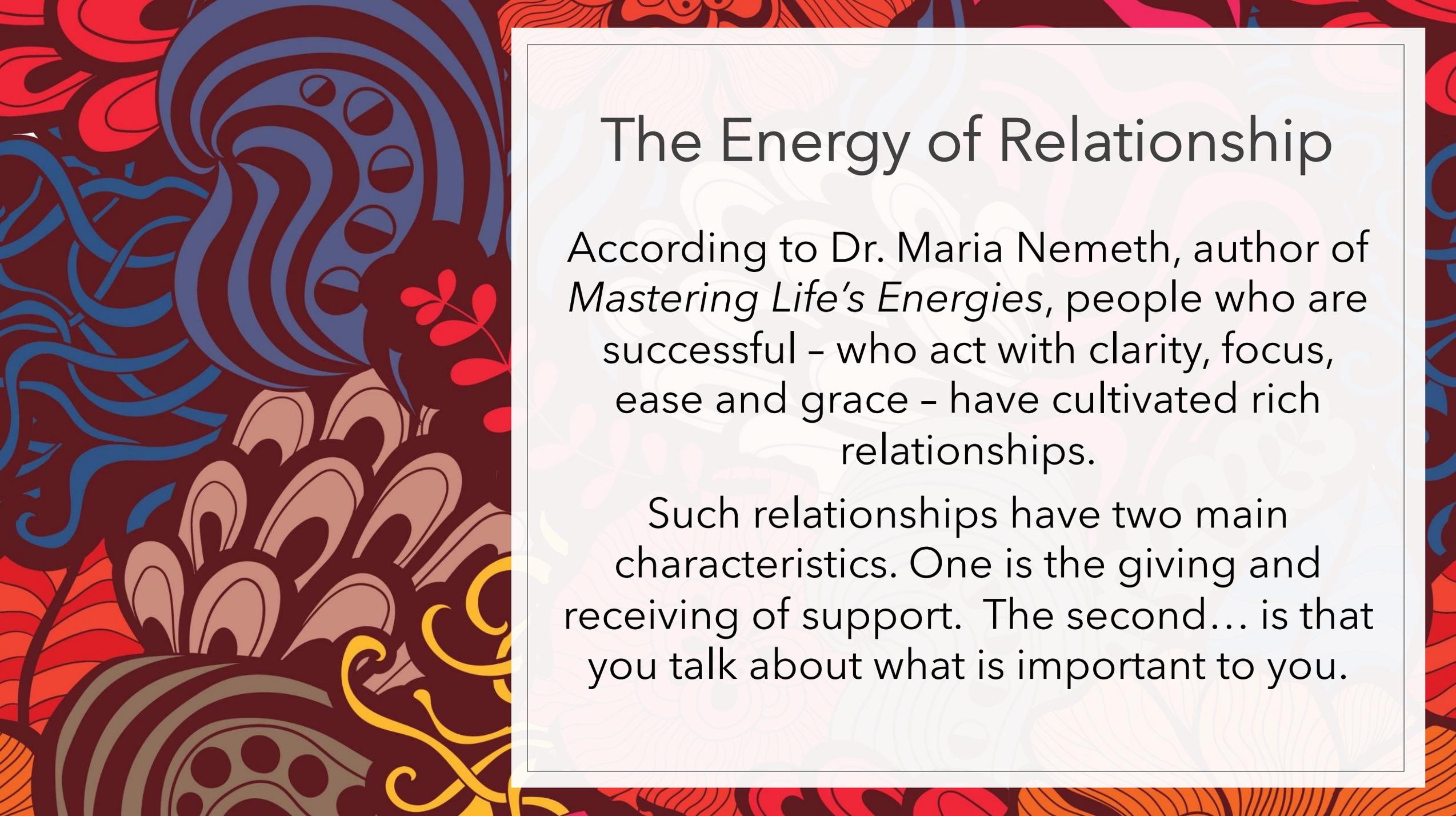




THE ENERGY OF RELATIONSHIP

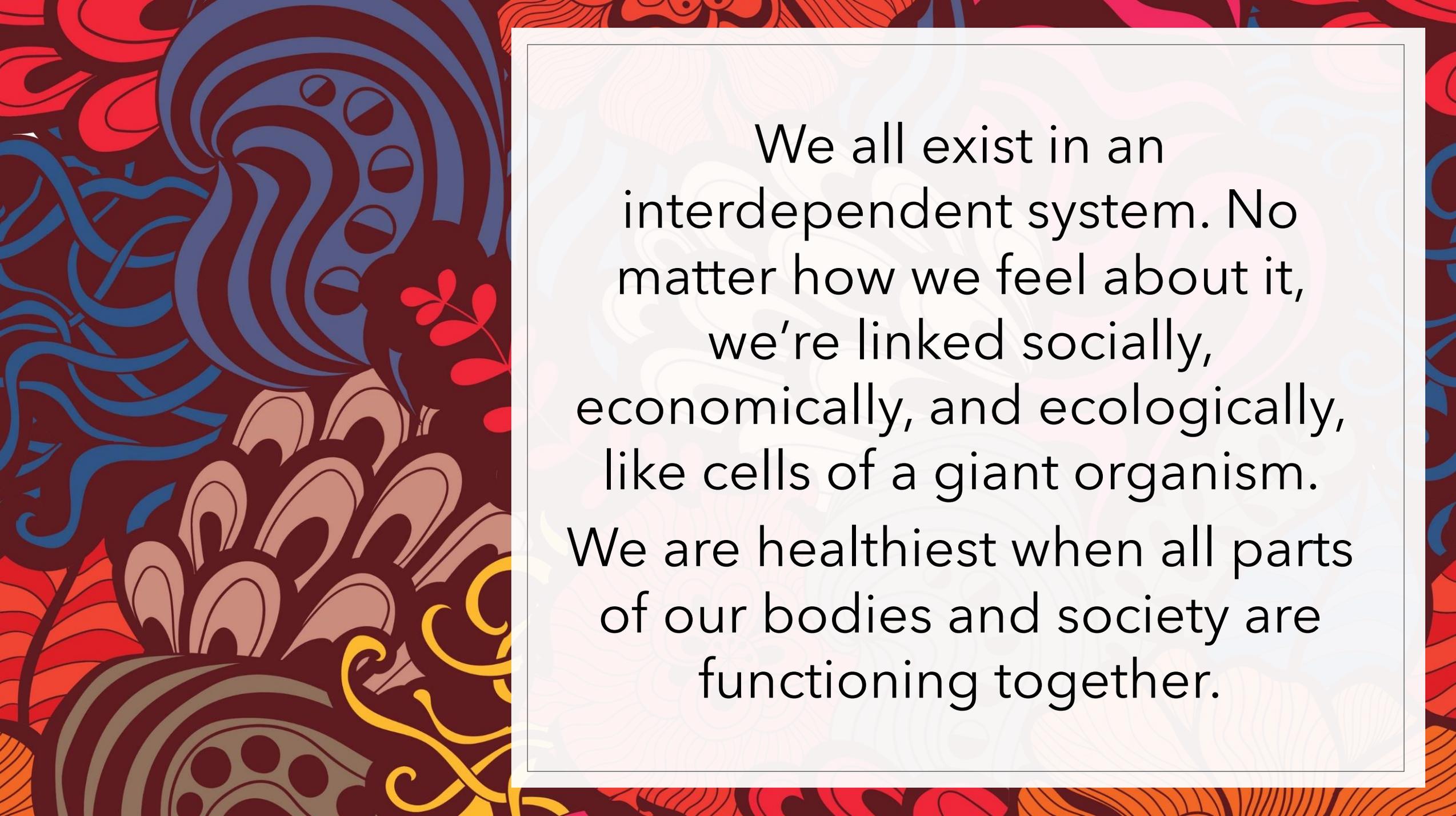
Or What REAL Support Looks Like



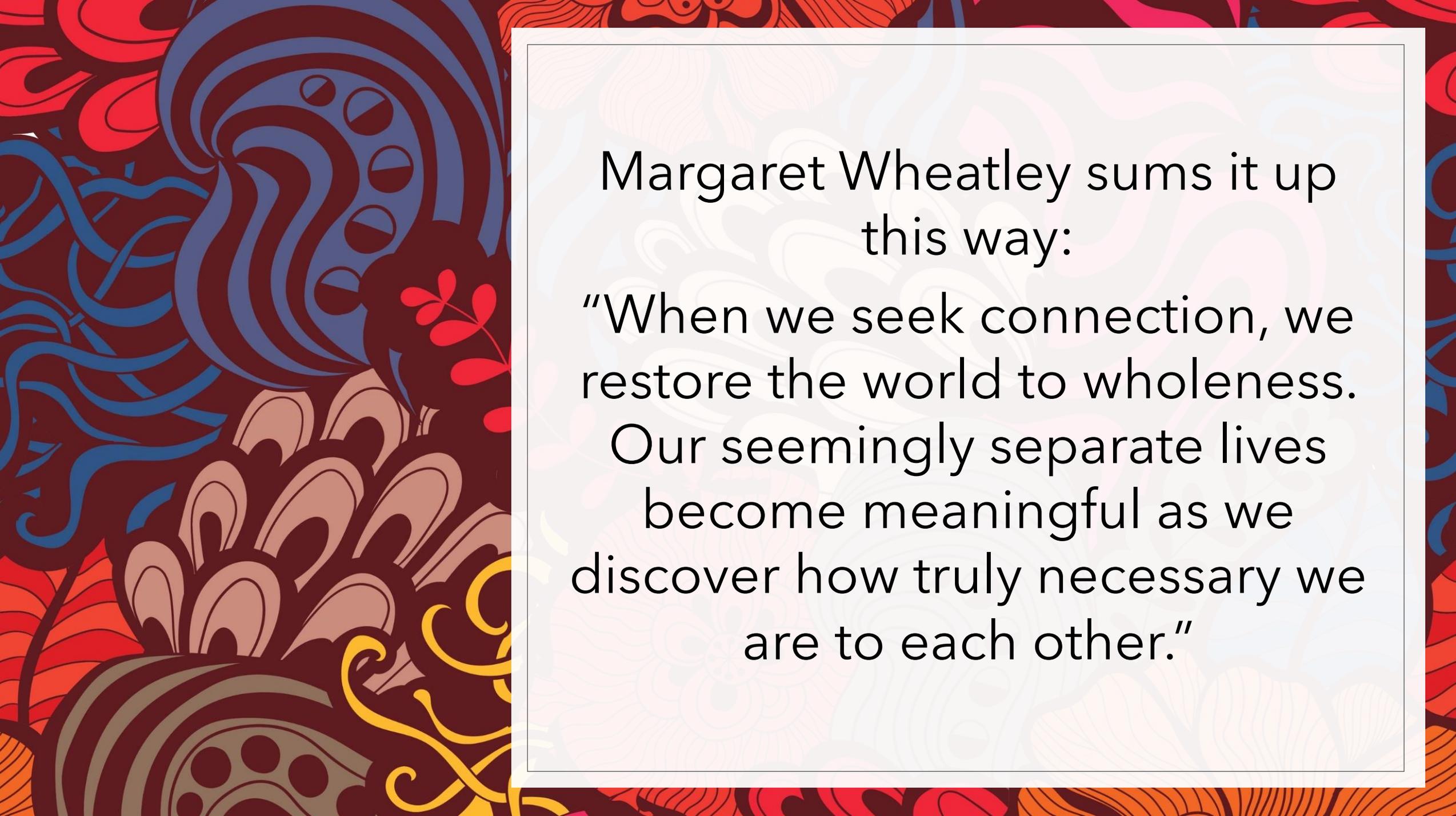
The Energy of Relationship

According to Dr. Maria Nemeth, author of *Mastering Life's Energies*, people who are successful – who act with clarity, focus, ease and grace – have cultivated rich relationships.

Such relationships have two main characteristics. One is the giving and receiving of support. The second... is that you talk about what is important to you.



We all exist in an interdependent system. No matter how we feel about it, we're linked socially, economically, and ecologically, like cells of a giant organism. We are healthiest when all parts of our bodies and society are functioning together.



Margaret Wheatley sums it up
this way:

“When we seek connection, we
restore the world to wholeness.
Our seemingly separate lives
become meaningful as we
discover how truly necessary we
are to each other.”

The Power of Community & Support

... or 6 powerful reasons not to go it alone

by Jenn Waak

1. Collective wisdom - no one person has all the answers
2. Pushing Our Limits - support doesn't let us give up
3. Support and Belief - our community/team believes in us
4. New ideas - we all approach challenges differently
5. Borrowed Motivation - our support inspires us
6. Accountability - sometimes we need help keeping our promises



What does monkey say
when we ask for support?

- Asking for help means I'm weak.
- It's just easier to do it myself.
- If you want something done right, you have to do it yourself!
- I don't know how to ask for help, it's embarrassing.
- I should be able to do this myself.
- If I ask someone for help, they'll take over.

***It might be time to take our hands
off the wheel...***

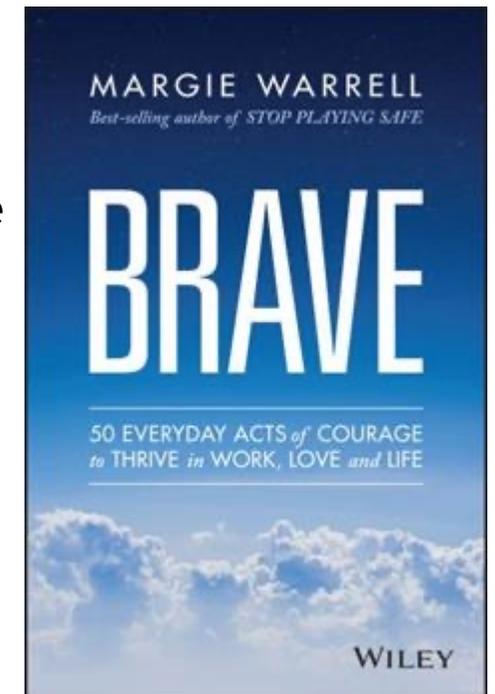
An Act of Courage

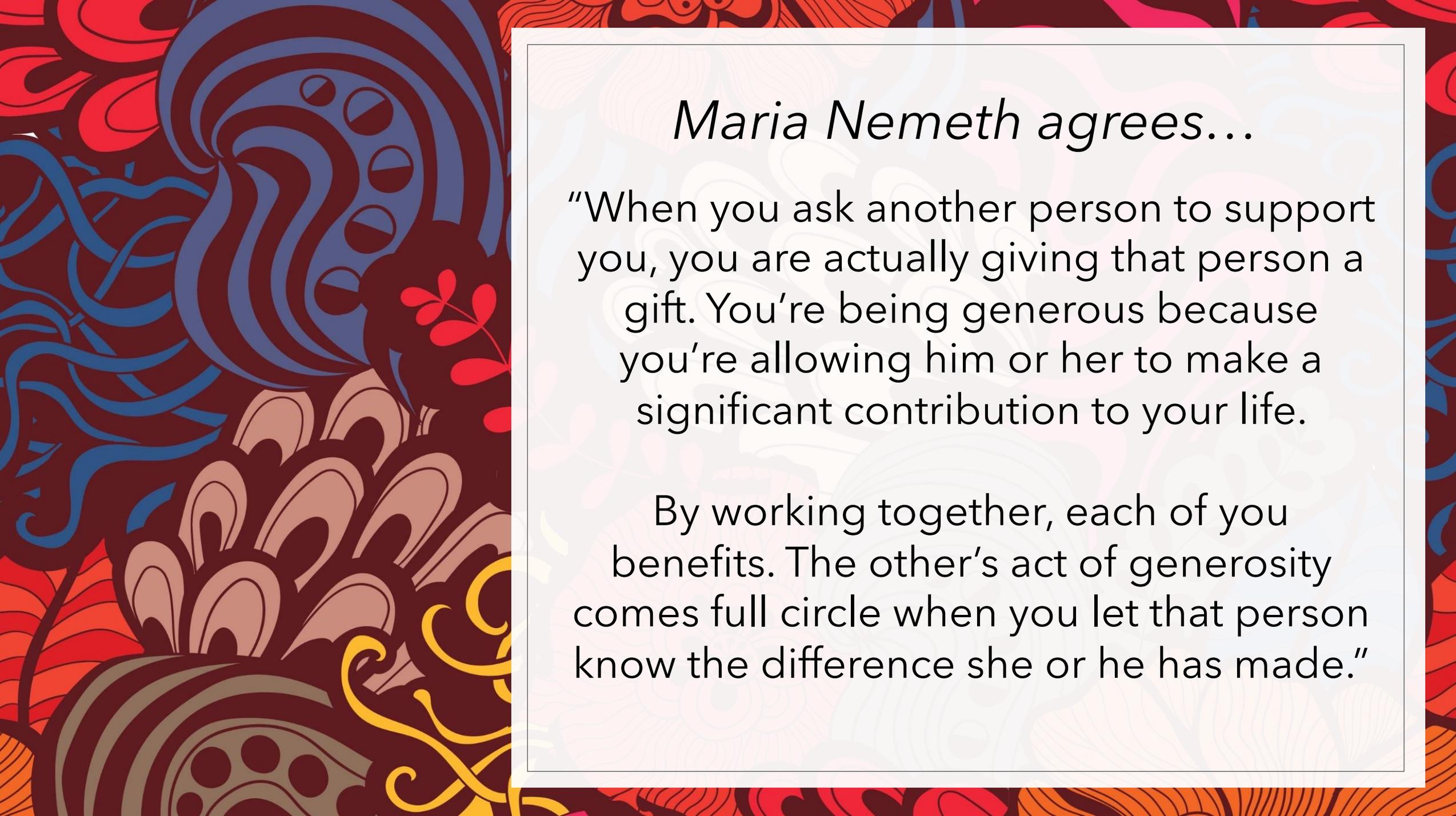
“Too often we ‘tough it out’ rather than reaching out to ask for help when we need it most. Fear gets the better of us while depriving others of a chance to show they care and share their gifts.

In my recent interview with Janine Garner, author of *From Me To We*, we talked about how important it is to risk the possibility of seeming needy, or even of being rejected, and to reach out to ask for help when we need it. Not only can it help when times are tough and we’re struggling, but it also gives others the opportunity to make a difference while helping them feel more comfortable to ask for help themselves.

Not only that, but as Janine said, ‘When we support other people to be more successful, we discover opportunities for collaboration that ultimately enable us to be more successful ourselves.’ Our lives are richer - not poorer - when we share our gifts with others.

So whether you need someone to lend you a hand, or you just need to borrow an ear, consider this: by having the courage to ask for help you’re not putting them out, you’re pulling them up.”





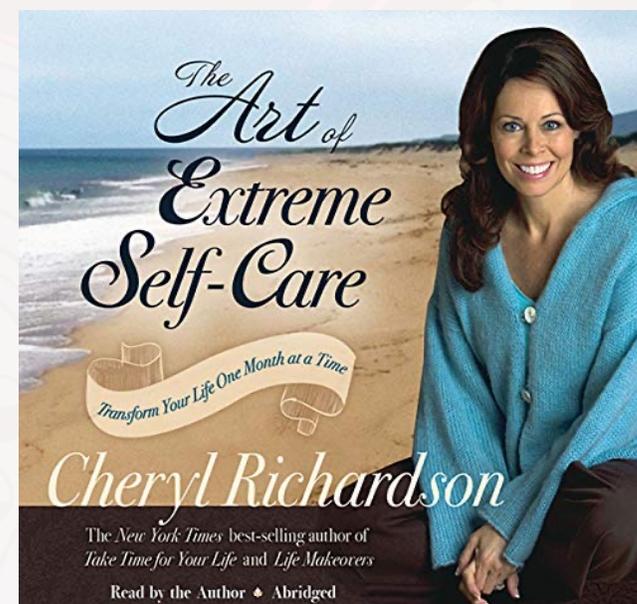
Maria Nemeth agrees...

“When you ask another person to support you, you are actually giving that person a gift. You’re being generous because you’re allowing him or her to make a significant contribution to your life.

By working together, each of you benefits. The other’s act of generosity comes full circle when you let that person know the difference she or he has made.”

... and so does Cheryl Richardson

“You cannot manage your home, care for your personal needs, honor your emotional and physical health, be successful at work, or be the kind of parent you hope to be without the support of others.”





WHAT IS
REAL
SUPPORT?



R elevant
E mpowering
A uthentic
L oving



Relevant

Is the support you're providing relevant?

Is it consistent with your, and their, Standards of Integrity and Life's Intentions?

Will it help them reach a goal or demonstrate one of their values?



Empowering

Is the support you're providing
empowering?

Are you seeing them through the
Green Lens?

Are you creating a space for them
to find their own answers?

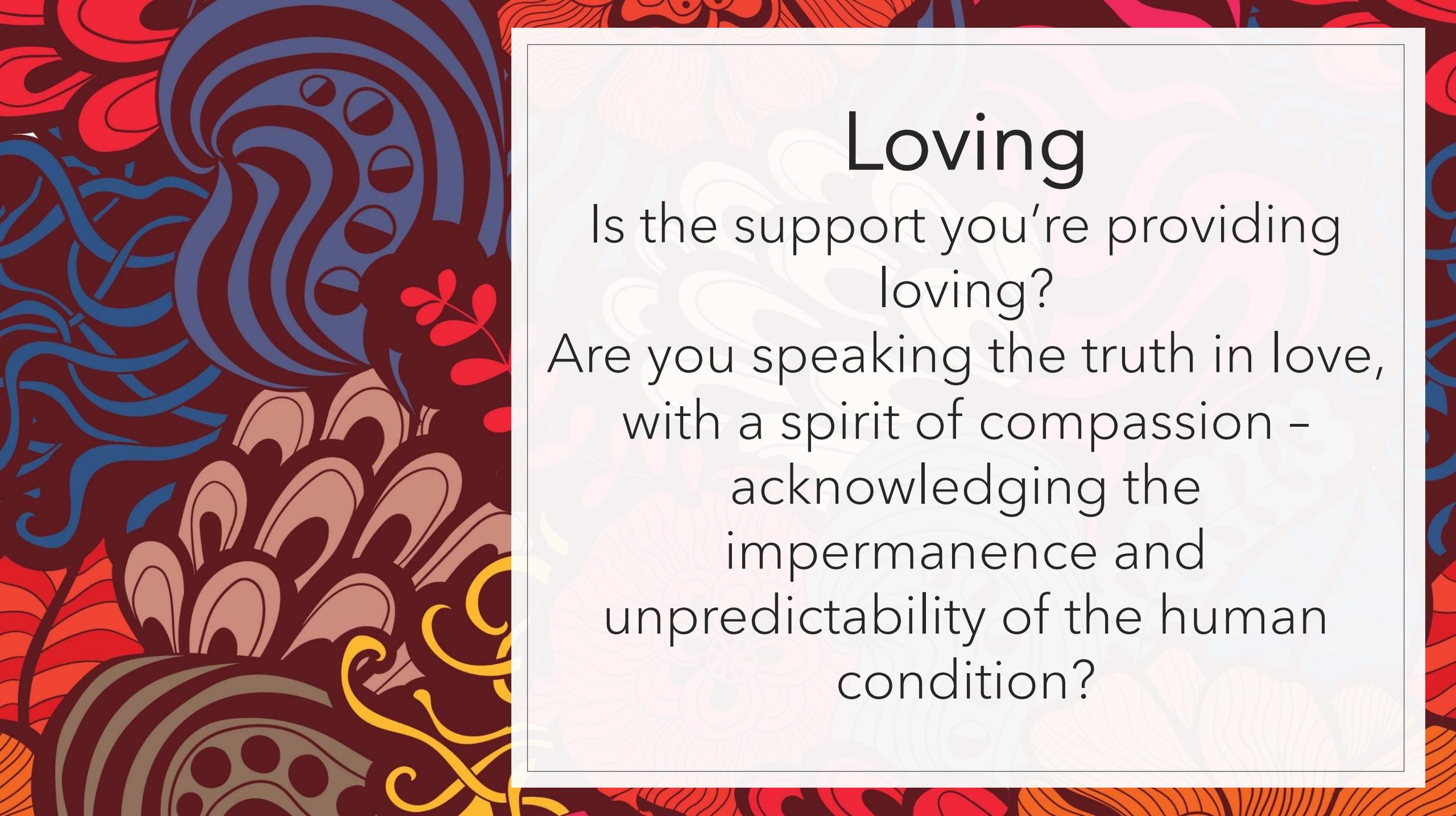
To look, see, tell the truth and take
authentic action?



Authentic

Is the support you're providing authentic? Are you showing up as open, vulnerable, and in integrity? Are you doing what you said you would do - demonstrating being trustworthy?

Are you creating the space for them to do the same?



Loving

Is the support you're providing
loving?

Are you speaking the truth in love,
with a spirit of compassion -
acknowledging the
impermanence and
unpredictability of the human
condition?



“We don’t accomplish anything in this world alone... and whatever happens is the result of the whole tapestry of one’s life and all the weavings of individual threads from one to another that creates something.”

~ *Sandra Day O’Connor*