



LEAD WITH LOVE LEADERSHIP CIRCLE NOTES AND SUGGESTED PRACTICES

The Intention of this group is to: **LEARN. GROW. CONNECT. SERVE.**

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March 1st, 2018: Relationships As Spiritual Curriculum

Host: Jess Ewart | Guest: Ashley Turner

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[Next Session Leading With Love in Turbulent Times with Seane Corne](#)

Ashley Turner:

Elevating personal growth as a lifestyle, Ashley Turner, M.A., MFTI (#62103) is a yoga/meditation teacher, registered Marriage + Family Therapist Intern, writer, speaker and Initiated Priestess. She is known for her ability to translate complex themes into practical, real-life tools accessible to all. More [HERE](#).

Jess Ewart:

Jess is the Executive Director of [Aspen City of Wellbeing](#), and [Lead with Love](#). She is a scholar of philosophy, yoga and Ayurveda and knows that her life's mission is to share what she has learned with all who seek a way out of suffering and toward radical freedom. More [HERE](#)

Key Takeaways:

- Looking from the third eye perspective, instead of left or right, right or wrong
 - "it's not about you and them and it's all about you and you".
- Relationships are 50/50 we all have to take half responsibility or even more 100% responsibility.
- You don't have to take on the other persons material.
- If you are really getting triggered, limit a conversation to 20-30 minutes!
- Unconditional **positive regard**, a concept developed by the humanistic psychologist Carl Rogers, is the basic acceptance and support of a person regardless of what the person says or does,

Quotes:

"The thing about the unconscious is that its unconscious" Carl Jung

"Someone else's actions that's their karma if you get snagged that's your karma" Ram Dass

"Ahhh so" Ram Dass

Books, Talks, and Social Media Mentioned:

- 7 Principles for making marriage work. By John Gottman View [Here](#) on Amazon.
- Gottman Institute [Instagram account](#)
- Allison Armstrong and David Data for more info on differences between men & women

Yoga. Psyche. Soul. <http://yoga-psychology.co/live-training>

Urban Priestess Training <http://urban-priestess.com/>



Notes:

Q: In your role as a physiotherapist and as a coach people approach you with their problems, is there a common theme that comes up with relationships that you have seen over and over again?

A: Relationships are the most difficult yoga and the root of much of the suffering in our lives.

One of the biggest challenges, it is easy to want to blame the other person.

It is always 100% our responsibility. We have to take care of our side of the street, it is the only thing we can actually control.

The same arguments keep coming up time and time again, even with different partners. But the common denominator is me. What is my contribution to this? It is easy to cast blame or focus outward, shadow work is all about taking 100% responsibility.

Q: What is the distinction between fault and responsibility/reaction how we handle things?

Splitting scenario between right and wrong, assuming that our position is right. Spiritual moves beyond right and wrong. The third eye perspective. In the third eye, we aren't looking from two eyes, as right and wrong, good and bad, but the third eye perspective able to hold both scenarios to be able to hold both at the same time.

You are coming at it from soul to soul and how are we triggering each other. We are playing into our individual wounds. Personality traits that are built up that defend against our tender areas.

Rise up into the third eye perspective. Let's pull it back, "it's not about you and them and it's all about you and you".

One of the 4 Horseman-

Stone Walling- when you shut off from the other person

It is your response about how you react, but don't play into it you are not playing fueling the fire. That is the choice we have in any moment

How does she interperate it, she doesn't have to feel ashamed.

Relationships are 50/50 we all have to take half responsibility or even more 100% responsibility.

We are not perfect but must have a lot of compassion for ourselves!

Q: Some relationships has a lifespan- parent child/ sibling/ you are connected to because you are physically connection. Then you have relationships at work, friendships, partners, are there markers or gut checks to see if they are actually diving as deep as they could be? Is there a way to investigate if the relationship is teaching you all it is suppose to?



Very simple way- if something comes up with a person if you think about an ex boyfriend, boss friend, if you get a physical charge and energetic teeth clenching, butterflies, brow furrow etc you still have work to do there.

If you really feel you talk about the story or even a childhood trauma, if you take about it and you can tell the story like a plot line of a movie to someone and you don't feel attached or a charge then you are done. You have integrated that lesson, but if there is a charge there then there is still work to be done.

Sacred contractions

Having an agreement with a soul let's go down

Rom dass - 2 different types of relationships

- Given karma- Life long relationships you can't give those back, that bloodline is given karma
- Chosen Karma- You can choose soul family, friendships, business relations, lovers

On conscious relationships- Rom Dass

Link Here: <https://www.ramdass.org/ram-dass-on-conscious-relationships/>

The form or the contract of that relationship changes, but can you keep the love the same.

The love is unconditional, it is difficult when our needs are not being met. To still love that person but love them for who they are. Can you let the love remain the same even if the form still changes?

Q: What happens when one partner is doing the work and going deeper in their consciousness journey and the other is not? Do you have any advice on moving past this?

A: It can go both ways, it is a slippery slope, it is ok if you feel like you have done your inquiry and this is no longer feel and energetic match.

It is ok if you feel we are no longer an energetic match.

However, a big piece is truly unconditional love, loving someone for who they are and how they are. Not judging, my way is better than their way.

Men & Women are wired very differently. Allison Armstrong and David Data if you want more info.

Men outward focus outward genitals, Women internal.

Often time women want men to show up in the way they am showing up. Women we can go to the place of nagging or constantly trying to process or wanting to do. But note that sexes orient differently.



But can you look at what the masculine is teaching us? How are they showing up? What are they teaching us?

If you find a partner that is doing the work and is super aligned but don't have as many of the masculine characteristics.

Q: How do we in a practical tangible way, access that unconditional love, sometimes that feels like a compromise?

A: HUMOR IS HUGE. taking it a little more lightly. Daily practice comes in to really dropping into your connection

3 Layers to Relationships

1st Layer - With Spirit relationship to source, god, spirit, consciousness

2nd Layer- With Self, You & You, remember who you are

3rd Layer - With Others, 2 coming into 1, byproduct of what the first and second are looking like

If you are really getting triggered, limit a conversation to 20-30 minutes!

Everyone gets flooded you are hammering home the same point. Give it a time limit go off by yourself. Get back to your center of gravity. Get clear come back to yourself give it some time then revisit later.

We really need to train ourselves to seek the light and register the light in the other person. The mind has a negativity biases.

How an object is being received plays a huge role. There is a psychotherapy term, unconditional positive regard, choosing to regard whoever is in front of you with unconditional positivity. Training to see there goodness then they are more likely to show up from that goodness.

Q: A big challenge is over giving in a relationship work, loving, friendships.

A: Self care and boundaries are huge. This is also a combination of not speaking up enough for needs.

Where can you delegate? Shift and create some systems such as training an assistant. Being a team, we all get more done together then we ever would apart.

Q: Can you speak on relationships in transitions. Parents getting older, kids growing up, etc.

A: Questions to ask, How can I best support you? What do you need? How can I support?

I want you to know I am hear, come back and ask me, i'm here, please know always ask that door is always open.

What previously worked may not work anymore.

Q: You mention one of the four horsemen, can you mention the other 3?
John Gottman

THE FOUR HORSEMEN



CRITICISM

Verbally attacking personality or character.



CONTEMPT

Attacking sense of self with an intention to insult or psychologically abuse.



DEFENSIVENESS

Seeing yourself as the victim in efforts to ward off a perceived attack and reverse the blame.



STONEWALLING

Withdrawing as a way to avoid conflict in efforts to convey disapproval, distance, and separation.