

## **Meaningful Relationships: Be Raw. Be Real. Be Rambunctious!**

True authenticity that arises from someone pure of heart not only liberates as it elevates, it allows vulnerability that permits real intimacy. To be seen, to be heard, to be loved, to be respected, to be appreciated, to be allowed, to be... These are not simply fanciful notions and fantasy wishes, they are often the deepest calling within each of us.

If we simply let head-based questions rule over heart-centred living, we come from information and interactions that are typically transactional not transformational.

Life is for living and learning, for embracing and enjoying, observing and understanding and beautiful things happen when meaningful conversations happen in the midst of loving kindness.

To cultivate these energies consider these refreshing things:

- Your own child-like innocence and wonderment to play and laugh, create and dance.
- Noticing what is beautiful and bountiful in others and how they are being.
- Being authentic and truthful about what you are feeling and how you are perceiving things.
- Allowing your voice to be expressed.
- Ask questions that inspire reflection on love and peace, fun and adventure.
- Be interested in knowing about the lives of others and what makes them happy.
- Share not only stories but your innermost nature and beautiful truth.
- Find ways to listen between the words to the stillness and space.
- Express those things you most fear and find trust in sharing them with suitable others.
- Check-in with how you feel and give yourself the solitude you need to be and to live.
- Make a list of what you most wish to do for fun, joy and aliveness.
- Surround yourself with the kind of music that move and uplifts, touches and inspires.
- Make peace with your past and befriend the present... Life happens now.
- Research how to heal and see what might work best for you.
- Respect yourself and find healthy ways to handle, resolve and navigate life.
- With us all, there is a lifetime of intrigue and mystery to discover, be patient...
- Ask: What speaks to my heart?
- Ask: What bothers me in them that I may do too but deny or seek to disown?
- Ask: Watch your judgments and see if we are projecting our own issues on others?
- Ask: What inspires me to smile and laugh?
- Ask: What do I feel like matters most to me?
- Ask: What kind of life do I wish to truly live?
- Ask: What moves me to share the best parts of me with others?
- Ask: What do I seek from others and can I give that to myself and them too?