

# Wholehearted Loving & Living

## The Best Life

### Living from a Whole Heart

#### Eight Practices

- The ability to let go of the past and start from NOW
- The ability to love
- A large capacity for compassion
- Nurturing a connection to nature
- Humor: laugh at our own drama
- Ordinariness
- Gratitude
- Ongoing practices (yoga and meditation, healthy eating, getting enough rest, service to others, prayer, art, journaling, playing a musical instrument, writing, etc.)

## Four-Fold Plan

By Angeles Arrien

Show up, or choose to be present

Pay attention to what has heart and meaning

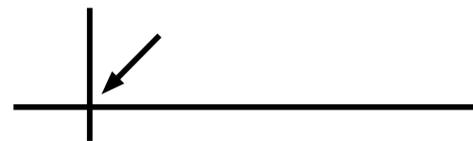
Tell the truth without blame or judgment

To be open to outcome, not attached to outcome

## Wholehearted

### Being Wholehearted

- Look at and managing what “gets in the way”
- The truth about self-love
- Staying vertical in a horizontal world



### Wholehearted Loving

- Two main pillars of connection in all relationships: connection and autonomy
- Mindful self-awareness
- Relationship skillfulness
- Care and nourishment of relationship

## Four Qualities

### of Whole-Hearted Living

- **Courage to be imperfect** / wholehearted people have the courage to let the whole truth, including their imperfections, be known to others
- **Compassionate to themselves and others** / to be compassionate with others, we must be kind to ourselves
- **Connection as a result of authenticity** / wholehearted people are willing to let go of who they think they should be in order to be who they really are
- **Embrace vulnerability** / vulnerability is at the core of our shame, fear and struggle for worthiness

“Wholehearted living is about engaging with our lives from a place of worthiness. It means cultivating the courage, compassion and connection to wake up in the morning and think, ‘No matter what gets done and how much is left undone, I am enough.’ It’s going to bed at night thinking, ‘Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.’” *Brene Brown*

