



The 4 R's of Conscious Relating

I've developed "The 4 R's of Conscious Relating" as a template to help you navigate relationships. When we come into relationships having contact with ourselves, we can stay curious about others and tend to the space between us with care. This ultimately helps us to keep our relationships clean and cultivate deep emotional intimacy.

Looking within takes conscious effort. Accessing the deeper cut of our inner world requires tremendous self-curiosity and self-awareness. Discovering the constructs that are guiding us and owning them as ours takes a lot of awareness. To do this in the midst of an interaction with another person is an ongoing practice of slowing down, looking within, and discovering the place within us that is activated or guiding us in the moment. It's extremely humbling to share what we discover and we can often be messy and clumsy as we learn. But when we do the work to learn to speak from our essential self (rather than being in the impulse of our conditioned self) we bring clarity and sovereignty to our relationships.

Our truth is always about us; it's always a deeper part of our inner world; and it always gets to the core of what's happening within us.

When we remember that relationship only happens in the present moment, we recognize that how we meet each moment of our relationships is a sacred act of intimacy. Tending to our relationships means tending to ourselves in the connection--otherwise we are not present for that connection.

1) Reflect: Before you respond, reflect what you hear the other person saying. This slows the interaction down and allows you to make sure you're hearing the other person accurately. It's important that you don't keep all of your attention on the other person because this is often where we drop ourselves. Reflection is just a summary of what you're hearing to make sure you and the other person have shared reality.

2) Receive: Welcome everything within you. Notice the layers and texture of your experience, and allow all of them to be present without identifying with them as "truth." Be curious about how you are receiving the words of the other person until you get to what you think might be the core of your inner experience rather than the first impulse. Look within and notice what you're feeling. What's the feeling under the feeling? What's the birthplace of that experience?

3) Reveal: Share what you notice within yourself using ownership language. "I notice that I am..." "I feel..." "I seem..." or "I'm starting to develop a story that..." Remember that everything that arises in you belongs to you. When you own your experience, your words are inarguable. No one can tell you that you don't feel sad, that you don't have a story, and so on.

4) Relate: Check out how that is for the other person to hear. This keeps the interaction relational and clean, honoring both people who are in the connection. Pay attention to the quality of your connection with the other person. Notice the alchemy of your interaction and how "we seem" together. Remembering that on the level of Spirit, we're all on the same team and we all want the same thing.

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