



Your Relationship is your Biggest Asset

Recently Brett and I had our 19th anniversary as a married couple and we were reflecting on the richness of our relationship and more specifically the warm, steady open-hearted climate that we enjoy. We have learned over the years to be joint Keepers of this climate, and indeed see it as our sacred space, and it has gradually dawned on us that taking moment-by-moment responsibility for that sacred space is one of our individual and joint spiritual practices.

Why, you might ask, is this such a big deal?

So, I want you to think about your own experience of good, solid, supportive relationship experiences for a moment. Now take a moment to name how it feels in your heart and body when you are connected that way...

Here are some of our words; warm, safe, relaxed, open, energised, strong, and happy.

Research will tell us that these sorts of climates in a relationship support our immune system, lower blood pressure, keep us younger longer and inspire creativity and spirituality.

Imagine if you could find a supplement that reliably offered you all that!

Now take a moment to experience those times when the climate between you and your partner/child/boss is feeling polluted with tension, anxiety, cutting words etc.

Here are some of our words! Tense, uncertain, full of pain, distracted, closed, pessimistic...

Again, research will give us ample snapshots of the effects of that sort of climate on our immune systems, blood pressure and emotional resilience!

It took a while for us to realise just how inestimable the positive effect of a warm, supportive, loving climate was on our health, emotional resilience and capacity to heal and grow. For quite a while we have been teaching that we thrive as human beings in connection whilst we cope in the isolation of disconnection. Now many years into our own journey of creating the sort of daily climate we WANT to live in, we are appreciating more and more deeply the foundation it gives us for more and more joyful aliveness.

Truly our relationships ARE our biggest asset – and particularly our intimate relationships. Not our bank balance, house, medical insurance, pension (good as these things can be) or



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any of the other things that we so assiduously attend to in trying to assure our well-being in the future.

It makes sense to look after your biggest asset!