

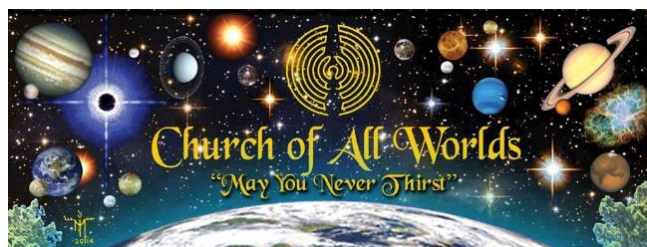
# LIVE THE DREAM

8515 Penfield Ave  
Winnetka, CA 91306

*Founded in 1987 by Terry Brussel and Brian Gitt*

*Based on the philosophy of Family Synergy.*

*Founded 1971 by Hy Louy and Pat LaFollette*



[www.livethedream.org](http://www.livethedream.org)

[www.caw.org](http://www.caw.org)

## UPCOMING EVENTS

Saturday April 20 11 am to 4 pm PST (available on Zoom 11-1, then LIVE only)  
Alternative Dating Etiquette

PASSOVER SEDER 6 PM MONDAY APRIL 22, 2024 LED BY ROB MILANDER



**Saturday May 18, 2024** Bi? Pansexual? Or?  
Led by Elain Anderson & Matthew Marrero.

Join Zoom meeting

<https://us02web.zoom.us/j/3175971626?pwd=NWVjU3A2M0I2Q29IUkI4L1lMRzd2QT09>

Meeting ID: 317 597 1626

Passcode: Heinlein

**Live the Dream** is an education and support group for those who, originally inspired by the writings of Robert Heinlein, Robert Rimmer, and Marion Zimmer Bradley, are now ready to LIVE such alternative lifestyles as cooperative living, open relationships, and group marriage. Many of our concepts on multiply committed relationships come from Heinlein's *Stranger in a Strange Land* and *Moon is a Harsh Mistress*. Live the Dream also sponsors a nest of Church of All Worlds, the real life, over fifty-year-old spiritual movement inspired by *Stranger in a Strange Land*.

Please visit the Live the Dream website at [www.livethedream.org](http://www.livethedream.org) to view current events, past articles, etc. Terry Brussel-Rogers is a Certified Clinical Hypnotherapist, Life Coach, & a 4th generation Matchmaker. We provide poly relationship counseling, hypnotic jealousy release, ways to attract and maintain loving relationship(s), success coaching and other services. See [www.acesuccess.com](http://www.acesuccess.com) or call (800) LIFE MATES (543-3628).

Terry is now the primary organizer of the Southern California Poly Meet Up ([www.meetup.com/socal-polyamory/](http://www.meetup.com/socal-polyamory/)). Its ongoing events include those in this Newsletter on 3<sup>rd</sup> Saturdays 11 am - 4 pm PST + special listed events during the year & the ones given first Saturdays of each month 5:30 to 8:30 pm at Pitfire Pizza 5211 Lankershim Blvd. NoHo, Co led by Brad & Jim Call 626-818-8021 for more info.

## EVENTS

*All regular Live the Dream LIVE events 11am-4pm on 3rd Saturdays at 8515 Penfield Ave Winnetka, Ca. 91306 (unless otherwise specified). Suggested donation for those attending events Live is \$10 for non-members, \$5 for members of Live the Dream. RSVP/more info call the LTD Hotline (818) 886-0069 or Visit [LiveTheDream.org](http://LiveTheDream.org)*

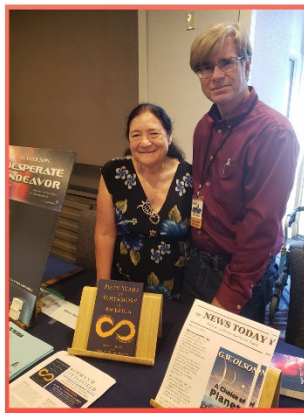
Attention, we have a special offer. We are giving away six first-edition signed hardback copies of *Fifty Years of Polyamory in America: A Guided Tour to a Growing Movement*. You can win a copy by entering our Goodreads book giveaway. Just click on the link below

[Book giveaway for \*Fifty Years of Polyamory in America: A Guided Tour of a Growing Movement\* by Glen W. Olson and Terry Lee Brussel-Rogers Feb 29-Mar 30, 2024 | Goodreads](#)

The giveaway ends on March 30<sup>th</sup>, 2024. For the next few days, you can sign up to win a signed copy. If you already own a copy of the book, please feel free to donate a copy to a library or gift it to a friend. Best wishes to everyone!

**November 11, 2022 was the official launch date for *Fifty Years of Polyamory in America: A Guided Tour of a Growing Movement* by Glen Olson and Terry Brussel-Rogers published by Rowman and Littlefield.**

It is being used in research papers on polyamory as well as being a fascinating read. Between them, Terry and Glen have experience with open marriage, group marriage, group living and both are part of an intimate network which has evolved from 1969 to present time.



*Fifty Years of Polyamory in America: A Guided Tour to a Growing Movement* is unique among the many books about polyamory because the scope of this book is the entire history of the polyamory movement Woodstock right on into the 21<sup>st</sup> century. The book is available on Amazon, Barnes and Noble, and many other places—even international-- just by Googling its title.

The publishers are continuing to put this book in more and more universities and libraries! Students are starting to use material from it in Masters theses and Doctoral dissertations on polyamory

Saturday April 15 11 am to 4 pm PST

## Alternative Dating & Poly Relationship Etiquette

What do you do when your wife brings her lover home for dinner? Who sleeps where if he offers (or is invited) to stay overnight? If your wife is sick on a night, you've got a date, should you cancel and stay home with her? Should your girlfriend keep you company if you do stay home? Is it proper poly behavior to bring a lady home for dinner with your wife before taking her to bed or only if considering a serious long-term relationship with her? Should a residential triad (one woman & two men for example) sleep all together or alternate between joining the lady in her bed? What are your responsibilities if you become involved with your lover's new boyfriend and he is short on time for both of you and his other poly loves? Emily Post did not cover this stuff, but we will!

Note: the real answer to all these questions is that they involve agreements between those involved in a couple, triad or larger group marriage. All of this is negotiable-- preferably *before* the situation arises...

1 pm Pot luck lunch: Bring something healthy and delicious to share

2-4 Socializing in clothing optional jacuzzi.

## LIVE THE DREAM PASSOVER SEDER, 7:00 TO 11 PM (AT LATEST)

LEAD BY ROB MILANDER MONDAY, APRIL 22, 2024

Call Terry to RSVP before 4-19-24 at (818) 886-0069 to arrange what to bring for the Seder or to attend without a food contribution.



**We need time to plan things and shop for supplies.**

**This is Celebration of Freedom!**

This holiday commemorates the first time one People (the Jews) freed itself from bondage to another People (the Egyptians). We'll do this with plenty of group participation! You don't have to read Hebrew for this or even be Jewish. Whether you want to learn more about your own heritage, just share this special holiday with those you care about, or discover a cultural experience new to you, you are welcome! This is coordinated pot luck since it requires special foods. **This event is FREE to one clean up coordinator and a single or couple who volunteer to bring 5 pounds of lamb or 10 pounds of chicken.** Cost: \$8.00 with *arranged food contribution* and one bottle of kosher wine for each adult in your party, one bottle of grape juice for each child. \$18 each without food contribution + bring beverage. Children under thirteen free with food, \$5 without. You can arrive 6-7 pm to socialize and help with preparations. Seder itself starts at 7:00 pm.

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**Saturday May 18, 2024**

Bi? Pansexual? Or?

**Led by Elain Anderson & Matthew Marrero.**

This meeting is led by a trans woman and cis male both identifying as Pansexual and both unmarried at present. They have many years of experience in the poly lifestyle. When I (Terry) first heard the term Pansexual, I thought it was just a fancy name for Bisexual. Apparently not. That term refers to people who are attracted to both men and women, possibly only those born male or female and still identifying as such. Pansexual means for some that they are open to sexuallove relationships with anyone whom they feel a connection to regardless of whether they identify as male, female, pre op or post op transexuals, non-binary or even asexual. Each of these possibilities is just one more way of expressing the Being (or Spirit) within. Elain and Mat will share their own experiences and what they have observed in their dating and long-term poly partnership experiences. Please feel free to share your own unique take on this subject as well as any questions you have for our presenters.

### **Poly Etiquette**

When I first joined Family Synergy in 1978, one of my early experiences was attending an event at the home of a triad consisting of a married couple and their single male partner. Each man slept with the lady on alternate nights. I spoke with the one who was sleeping alone that night. The legal husband-- later a dear friend for many years. He missed his wife when sleeping alone. I decided then that any triad I was in would sleep in one bed. Marcus, Paul and I did it that way 2001 to 2006. Craig, Marcus and I also did it that way (2017 to 2019). Today Paul & his wife Athena sleep with Craig and I in a double queen size bed on their visits for holidays, birthdays, etc. What happens when your Polycule is bigger than your bed? We have been wrestling a bit with that as my girl friend Elain tends to visit for the weekend when we have a Live the Dream meeting. Sometimes Paul and Athena are here, too. Elain has slept in my office which has a very comfortable couch, but not much room for snuggling particularly as both Paul and I want to snuggle with her...etc. We tried having her in the big bed one of the nights with Craig graciously sleeping on the couch. That worked, though I missed Craig. If you are going to give your extra desired person the pull-out queen-sized bed in the living room, watch

out for privacy issues if others are living in or are staying in the house and make sure the mattress is comfortable...by trying it yourself first.

Another etiquette item is how do you handle time commitments when your girlfriend's new boyfriend decides he wants to see both of you? Further complicating matters is that he lives 6 minutes from you and 90 minutes from her. One possibility is to figure that the person who brought him in has first claim on his time (after the partners already in his life in this case). Another possibility is that whichever lady is single may have first claim, particularly if he is single. In actuality, each person will decide for themselves based on their feelings for the others involved and consideration for all concerned. Effective Time Management can also help. Here is an article I wrote for that purpose.

### **TIME ENOUGH FOR LOVE-POLY (with homage to Robert A. Heinlein): Poly Time Management**

by Terry Brussel-Rogers 3-24-24 update

There are 168 hours in your week. Are you using them effectively in your personal as well as your business life? We are about to find out!

As a hypnotherapist, I help my clients manage their time to get the most out of it for reaching both financial and personal goals. When I was running my family's match making business, I frequently had to advise my clients about how to make time in their lives for a special someone or even just how to find the time to meet the possible special Someones I was matching them with. Time management is needed for all of this. It might seem cold and calculating, but if you don't do it, you will find something or SOMEONE gets the short end of the stick. Your own rules (agreed upon with your primary partner if any) about how to use your time will ensure quality time with all those who are dear in your life.

Make a list of your most important relationships. This means with your kids, your mother and your best friend as well as your mate and your lover(s). This will not include all your friends and cousins. Those people will be lumped together under "Socializing" and will be fit into the time reserved for that. Make note of which of these most important people can be visited together, which you prefer to see separately, and which get both shared and alone time.

Now to give you an idea -- Relationships in my life: 1) Husband Craig 2) Daughter Regina,

3) Son Steven, 4) Grand Daughter Ariel, 5) Grandson Corwin 6) Grand Daughter Saarah 4) housemate/water brother Will 8) Lovers/waterbrothers Paul and Elain (alone and shared time with each of them—much of my time with Paul is shared with my husband Craig and Paul's wife Athena), 9) Best friend/water brother (since high school) Glen - Water brothers may or may not be my lovers at present. Irrelevant, as close friendships take time to maintain, too.

When I was single and looking, I spent about 7 hours a week reaching out for a possible primary partner including on dating sites and poly meet ups—that time and more now spent with husband Craig, 6 hours of time with my water brothers and relatives. Some of my relationship time is counted elsewhere as eating time, time spent on Live the Dream, etc. Glen gets 2 and a half hours twice a month of alone time and special time for such things as birthdays.

You'll notice that I spend regularly scheduled time with the people in my life. Some of my relationships have been deep and delicious for over 4 decades. I also run my Hypnotherapy and Coaching business and find time to play with my grandchildren. I regularly add to and update an extensive manual for professional hypnotherapists as well as creating new books and recordings for laymen interested in that topic. I couldn't possibly do all of this without a system. The people who love me know that by assigning them a set time, I'm honoring what we mean to each other. Naturally, it has to be flexible enough to accommodate changes when they arise. More on that below.

Now I'm going to give you times to note that are the # of hours or minutes most people take for these things. Some of them will not be correct for you. If they aren't, use the times that reflect your real life.

You probably are going to make a time log after this to accurately record how you are actually spending your time, but we're going to start with some guesses about what's happening. Most people take an 1-1/2 hrs. a day to eat-- 10.5 hrs. a week. If that is right for you, note it. Do you spend more time on eating on weekends, but less during the week? It may average out. Be sure to list such things as time regularly spent at your favorite Clothing Optional Resort or going to/leading meetings from Live the Dream (every 3<sup>rd</sup> Saturday of the month since 1987 for me—11 am to 4 pm), playing tennis, Lion's meetings, etc. And time spent with that constant companion, your cell phone—note: scanning e-mail is separate from calls to your girlfriend.

Sleeping, do you sleep 6-7-8 hours a night? Six hours hrs. during the week with an extra couple of hours for weekends nights come to 46 hrs. a week. Shopping for groceries averages 2 hours a week for most people. Exercise should take at least 3.5 hours a week--reserve that time and use it--it can make your LOVE exercises better for both/all of you. Personal Toiletries such as Showering, shaving, dressing and sitting on the throne amount to 10.5 hours a week, usually. There is a lot more and yes you do have to get this detailed to be accurate. Everything

from phone time with Mom in New York to Sabat at the Full Moon should be counted. Education and fornication all take time. Don't forget driving or flying time in long distance relationships.

Add up all the times you have listed. If the total is only 140--you've missed something...or someone. If it is 210, don't freak because you've probably counted things twice. Hey, didn't you notice your husband in the bed when your girlfriend was cuddling you? Gotta pay attention. You already counted this as shared socializing time with him.

### **FILLING OUT TIME MANAGEMENT SCHEDULE**

If you want the time management sheet itself—just call me at LTD Hot Line 818-886-0069. I will e-mail it to you.

Fill in first the things which you do regularly and do not have the option of changing in most cases. These will include class schedules for students, work hours for those not self-employed, taking kids to school for parents, etc. Then the more flexible items should be filled in with a vertical line down the middle for first and second choice of how to use that time. Examples: A option: is alone time with your lover, if he's busy, B option: may be spending extra quality time with your husband (or even your vibrator and a sexy book if hubby is elsewhere). Be sure to list A and B options in any case requiring the participation of other people or anything you can't directly control such as the weather.

Make sure that steps to accomplishing goals and pleasurable time to do what you enjoy most are both included on this schedule. Post the filled-out schedule at home with an (edited) one at the office. Keep a copy in the glove compartment of your car. At any given time, it should be possible to check this schedule to find out what you are committed to doing right now. This avoids such time wasting as "seeing what's on tv" when the weather does not permit a scheduled walk or your business coach cancels an appointment. B option will always be in the same general category as A option. What can you do that is MOST pleasurable (as well as practically doable) with time scheduled for pleasure? Take care of yourself and ENJOY. You deserve it!





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**WHAT EXPERIENCES/BOOK REVIEWS, ETC. CAN YOU SHARE RELATING TO THE POLY LIFE STYLE?**

We'd like to run it here or have you bring those questions to one of our 3<sup>rd</sup> Saturday events.

Please E-Mail to Terry\_bg@msn.com

Or mail it to 8515 Penfield Ave. Winnetka, Ca. 91306.

We will take any question with *your* solution or brain storm and give it one or more of our own. Let's have fun with this and learn from each other.

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**Meet Ups & Other Group Events**

Check out [www.meetup.com/Loveopen](http://www.meetup.com/Loveopen); [www.meetup.com/loving-more](http://www.meetup.com/loving-more);  
[www.meetup.com/socal-polyamory/](http://www.meetup.com/socal-polyamory/)

[www.meetup.com/polycocktailslosangeles/](http://www.meetup.com/polycocktailslosangeles/) or [www.polycocktailslosangeles.com](http://www.polycocktailslosangeles.com)

Find many other SoCal poly groups (40+ groups in the Greater LA Area!) on Meetup!

The Southern California Naturist Association Meetup <http://www.meetup.com/nature-519>

This is the largest non-landed clothing optional club in California

**Other Poly info:**

The Human Awareness Institute [www.hai.org](http://www.hai.org)

Other groups friendly to Polyamory

KARL HESS CLUB [www.karlhessclub.org](http://www.karlhessclub.org)

meets on the 3rd Monday at Dinah's Family Restaurant,

6521 Sepulveda Blvd. (at Centinela), Culver City. Phone: (310) 645-0456 West L.A.

Burning Man 2024 at BLACK ROCK CITY

For details [www.burningman.org](http://www.burningman.org)

Emma and Fin, are "Normalizing Non-monogamy"

Link: Podcast Interviews in Swinging and Polyamory ([normalizingnonmonogamy.com](http://normalizingnonmonogamy.com))

Webcast with The Center for Positive Sexuality Monthly Educational Series -  
Center for Positive Sexuality

<https://positivesexuality.org/education/>

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**LTD DUES** ARE \$25.00 PER YEAR FOR ONE PERSON, \$40 FOR A COUPLE, \$10 EACH FOR ADDITIONAL PERSON(S) IN THE SAME HOUSE. DOUBLE THAT FOR FREE ATTENDANCE AT ALL REGULAR DAY TIME 3<sup>RD</sup> SATURDAY MEETINGS. TO BECOME A MEMBER OR TO RENEW YOUR MEMBERSHIP, PLEASE COMPLETE THE FOLLOWING FORM AND EITHER E-MAIL OR SNAIL MAIL IT TO THE ADDRESS LISTED BELOW. An E-Mail NEWSLETTER SUBSCRIPTION ONLY IS AVAILABLE FOR FREE. JUST BE SURE TO PROVIDE US WITH YOUR E-Mail ADDRESS. REGULAR MEETINGS ARE \$5.00 WITH YOUR CURRENTLY PAID MEMBERSHIP CARD (FAMILY SYNERGY OR LIVE THE DREAM) WITHOUT MEMBERSHIP MEETINGS ARE \$10.00.

	<b>Membership Type</b>	<b>Single</b>	<b>Couple/Family</b>
<input type="checkbox"/>	Full LTD Membership Includes Newsletter & Membership Card	\$25	\$40 (\$10 FOR EACH EXTRA PERSON AT SAME ADDRESS)
<input type="checkbox"/>	Email Newsletter Only	NO CHARGE	NO CHARGE

**Make checks payable to Success Center Total: \$ \_\_\_\_\_**

**Membership Information** *Help Support the Lifestyle you live!*

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

Single  Married  Attached  Unattached **Amount Enclosed \$ \_\_\_\_\_**

**Name(s) of Mate/Family to be included in this membership if APPLICABLE:**

**FAX OR Mail to: FAX#1-818-882-8512 – 8515 Penfield, Winnetka, CA 91306**

**I am willing to volunteer:**  Time  Meeting Space

**I could lead a meeting or activity, proposal enclosed**

**I am interested in**  Science Fiction  Pagan  Libertarian  \_\_\_\_\_ **Oriented Programs**

**I am interested in Co-operative Living:**  Yes  No

**I have space for others:**  No  Yes (Location & Phone \_\_\_\_\_)

**I am willing to relocate**  Yes  No