

People in healthy
integral relationships
strive to...

The Integral 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* because everyone is imperfect and we must express compassion to others if we hope to receive it ourselves; *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; *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; *learn integral theory, practice, language* because the more comprehensive our world view, the more resources we have to understand our place, and everyone else's, in the grand scheme of things; *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 particular purpose* because finding and fulfilling our particular purpose 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.