

*People in healthy relationships  
strive to...*

# The **Healthy Relationship** Preamble

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***be conscious** because the more conscious we are of ourselves, others, and the forces influencing our lives, the more capacity we have to create happy, healthy lives and relationships; **be honest** because dishonesty obscures the truth and engenders confusion; **be authentic** because pretending to be someone we are not disconnects us from ourselves and others; **be exceptional listeners** because listening, deeply, is one of the rarest, most valuable and transformative gifts we can give; **be exceptional communicators** because speaking clearly, and precisely, makes it possible to understand and be understood; **spend time alone, exploring our depths** because the better we know ourselves, the more fully we can connect with others; **seek to uncover, heal, and transform shadow issues** because unconscious destructive forces exist in all human beings -- and terrorize those who ignore them; **create safe places** because the parts of ourselves -- and others -- that need healing the most fight or flee if they feel threatened; **accept responsibility for our lives and realities** because believing others are responsible for our successes and failures harms them and disempowers us; **be compassionate and forgiving** because everyone is imperfect and we must give what we hope to receive; **love wholeheartedly and unconditionally** because love is the heart and soul of life and when we are connected to this elemental, irresistible force, all things are possible; **pay attention to timing** because good deeds, offered at the wrong time, can be hurtful; **change, grow, evolve** because this is the nature of life, and things that do not change, grow, and evolve, die; **be patient** because solid foundations, with deep roots, are not built overnight; **cultivate an adventurous spirit** because only those who follow their soul's deepest impulses can realize their full potential; **see the humor in life** because laughter heals the body, clears the mind, frees the heart, and lifts the spirit; **include everything, exclude nothing** because whole pictures broaden perspectives and deepen connections, while partial pictures encourage misunderstanding and suffering; **invoke the higher, deeper, all-knowing, all-powerful forces of life** because journeys made without the guidance, protection, and loving presence of our Higher Selves, are dangerous and unsuccessful; **find and fulfill our unique purpose in life** because doing so infuses our life with meaning and moves all life one step closer to the Divine; **join with others** because joining with others is where our deepest learning, greatest happiness and ultimate destiny lie.*