

SPEAKING THE LANGUAGE OF VIRTUES

The Caregivers Journey: Awakening the Virtues as Your Life Unravels

Like a seed we are all "born in potential" and polish the gems of our character until our last breath!

Speak the language of the virtues understanding that language shapes character, has the power to inspire or discourage. It is a frame of reference for bringing out the best in each other and helps us become the kind of people we want to be. Remember that we want people to "hear what we see". Eliminate the word "nice" from your vocabulary and replace with articulate descriptors of observed behaviours." I want to acknowledge your courage and purposefulness today as you managed that treatment regimen".

It says "I see you"

Recognize teachable moments. Watch for opportunities to acknowledge virtues and then **choose** to do it. **Choose** to accept challenges as opportunities for your own character growth, and understand **that change happens with small incremental changes in habit.**

Set Clear Boundaries! Boundaries are a **soul craving!** Say what is needed....not what is not!

Honour the Spirit! We are **Human Beings not Human Doings!** Respect the dignity of each person. Make time for reflection reverence and beauty. Express what is meaningful in our lives. Understand that we are hardwired for connection, are noble and fragile and extraordinary beings needing opportunities to connect with our purpose and our core virtues. And we matter till our last breath!

We use **sacred curiosity** to engage in the **art of spiritual companioning** using the magic words "what" and "how" and eliminating "why". We find a personal **balance between compassion and detachment** in order to provide the peaceful presence that creates a space for this sacred journey we are on that honours the spirit and maintains the dignity of both the caregiver and the caregivee allowing for the experience as described It's about listening another soul into wholeness, based on the belief that we all have wholeness within and companioning provides the opportunity to come home to it. As Alan Wolfelt states so beautifully. "Companioning is about going into the wilderness of the soul with another human being; it is not about being responsible for finding the way out.

Suggested Reading

Graceful Endings and A Pace of Grace by Linda Kavelin-Popov

The Gifts of Imperfection and Daring Greatly by Brene Brown

Living the HeartLife; Letting Go of the Hard Life by Steven and Cynthia Wand

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly...who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly." Theodore Roosevelt

We invite you to dare greatly by choosing to polish the gems of your character and that of your caregivee with a sacred curiosity that builds an intimate and grace filled space. We invite you into the seed part of a companioning community that will embrace our humanity and hold us all gently safe as we courageously negotiate this journey we share!