

COMMUNITY - Are you a lone book on the shelf or surrounded by other great resources?

To commune - come in union with...

The people in your community – that is the people who you commune or come in union with are an integral part of your health and wellbeing and how confident and successful you feel. Choose these people wisely. Be in community with co-authors, who positively influence your life-script that you are continually writing.

Lone book on the shelf - Is that you?

Do you ever feel alone - like the only book on an entire bookshelf, or do you sometimes feel like the only one in your genre on the shelf - like a children's book in the adult section? Or have you been sitting on the wrong bookshelf completely hanging out with the wrong type of books?

What has your life story been to date especially in regards to aloneness, friendships, community and support systems? Do you feel supported by those around you? Have you got the resources you need or want? Do you enjoy and value the company around you? Do the people you associate with positively influence your life?

Resources on my bookshelf – What do they offer me? What do I offer them?

If the books and resources on your bookshelf represented the community of people you mix with, what books would be there? They may include your family, current friends and even friends you haven't "dusted off" or noticed in more recent times. Other books on your shelf may include the groups you belong to or use professionally – business and social networks, health and wellness professionals, colleagues, sports or common interest groups, mentors, social media contacts and many more – each being a resource you may call upon for different reasons.

What do these books and resources offer you? Inspiration, drama, conflict, "how to" tips, love and romance, comedy, skills for living...? Is what they are offering you really what you want and need? Perhaps they are, but perhaps what they are offering isn't actually what you want or need to further your growth! Knowing that you are also a valuable resource, what do you offer them? What could you be offering more of?

Co-authors in your wellness, happiness, health, success...

Who is your favourite author and why? How have they specifically influenced your life?

Do you realise that these people, who you mix with, choose as friends, have as partners or mix with professionally or in your social scene, are your co-authors? Who you choose as co-authors co-writing your life-script is a critical factor in how your life story reads and its key themes. If you commune with people who support you "be in your greatness", open up to new possibilities and support you being happy, healthy confident and successful, they co-author your life in positive ways. How many of you however have individuals and groups

that sit on the same shelf as you and co-author your life in less than positive ways? They could, for example, be allowing you to continue feeding habits that are no good for you. They could be settling for a mediocre life and holding you back from living your life more ambitiously. They could be directly bullying, belittling or abusing you. They could also be people, who have said or unsaid expectations of you, that don't allow you to express yourself in a way that is true to you.

It might well be time to start redefining who you would like to have alongside of you on your shelf or who you would like to co-author your life. Start dusting off the "books", sending a few of them off in other directions or perhaps removing yourself from that community library completely!

Here are some examples of the qualities of positive co-authors.

- build you up, don't tear you down
- hold you accountable to your word, convictions and goals
- encourage you to "give things your best shot" and be your best
- support you in ways that fit with your values and who you are
- support you living a healthy and happy life
- help you move forward in a positive direction

Acknowledgement page of your autobiography

At the start of most books, there is an acknowledgement page. If you were writing your own autobiography, who would you acknowledge? What specifically for? Have you acknowledged them to date? What would be the benefits to you and to them for this acknowledgement?

I have had many people in my community or on my bookshelf who have supported me over the years. Some have "mid-wived" me through tricky times in my life. There have been health professionals who have been instrumental in helping me explore holistic health and spirituality. Family members have come and gone in terms of their support. I have had close friends with whom I could confide. Others have been acquaintances with whom I have enjoyed their company on many occasions. There have been other people who, despite my struggles with them or lack of support from them, have actually taught me many great lessons.

So consider who you would like add to your acknowledgement page. Note that they will not necessarily be the people who have made your life the easiest. They could in fact be the people who have been part of your greatest struggle or challenge and possibly therefore influential in your biggest breakthrough.

The Divine Author

Many of you will enjoy a relationship with God, Spirit, the Universe, your Higher Self or perhaps even a soul that has passed over. Whatever your personal belief system, many of you will agree that you are not alone in this world, nor are you left to your own devices (or pen) to write your life-script. Utilise your relationship with your own personal Divine author

as a key resource. Some people do that by simply being still, others call on their Higher Self to give them signs so they can gain clarity and make good decisions while others may ask for angels, a guide or a relative who has passed over to surround them and protect them. Whatever works for you, commune with your Divine Author. That relationship can make your life story far more enjoyable to write, read and be the main character in.

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