COLUMN

Expect miracles

The missing relationship. An invitation to befriend yourself

by **Mary K Weinhagen**

601 words | 4 pages

There is a significant relationship you may be neglecting.

It used to be that seeing the word "relationship" in a magazine article was a pretty fair indication that you were reading a women's magazine. The end result being a woman was going to chat it up with her girlfriends... who would encourage her to "have a talk with" her significant other... in the hopes of improving... or spicing up... her 'relationship'.

Not so today. It seems "relationships" is the current *(and growing)* buzzword in a multitude of areas... including business; especially the business of network marketing.

(Borrowing a phrase from a friend) It's about time!

In all fairness there is *still* a lot of room for more and better conversation about relationships. Yet get this... putting that word into a search engine today brings up more than dating services on the first page— That's progress!

> ***It's encouraging to discover that people, women AND men, are starting to realize there is value in exploring the shapes and textures of our relationships... and how we serve and are served within them.***

I'll leave the tools, techniques and formulas for creating and improving relationships to another time... or another person... today I simply want to ask you to ponder a couple of questions...

How are things going between you... and YOU?

Have you taken the time to *be*friend yourself?

> ***Take a moment and consider your description of a "perfect" friend, lover, business partner, co-worker, neighbor, child, parent, etc. How well do you BE that?***

I'm not asking how well you 'be' that for/to/with *others*... I'm asking if you have the commitment and gumption to be in relationship *with yourself* in a way that exemplifies the essence of relationships as *you've* described them above— do you?

It may sound silly, and because there is *huge* value in it I'm going to suggest it anyway... consider moving into a more intimate relationship with you. Don't just *pay attention* to the way you talk to yourself, nurture yourself, challenge yourself, empower yourself, entertain yourself, honor yourself.... Commit to yourself and actively spend some real time relating to yourself like you'd relate to; a best friend; a trusted business partner; a cherished child; an adored lover; valued neighbor; beloved parent; respected teacher and so on.

Why not ask yourself out, surprise yourself with notes, teach yourself patiently, send yourself flowers, assign yourself a project, hold yourself accountable, give yourself a hug...? You may discover yourself seeing through your conditioned responses to life and relationships in ways that will inspire you to free yourself of those responses.

Imagine finding the following to be true:

That taking the time to know and understand— dare I say giving yourself the space to genuinely fall in love with yourself— could allow you to cheerfully take responsibility for your 'stuff' leaving you more open to others.

> ***That learning to graciously give yourself what you want and need releases you from demanding that of others.***

That an authentic, loving relationship with yourself allows you to admit and look at the part of you that feels threatened when someone wants something different from what you want and reveals the possibility that you can take care of that part of you without requiring anyone to change.

> ***That you really can be the person you want to find... and being that for yourself not only makes it natural and effortless to be that for others, it allows others to show up that way for you, too.***

Now, imagine using *that* foundation as a springboard into all your current and potential relationships.

Are you looking for something to 'rock your world'— in your business *or* personal life?

Here's my suggestion— ***Be*friend *Yourself*!**
— Mary K