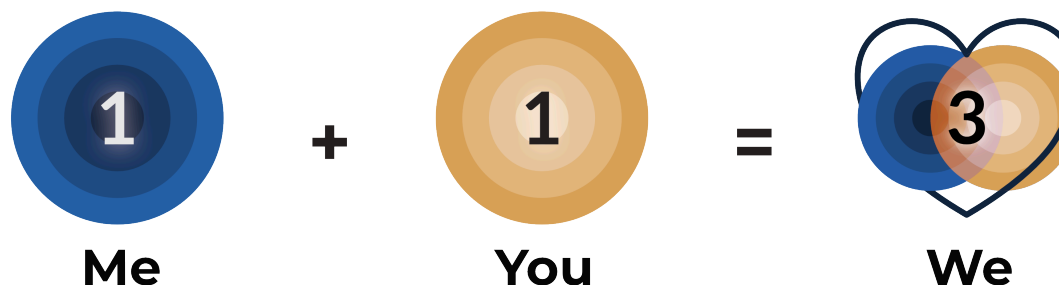


Courageous Relationships

"Gamble everything for love if you are a true human being. If not, leave this gathering. Half-heartedness doesn't reach into majesty"
~ Rumi

Relationships are the most important aspect in life. The four **Needs** & **Actions** of EVERY courageous relationship provide the foundations for all our relationships to be successful. These four needs are inclusive of all people, despite colour, gender, religion, race, sexual orientation - and includes planet/nature (flora & fauna), the visible and invisible parts/roles of our relationship with ourselves and others.



Acknowledgement	Attention	Affection	Acceptance
<i>Show up</i>	<i>Pay Attention to what has heart & meaning</i>	<i>Tell the truth with fierce gentleness</i>	<i>Let go of attachment to outcome</i>
That means first of all acknowledge yourself ... your precious self ... it's worth a lot. You have to be deeply aware of yourself before you can relate to others. So breathe and look at who you are. Now you are able to acknowledge another ... really see that person ... with all their faults and idiosyncrasies ... their warts and their gorgeousness. Take the time to truly see them. When we do this, all the externals ... colour, race, religion, age, politics, class, gender ... all of this fades away and we see the essence. It may be the greatest gift we can give someone ... to really see them.	We turn our whole self towards that person. We're not distracted with cellphones, or TV, or social media, or bills to be paid. We simply pay close attention; we listen; we notice. There is a huge power in simply being completely present. So many possibilities are given space ... we don't have to write the script ahead of time ... we just arrive and pay attention and what needs to emerge shows up.	Whatever we want to say, we choose words that are wrapped in fierce gentleness, compassion, kindness. Our tone is so important. We can talk about problems or difficult subjects as long as the tone is one of kindness. So that means taking a deep breath and centring ourselves first, so we can express ourselves in a gentle tone and avoid 'getting on the mat'.	Now this is probably the most difficult step but if we have done the first three, we are in a much better place to be able to fully accept the other person. It means we let go of expectations and simply accept what is.