



Ripples of Love
Aldea February 2021 Sunday Series

Ruptures are daily occurrence in all our relationships and...our systems only need to receive resonance and reflection on the first try at connecting about 33 percent of the time to cultivate security. All the rest is optimally rupture and repair.

Bonnie Badenoch

Relationships are like dances in which people try to find whatever happens to be the mutual rhythm in their lives.

Fred Rogers



Take five breaths exhaling longer than you inhale. Then, calm your body and focus your mind to contemplate the above picture.



When you like a flower you pick it. When you love a flower, you water it everyday.

Buddha

Love Ripples Endlessly

To thrive, we need connection—the safety, security, and comfort that comes from loving and being loved.

Reflect/Discuss back on your life and consider your safe, secure, and connected relationships. What have those relationships provided you and how did/do they enrich(ed) your life.

Attachments come from three important dynamics:

- Availability
- Accessibility
- Responsiveness

Reflect/Discuss

Why are these dynamics so critical to relationships and how can you better express them in the days ahead?

Understanding Attachment

In week two of, Ripples of Love, we explored the concept of attachment. Humans form attachments of love. However, attachments can be secure and loving or cause suffering. When our attachments include significant amounts of anxiety or avoidance, they can cause relational woes and pain. Here's an article that helps to describe different types of attachment. Click the link below to read more about these attachment styles.

<https://www.evergreenpsychotherapycenter.com/styles-adult-attachment/>

After reading the article, consider and reflect on the following questions.

How can I strengthen the security of my own attachment style and way of relating?



How can I be more of a secure base and safe haven for those around me?

Going Deeper



If you're interested in a deeper look at spirituality and attachment, below is a link to an article about how mindfulness can increase secure attachments in adults. It highlights a study that showed that mindfulness is an important practice that can enrich attachment and one's sense of security. Check it out and reflect on how you might be able to apply it to your own life and relationships.

LINK:

<http://contemplative-studies.org/wp/index.php/2018/01/06/improve-attachment-style-with-mindfulness/>