

The guiding question is: *What is the energy I contribute to partnership?*

HOW TO USE THE ATTENTION GUIDE

The guide is an important tool to help you stay conscious and mindful about the choices you make and the behaviors you exhibit. When you are conscious, you will not intentionally make ineffective choices about your behaviors.

THE TRANSITION LINE

The transition line on this guide has anger as the transitional experience. Anger is an energetic force initiating action to accelerate change. It is quick, and very powerful, like a flash point, and is never used to harm others or directed toward others. The “I’m so angry that I will do whatever it takes to change” language is a catalyst for creativity to find effective solutions. When you find yourself angry, it is a clue that you are at a choice point, and that it is time to shift your attention above the line.

THE CHOICES IN THE PARTNERS COLUMN

- ◆ **Co-creation** is the light side of **Compromise**. **Co-creation** is the alignment of both partner’s visions. Partner one has a clear vision, partner two has a clear vision, and together they have a 3rd vision. The 3rd vision was created by a process of inclusion, and this shared vision emerges to be more powerful and expansive than either was individually. **Compromise** means that neither party gets what they want, so no one wins. By a process of elimination, each partner has given up important dreams and the result is often disappointing, resulting in resentment.
- ✿ **Faith** is the light side of **Jealousy**. **Faith** combines the grounding of complete trust with the certainty that each partner is choosing actions that support the shared vision. Hence the saying “acting in good faith” and “a faith walk.” **Jealousy** lacks the grounding of complete trust and creates an opening for making up stories (fabricating) that a partner is choosing actions to destroy the shared vision.
- **Synergy** is the light side of **Egotism**. **Synergy** is the powerful interaction that arises when two partners with different complementary visions cooperate. The effect of synergy enhances and magnifies the outcomes, like 1+1=3. It is an attractive energy. **Egotism** is self-centered and it diminishes creativity. It is a repellent energy.
- ★ **Appreciation** is the light side of **Blame**. **Appreciation** means gratefully recognizing differences, valuing the power of differences to expand creativity and flow. **Blame** implies that differences are wrong. The focus on finding fault and criticism causes stagnation and resistance.
- ◎ **Belonging** is the light side of **Isolation**. **Belonging** is one of the healthiest and empowering of basic human needs. It is inclusive. Strong partnership requires inclusion of each partner’s thoughts to nourish the co-creation. **Isolation** fosters insecurity, starves the partnership and is unhealthy.
- ⌘ **Respect** is the light side **Inequality**. **Respect** is the act of honoring the spirit within yourself and others, summed up in the Buddhist greeting, Namasté. It requires you to have high self-esteem in order grant others their value and esteem. **Inequality** is mean spirited, and focuses on “there’s not enough for me” thoughts. It drains the energy of the partnership.
- **Support** is the light side of **Greed**. **Support** is the grounding action upon which loving partnerships stand. It is generous and spacious, making room for multiple lights-on dreams to grow. The support connection is foundational for expansion into powerful, productive relationships, the “thrival paradigm.” **Greed** withholds and hoards energy of love, power, money, and sex. By hoarding and controlling, greed depletes and drains, and is a remnant of the old “survival paradigm.”

PARTNERS	
<i>What is the energy? I contribute to partnership</i>	
◆	Co-creation
✿	Faith
●	Synergy
★	Appreciation
◎	Belonging
⌘	Respect
■	Support
	Anger
■	Suspicion
⌘	Inequality
◎	Isolation
★	Blame
●	Egotism
✿	Jealousy
◆	Compromise

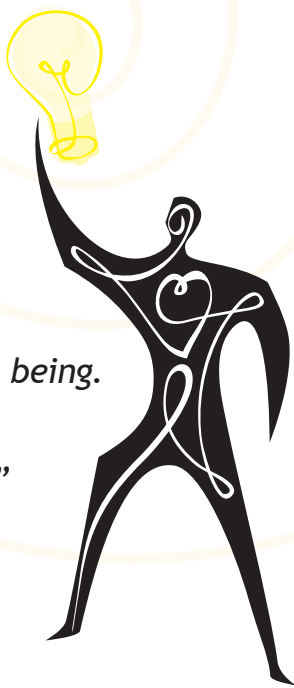
*“Out beyond the idea of wrong doing and right doing there is a field.
I’ll meet you there.”*

- Rumi

QUESTIONS TO ASK

- What is the energy that I contribute to partnership?
- Am I listening with curiosity and neutrality?
- Did I leave behind my preconceived ideas and observe with fresh eyes?
- Am I recognizing when I take out the lights of others?
- Am I holding my own energy no matter what happens around me?
- What does “not knowing” my partner’s answers feel like energetically?

Notice it: experience that feeling. _____



*“Sometimes our light goes out,
but is blown into flame by another human being.
Each of us owes deepest thanks to
those who have rekindled this light.”*

-Albert Schweitzer