

Dancing not Wrestling in our Relationships

- ♥ It seems that our life's purpose may first be to unravel the causes of our own reactivity that tend to be destructive of our ability to extend compassion to others.
- ♥ Say our truth without shame or blame. Being honest with kindness is absolutely risky and takes great vulnerability and courage. Then let go of the outcome.
- ♥ Believe the other person's perceptions. Two absolutely right positions means letting go of the connection. Holding the "right" position is to destroy the relationship.
- ♥ Go with the flow of changing needs for each other and let the other person say what they need. Listen well with empathetic understanding. We encourage people to change, if they choose to, through the heart and not the mind.
- ♥ Let go of the need to inform – just inspire and motivate.
- ♥ Ask for permission to offer our thoughts, feedback, suggestions, and unsolicited advice to another.
- ♥ Be in the here and now with our listening and empathetic understanding.
- ♥ Any persistent feelings had better be expressed. Holding on to them over time will only destroy the relationship. Use coaching and other support to practice your thoughts in an effort not to be reactive.
- ♥ Create a "best friend" relationship with your own core wounds of abandonment, shame, and engulfment. Help people understand suffering and their own hopes and dreams, and how "normal" their ambivalence is.
- ♥ People are who they are completely, and they are doing the absolute best that they can do. Believing this will change us a lot of the time.
- ♥ Others in our life are our spiritual teachers. They will help heal your "wounds".
- ♥ We can only create the possibility of change by creating an atmosphere, listening deeply, shifting our state of being through empathetic understanding, and supporting others' hopes and dreams. Meet people where they dream.
- ♥ We will need to take **full** responsibility for our reactive feelings, thoughts, and behaviors and this will help create the atmosphere for change. Be proactive, rather than reactive, with your words.
- ♥ Suffering, affection, power, and the need for boundaries will be in every relationship, every family, and every community if we are to create healthy relationships and 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.