



Transcript Living in Community.

We want to make a meaningful contribution to our culture. We want to bring our project into the world. We want to work in teams. We want to live in a world that we co-create to become a better place than when we arrived.

Living together as a community can help us to reach our highest potential, both individually and collectively. In other words, living in relation helps us to develop and grow. But, how many relationships are actually stuck, because of the hurt belonging, or the hurt becoming?

Our intimate relationships, the relationships in our family, as well as the relationships with colleagues, friends, the waiter in the restaurant. Everybody that we meet is part of our social capacity. Others affect you and you also have an effect on others. Being aware of your input and how you're a part of co-creating culture will influence who you surround yourself with. Everyone has wisdoms to teach us about ourselves even when the learning is challenging.

The precision and the accuracy with which I relate to the world as it is without trying to change it, is the pearl. It is actually the place for our self insight and development. There's such golden information in that precision. The acceptance of the world as it is, requires that I fully participate. It needs me not to want the world in a different way, but to relate to the world as it is, and find out how we can together co-create a world that we want to live in and contribute to.

This takes a creative and open commitment. If I complain and cannot accept the world as it is, I feel a sense of discomfort and then I'll inevitably project my discomfort onto my environment and say things like "Oh, if so and so was more.... Supportive of my ideas, understanding of me, kinder, more generous, the world would be a much better place." People who own their change process don't complain about not enough (Fill in the blank) in the





world. Rather, as Mahatma Gandhi said, they become the change they want to see.

Tension in an intimate relationship, in a work relationship, in a friendship means that I need to learn to relate to who you are right now and that can be challenging. That often brings conflicts and discomfort. But in a way that's good because therein lies the opportunity for our mutual learning. I can ask myself "how am I showing up in this relationship?"

In times of unbearable tension a wise thing to do is to get an external perspective and competence. A person who is skilled and who can really facilitate your processes.

It's a real blessing that I can find out through you more about my abilities and my desires and how I'd like to live my life.

I'd like to share my screen with you:

PP1

At the end of each day:

- review any challenging interactions you may have had.
- ask yourself how you showed up and could you have showed up differently.
- What did you learn about the way you communicate in the world.

PP2

When we put our intelligences together we co-create a life that matters. We have more energy and awareness of new possibilities for ourselves as well as others.

PP3

- Don't be afraid to ask. Questions are wonderful tools to deepen our connections.





- Talk about your vision and values often with energy and passion so people get excited about you and want to join your mission and help you where they can.
- Find your purpose and your passion and what you want to create as a legacy.
- Show up everyday in service.

Connections are hugely important to our careers as well as our lives. We all want a robust network, but for many of us, creating nourishing and nurturing relationships can feel awkward and uncomfortable.

Our success and ability to live in a comfortable and relaxed setting is impacted by the relationships we build.

The company we keep creates a unique opportunity for us to glean new knowledge and grow both personally and professionally.

Thank you for taking the time to watch these videos. Of course there's always the possibility to just consume the information and say, "Okay, I learned something new and that's it and to continue. But you will actually really flourish when you take the knowledge about yourself and your relationships and put it into practice to grow and develop.

PP 4

When you're ready and you'd like to explore your world and how you show up in it, please feel free to book a complimentary coaching call here:

<https://calendly.com/bevehr>

