



*The 5 Foundational Practices
for Love-olutionaries*

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1. Organize Your Life Around Your Intention to Grow Your Capacity to Love & Be Loved.

Allow your intention to grow your relational wealth, health and happiness and to manifest miracles of love in your life to be the organizing principle in your life. Let it guide your choices, actions, words and deeds, such that everything that happens, whether good or bad, happy or sad becomes an opportunity for you to stretch towards the realization of your intention.

Become willing to grow yourself healthier, happier and more capable of both giving and receiving love in order to manifest greater wellbeing, harmony, co-creativity and health in all of your relationships.

2. Give Up Being a Victim & Reflect Upon Yourself as the Source of Your Experience in All Situations.

We don't suggest you give up being a victim because you're never victimized by the unconscious, hurtful or selfish behavior of others. However, we invite you to look to discover how you may have consciously or unconsciously co-created what's happening by how you've been showing up (or not.) And to take responsibility for what you then do with what's being done to you.

To respond to what's happening in empowered ways, rather than react is the essence of non-victimization. So that you show up in ways that are generative of the future you are committed to creating, and looking for the creative ways to express your truth and your power in any and all situations.

3. Cultivate a Relationship with Breakdowns that is Generative and Future Focused.

How we normally relate to breakdowns is that they are bad and wrong. We may even shame ourselves and/or others in response to what is or is not happening. I'm inviting you, however, to begin relating to breakdowns in a more generative way; as an opportunity for growth and development, particularly as it relates to the fulfillment of your intention.

Get into the habit of measuring your breakdowns according to the growth they are inviting you to take on, and also, in many ways, even demanding of you. Ask yourself, "How is this breakdown happening *for* me, as opposed to just *to* me?"

4. Cultivate an Empowered Relationship with Breakthroughs to Make Them Your New Norm.

We tend to relate to breakthroughs as simple good luck. As though the good things that happen to us have little nothing to do with our conscious efforts to evolve in a positive direction. Yet the small shifts we make in how we show up can have a significant impact. And the lion's share of breakthroughs can be traced back to a new choice we made, a new action we took or a new way of relating that we had the courage to try.

Whenever you have a breakthrough, both big and small, look to discover yourself as the source of it. Ask yourself, "How has this breakthrough happened *through* me, rather than just *to* me? What new choice did I make, what new action did I take, what new way of relating allowed the breakthrough to occur?" Take note of the answer, and make it into a practice so that your breakthrough can become your new norm.

5. Ask Self-Reflective Questions that Will Inspire Growth and Transformation.

Most of the questions we ask ourselves when in the midst of a disappointment, failure, obstacle or delay are disempowered in nature and stunt our development. Questions like, "What's wrong with me?" or "Why do other people get to have what they want but not me?" are shaming in nature and do little to promote true growth.

Yet questions that are designed to promote authentic self-awareness such as "How have I been giving my power away? What motivated me to do that? And How can I reclaim it?" can catapult us far beyond old unconscious patterns, and fast-track our ability to realizing our intentions for the fulfillment of love in our lives.

An empowered self-reflective inquiry that is designed to help you see yourself as source, admit your flaws, confess your unwholesome motives and take responsibility you're your mistakes made will allow you to develop the necessary wisdom, character, maturity and depth that will support you to realize the higher potentials that all of your relationships hold for deep health and happiness.