art of Loving as Three Me, You and Us

Theory and Practice for Couple Relationships



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**For you, my Love.**

*Thank you for these almost 25 wonderful years walking,  
Giving and receiving so much together  
Thank you for still stealing flowers for me.*

# Acknowledgements

I would like to dedicate a whole book to this part. An old song that I like very much, and that was immortalized by Chavela Vargas and more recently by Paz Vega, called Gracias a la Vida (Thank you Life) comes to my mind.

In fact, life has given me all that is necessary for me to build my way, from the hardest and toughest to the most joyful, from the painful and absurd to the most simple.... I am thankful to Life for that.

In this moment, more than thanking for the birth of this book, I would like to thank all the people that have made it possible for me to be who I am, and thank the the fact that they are in my life.

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I am a romantic, and the idea of writing with a feather under candle light fascinates me. Even if I don't go down to that extreme, I write by hand, and I love it when the ink of a pen finishes and the leaves of a notebook reach their end. That is how this book was written. To transcribe it to the computer, I had

the wonderful help of my dear colleagues, Joana Quintino and Ana Caeiro. Thank you for your patience and dedication!

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I am deeply thankful for having met David Boadella, founder of Biosynthesis, by the hand of the now departed Esther Frankl, my Supervisor in Biosynthesis, and who brought this modality to Portugal, as well as to many other countries. David, all together with Silvia Boadella are still an inspiration to me. I am deeply grateful, from the heart, to all of them.

Throughout the years, I have seen hundreds of people in Psychotherapy. What a privilege to be chosen to walk together with all these "walkers", and what an even bigger privilege, when you feel that you help from the heart. I thank all of those whom I have already walked with and those whom I still walk with. You are the biggest of my inspirations! I'm thankful, very thankful!

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I was lucky enough to have received three wonderful children: Sara, João and Ricardo, all different, healthy and filled with light. I hope you maintain you light, and find someone to share it with, with Heart and Soul. You deeply inspire me. My daughter Sara asked me when she was 5, what my job was. It is not easy to explain to an adult what it means to be a Psychologist and Psychotherapist, let alone to a child. I told her that my job consisted in helping people to become happier. From that day onwards, when I get home, she and her brothers, always ask me if I succeeded in doing so. What an amazing Supervision for myself. I thank all three of you for so much Love, challenges, questions, and for sharing with me so naturally your first loves.

What to say about my husband Antonio... I dedicate this book to him, since apart from being my biggest and best critic, he is my life partner. He deals with all my sides: the ones filled with light and the ones with no light at all. Me, You and Us is Us My Love. For you, the words thank you won't do, because they turn out to be too small...

Life has done its best with me. It has given me a most wonderful human being to share my life with.

# Author's Note

When people ask me what moved me, what motivated me and made me write this book, the word that unequivocally comes to my mind is "sharing". I don't aspire at all for this book to be a manual or something miraculous. Not at all. Actually, I like to share my experience as a person, woman and psychotherapist. Just like that, in that order. Throughout my life what has helped me most to grow (and still does) is undoubtedly to share experiences, feelings, knowledge... to be a witness of life. I would like to somehow be able to help making bridges: between the daily, history, philosophy, psychology, medicine, intuition, heart, society, psychotherapy, little things, big things...

I don't want to make the mistake of saying that some passed time was better than the one that I live in now, or that the best (or worst) is yet to come. In this reality in which I meet you, in which you are starting to read these pages, there is a whole world of sensations to discover, feel and understand even better. I became much happier when I understood in depth what it means to "not build up expectations and live in the present". There is a lot of confusion with certain ideas that are wonderful but are interconnected in a functional or superficial way.

A lot has been written. There is a lot of knowledge available. But knowing how to use it is something totally different. This book is a part of me since we can only write about something we feel and know. Therefore, in between the stories that follow, a part of my soul appears naked. As time goes by I realize even more that strategies or complexities are not needed, especially when it comes to relationships.

For that reason, and because I actually confess that I can't do it in any other way, I write like I speak, with no literary aspiration whatsoever.

Those who know me know, that although I can express myself in different languages, at this point I can't speak any of them correctly, not even my mother tongue, Spanish. There is no doubt that it is my intention to somehow touch "your sensibility", and to be able to look deeply at the discovery that is loving ourselves and loving the person that walks right next to us. Be it so during only a while in our lives, or throughout our whole existence.

For this sharing, I have "helped myself" of the many couples that I have seen throughout these two decades. I tried to choose some examples, in between the many that I know. They all came up spontaneously to my mind and feelings, and all of them are protected in their intimacy. In reality it's all about possibilities and realities of living related to human beings.

The second part of the book is called "Brush Strokes" because it is how I felt it. It's about ideas and sharing of possibilities in the office. It wasn't my intention to go deep into this, but only give an introduction instead, hoping that with it, I can help both professionals and the ones "in love" with these areas.

I am a woman of action, I like to experiment, travel, get to know for myself, take risks and study, I like the movement of life, doing a lot of things at the same time, and actually, the idea of beginning this journey of sharing through writing had always been inside me.

I am the daughter of a writer. My father, Juan Cegarra Perez, that has already made his big journey over a decade ago, and to whom I was deeply connected to, wrote practically every day. He published several works, worked on the radio, wrote for the city of Huelva's newspaper, in the south of Spain, having also written several theatre plays. I still remember as if it was today, the sound of the writing machine keys that could be heard

in the middle of the night in our house in Spain. That was so familiar to me, that it almost worked as a lullaby. Somehow this is also my homage to that wonderful, cult and sweet man that he was.

Enjoy your reading.

Tenderly,  
Maria del Mar Cegarra Cervantes