

## Relational Health

Quality relationships, or relational health as I call it, bring meaning, happiness, and create space for joy, forgiveness and grace. The deep patience required to embark on this journey of self discovery is accessible in this very breath. I take a moment to pause; I breathe deeply. I bow to my inner guidance system, my inner wisdom.

I am in relationship with myself every minute of the day: what I eat, what I drink, what I do, what I focus on. All of this is a reflection of this relationship with myself. By repeatedly telling myself a story, I which create my subjective interpretation of reality. The nature of my nature is cultivated by what I feed myself mentally. Relational health with myself starts with growing awareness of these stories. I encourage you to ask yourself if the stories you are telling yourself are helping you get where you want to go?

Key concepts in relational health:

Curiosity: Adopting a curious attitude allows me to gently inquire: "Wow, what does this mean?" "How is this serving me?" "What do I have power over?" Curiosity implies a sense of gentleness and subtle acceptance of what currently is, with acknowledgment that it could be different.

Control: I can control my attitude. Period. Regarding the rest of my life, I sometimes find it helpful to remember: I did not cause it. I can't cure it. I can't control it.

Comfort: What do I want right now to feel comfortable in my own skin? I Invite pleasure to soothe my soul.

Commit: To myself. My well-being. The energy that I share in my relationships. My integrity. This level of investment, the whole-hearted commitment, pays off in a myriad of ways, including relational health.

Contain and conserve my energy. Seal the exits. Look for the leaks. By changing the old story of "I have to help everyone" and "I am responsible for creating harmony in this person", I am freed up to focus on my path and in doing so, I free up others to find their own way. I am here to help, almost like a tour guide, but I am not driving their bus.

Awareness: What is going on? Building on the alphabet of mindfulness, I can craft a language of awareness. Without awareness of what is happening RIGHT NOW...I have no business making efforts to change my life. Hope for a different future and fear of a troubled past are sizable gutters that can pull me out of the potential in the present moment life.

Acceptance: This is how it is. Right now. If I truncate this step, I will be missing a vital moment to pause. If I push into action too quickly, I am forever pushing past peace and contentment. Self-improvement then becomes a sneaky and subtle form of self-aggression.

Action: After accepting this moment for what it is, I can gently assess the situation and state: "This is one thing I can do right now to help me get where I want to go."

Allow Aloha: Invite the big love and compassion to guide me. Detoxing the space between my thoughts, my words, and my deeds allows Aloha into my heart--the true command central.

Ask myself: Is what I am about to say or do Truthful? Necessary? Kind?

I can allow my soft focus to rest on my health, my integrity, and my dignity and allow this to serve as a source of inspiration for others. I can remain right-sized, without the knee-jerk reaction to puff myself up or shrink myself back in the face of difficulty. When I am resourced, I am more available to help others. There is great truth in the miraculous statement:

"When we liberate ourselves from our own fear, our presence allows others to do the same."

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