

Dancing not Wrestling

- ♥ It seems that our life's purpose may first be to unravel the causes of our own reactivity that tends to be destructive to our compassion being extended to others.
- ♥ Say our truth without shame or blame. Being honest with kindness is absolutely risky and takes great vulnerability and courage.
- ♥ Believe the person we serve/ client's perceptions. Two absolutely right positions means letting go of the connection/relationship. Holding a right position is to destroy the working alliance.
- ♥ Go with the flow of changing needs and let the person we serve, clients say what they need.
- ♥ Let go of the need to inform – just inspire and motivate.
- ♥ Ask for permission to offer our feedback, suggestions, advice to another. ASK, OFFER, ASK.
- ♥ Be in the here and now with our listening deeply and convey empathetic reflection/summary.
- ♥ Any persistent feelings had better be expressed. Holding on to them over time will only destroy the work with a person we serve/client. Use coaching/supervision.
- ♥ Support to create a "best friend" relationship with the core wound of abandonment, shame or engulfment. Help people/clients understand their fears and how normal their ambivalence is.
- ♥ The people we serve as well as our business associates are who they are completely and they are doing the absolute best they can do with the resources they have. Believing this, starting with this mindset will change the moment most of the time.
- ♥ The people we serve/clients are **spiritual** teachers.
- ♥ We can only create the possibility of change by creating an atmosphere, listening deeply, shifting our state of being through empathy and supporting others hopes and dreams. Meet people where they dream.
- ♥ We need to take full responsibility for our **reactive** feelings, thoughts, and behaviors. Be proactive. Lead with empathy, and this way help create the atmosphere for real, lasting change.
- ♥ Empathy, power~compassionate boundaries and letting go of the outcome must be in every relationship, every family, every community if we are to create healthy communities.
- ♥ Let go! Let go! Let go! Be proud of following your own principles. Let go of the outcome of changing another or a social condition or our experience.