



# Everyday Relationships Practices



## Radical Ownership

Breathe smoothly and quietly while you take ownership of loving your person and let go of "the rules" that another person doing what you want equates to love.



## Compassion

Compassion for ourselves when we feel hurt. It's ok humans feel hurt sometimes. Explore in your journal where you are hurting yourself with your own thoughts. Love comes from your thoughts not what someone does or doesn't do.



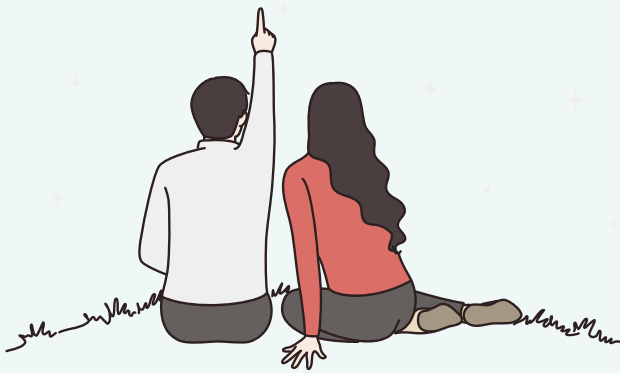
## Feel Feelings

What you resist will persist. Avoiding emotions does not serve us. Acceptance and acknowledgment of the emotion helps us to be with what is... a feeling is just a vibration in our nervous system.



## Create together

Creating together in the kitchen, bedroom, studio, garden can generate new ways to express your relationships. More time doing what you both love, will lead to loving what you do & how you do it.



## Focus on Now

Focus your attention on solving the current situation rather than bringing in past examples or fear for the future. You will know when to expand & contract your focus. Zoom in & Zoom out.



## Meet your needs

No-one can meet all our needs. Find people who **want** to do what you **want**. Spend time with new and old friends doing you. Time with your loved ones doing the things you enjoy together gives everyone time to do what they love.



## Engage in activities outside the home

We all need a sense of adventure and keeping that in your relationships by being out in the world. There is always something to explore in and with loved ones.



*How people treat you is their karma; how you react is yours*

Wayne Dyer



with Sarah & Christine

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