

"When you are aware that you are the force that is Life, anything is possible. Miracles happen all the time, because those miracles are performed by the heart. The heart is in direct communion with the human soul, and when the heart speaks, even with the resistance of the head, something inside you changes; your heart opens another heart, and true love is possible."

-- Don Miguel Ruiz

So much of what we read, so much advertising, so much expectation is placed on us as individuals for our relationships, couples, parents, friends and it goes on and on, is it any wonder we often find disappointment, when we anticipated happiness.

We live in a world of judgments and we feel pressure from the outside, we are stimulated by many outside influences and that often makes us question ourselves, it also depletes us. Does this seem counterproductive to you? Is it a do more, buy more have more experience, a competition?

I have a few suggestions that may bring you to a more peaceful, empowering place of not only self love because in truth that is where family love begins, but it might just bring you to a place of less judgments and that may well release you from the push and pull of ego. My hope is that will open a door to consider an alternative to our old conditioning. Possibly it will open a door to forgive yourself and others who you perceive have hurt you, shown lack of respect or shown no appreciation for you. They may have acted in a manner that you perceive as inappropriate or they may have used words in a very hurtful manner. Can you find a different manner of behavior within yourself, still maintaining yourself self respect and self love? Is it possible that if you model a different behavior, you are in fact showing love to members of your family; is it possible that you are offering them another way to interact with the family?

Humans are imperfect, and we all make mistakes. One trait of positive people is that they take life less personally, and readily forgive mistakes as they happen. On the other hand, perfectionists are often miserable people, having standards way too high to be reached. Would you settle for more loving acceptance? Then do so, and your relations with others will improve immediately. Perfectionists are all about judgments, whereas happy people are all about smiles.

Ask yourself, are hurtful things are running your life, and how is that working for you? The people who hurt you may have ruined your yesterdays, but only you are in charge of your tomorrows. And if you feel guilt over people that you have hurt, forgiving yourself will heal you and allow you to move forward with a happier attitude and a healthier body.

If we look at your immediate family, and extended family would you say you spend more time talking, telling, teaching, reprimanding, judging, giving negative feedback, positive praise or listening?

"The first duty of love is to listen."

-- Paul Tillich

A good coach builds a reputation based on the quality of their questions and their ability to listen to the spoken and unspoken word and help the individual find a more supportive path to walk. Imagine the impact you could have on the family dynamic if you paid attention to and improved in those 2 areas. Asking and listening!

Relationships are complicated only in that many people operate from ego. We live in what is in it for me mentality, and I want it now rush, and more is better. Building more respect for family; immediate extended, community, and greater begins with someone saying I chose to listen more, judge less, and feel compassion for the old messages that we all are subject to. I will try to slow down, talk less, hear with my heart and not my head, and most of all forgive.

Forgiveness, undoes the stickiness that binds you to all those unhappy yesterdays, and this returns your personal energy to your present life, and you get more done. Forgiveness is excellent for improved prosperity and success in every area of your life. It also brings more energy into your body and improves your health. As you remember past events and the people involved, feel forgiveness flow from your heart out to them and back to yourself.

Sometimes it takes someone on the outside to help make the close network of family more visible, talking to someone you see as loving, someone who listens well can bring you a different perspective. Finding a new role model can bring you inspiration. Listen to your internal voice and BE there, taking 15 quality minutes with NO multi tasking, giving your focus, interest and intentions to someone can be a very fulfilling dynamic interaction, far greater rewards that a trip to the mall, and expensive gift. The gift of listening, non judgment, and forgiveness, wow.....why not wrap it up, try it on, and give it away.....

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