

MetaSkills™

These definitions are for the use of the coach to better understand them. When using the MetaSkills™, it is critical for the clients to define them for themselves.

We use the MetaSkills™ to create conscious, intentional relationship space. It is creating the right atmosphere by weaving a desired emotional field. If the space is set correctly, the content or issues will be much easier to work with.

A MetaSkill™ refers to the philosophy, attitude or intention someone brings to a situation. It is an intentional stance from which a situation or event is viewed. It is using that intentional stance as a gateway through which to enter consideration of a person, event or situation. It is the atmosphere that shapes the "who" that will engage. It is the spiritual art of relationship.

Heart/Intimacy

The path of heart is about consciously opening to other and removing obstacles to connection with other and self. It is the willingness to be moved and touched by another. It is about being deeply connected to oneself. In this MetaSkill™ one is willing to be open and present to the whole spectrum of experience, from the most difficult, to the most ecstatic.

Commitment

This MetaSkill™ acknowledges the "path" quality of relationship. It is the agreement to a relationship contract and showing-up for your end of the bargain for the specified time period. It defines the boundaries of your relationship for yourself as well as for the world at large. Accountability is an important component of commitment.

Respect

Defined as "to consider someone to be deserving of high regard," *Webster's Collegiate Dictionary*

Respect implies that I am in right relationship with myself as well as with other. It means that self and other are respected and held as "creative, resourceful, and whole." Respect is the attitude of positive regard with which I hold my whole self, and my willingness to do the same with and for you. Respect exemplifies the dignity and upliftedness of relationship; it is a prerequisite for constructive conflict.

Inquiry/Awareness

This is the dance between curiosity and understanding. Through the practice of inquiry, you arrive at a new awareness. It is the stance of open-mindedness, which is not attached to the outcome. It is based in a life philosophy of expansiveness rather than contraction. It has a quality of fluidity, of creating from nothing and creating from everything. It facilitates the unfolding of the Tao of relationship and of self in relationship. It is based in the trust that there is a wisdom aspect to all experience. The emotional climate of this is genuine curiosity and excitement.

Deep Democracy/Diversity

This is the stance of believing that all the varying voices and aspects of self, other, and relationship must be heard, even the unpopular ones, for the full potential of the relationship to be represented. It celebrates that the diversity of opinion and beliefs can expand the relationship, and so the individuals within it. The "feel" of it is that of "the-sum-is-greater-than-its-parts."

Collaboration/Partnership

This is the atmosphere within which the synergistic dance of relationship occurs. Out of this, "we" is born and evolves. This refers to the co-operative forwarding of the agenda of the relationship, through working with the strengths and vulnerabilities of both partners. The "feel" of it is synergistic, co-operative, and being on the same team. Collaboration signifies the "business" of the relationship, and may be more action oriented than the other MetaSkills™

Playfulness

This is about the capacity to bring humor to all levels of experience. It involves the ability to laugh at oneself and is an invitation to get over the "significance" of any given situation. It is the attitude of ultimate creativity inviting childlike innocence in discovery. It colors the world with joy.