



Unconditional Love



I attended a class a few months back put on by Niurka (www.Niurkainc.com), where seemingly in passing she provided a definition of **Unconditional Love** that really struck me at the time and has stayed with me ever since.

As I sit down to write this newsletter, my 'gremlin' tells me 'Unconditional Love' is a 'life coaching' concept and I am a business coach! It has no place here. Then my voice of reason speaks up and reminds me that the items I have written below are the same things that describe my mindset when I am at my best as a coach. They also describe the foundation of strong communication skills. It also reminds me that my executive clients have lives too, that the whole person (not just the business leader) shows up to work and that I coach the whole person. Finally, my voice of reason reminds me that business leaders are at their best when they are communicating well and operate like coaches too. So whether you take this to apply to your personal life or your business life or both, I am hoping you find value in it.

So here is the definition for **Unconditional Love** I heard.

My wish for you is your wish for you. I love you that much!

Let me explain. The above statement was pretty powerful for me as a definition of unconditional love. I think we only wonder about what unconditional love is when somehow someone feels it is conditional. Here is what it says to me and how I conveyed it to someone very special in my life just last week!

My wish for you is your wish for you. I love you that much!

It bears no judgment. Judgment clouds our capacity to love and to feel loved.
It relinquishes control. Love has no room for control.

It respects your wishes – not mine.
It makes no one right and no one wrong – just allows room for different views.
It shares your aspirations – not my aspirations for you.
It believes in you – the way I always have but may not have allowed you to see.
It gives you full power, authority and responsibility for your own life and your own happiness.

It is unconditional.

It leaves me curious to better understand Your Wish for You.

It leaves me curious to understand where we are different and why.
It allows me to build a new relationship with you devoid of all of my (and hopefully 'our') prior perspectives, judgments, beliefs, fears, disappointments and anger.
It does not make my self-worth dependent on your actions.
It does not make my capacity to feel loved conditional upon your ability to 'be' the way I wanted you to be.
It allows me to see the positive intentions behind your behaviors, even if sometimes I struggle.
It allows me to be open to rebuild trust.

To all my readers - May 'Your Wish for You' come true!

Go Play with that!