



RELATIONSHIP rules

of a Happy Woman

BY ANNE WONDRA



starter guide

Anne Wondra

RELATIONSHIP RULES OF A HAPPY WOMAN

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Dedication

For all who inspired this work. And to Michael, my love. So glad we found each other and laugh so much...still! You are the wind beneath my wings.

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Introduction

Rules are essentially guidelines and standards we choose and create for ourselves, that protect and preserve what our spirit needs to fly free and our light needs to shine bright. My awareness started in high school, when my grandmother said, "Find somebody whose bad habits you think you can live with."

I remember nothing else of that incident; only those words.

Life gave me a growing-up household of seven men (Dad and six brothers), a daily playground to observe, experience, and study.

I learned exactly what bad habits I could live with in that house—and which ones I would never put up with, no matter how pretty the packaging. Some habits are deal breakers. I know what those are for me, for my happiness and peace.

I added rules as new experiences brought new insight. One was knowing and finding what *good habit* or *quality* I had to have around me every day. I was paying attention, looking inward.

As you're reading, I hope you'll add relationship rules and lessons you've learned and collected too. Mine are a starting place, a conversation opener, with BFFs, gal pals, guy friends, a parent, grandmother, aunt, a cousin.. It's not important that you agree with and adopt my rules; it is important to discover—and respect—yours, though.

I was single into my 30's. These personal guidelines made life easier and more fun. Today, a lot of years later, married nearly as many years as I was single, I know they apply to health and happiness in a marriage, and in many other friendships and relationships, too.

Now you get to create your own. I share mine as a starting place.

May your relationships bring you joy and happiness and wonderful adventures over the years. Make your own rules' list, ones that work for you.

1. Keep it Simple and Sensible (K.I.S.S.)
2. Make it E.A.S.Y. (Energizes And Satisfies You)
3. Set yourself up for success.

Live well, Laugh often, Love much. Life is an amazing adventure and playground. Enjoy it.

Anne Wondra

June 2019 (updated), July 2015 (original)

How to Use this Book

Good relationships...and your girlfriends... are vital in every girl's life, love, health, and happiness...whether those relationships are a 'fun with your girlfriends' variety, or a romance kind.

I share these relationship rules as conversation starters between friends, associates, mothers and daughters, women friends, and or partners in relationships. It's not important that you agree with and adopt these rules; it is more important to discover yours, though.

This is a paying-it-forward project, sharing life-changing words, like my grandmother and others did for me—to pass on uplifting, love-your-life, heart-and-spirit-freeing pieces of *life wisdom and knowing*, that played a grounding role in helping me be happy being me. You, too, are a holder of important *life wisdom* and words to share. Please do share.

We start out with girlfriends and guy friends. And then a significant other gets in the mix. And relationships change. And you're feeling what you're feeling.

This isn't a book about dating; although it helped me there, too—it's a resource for consciously choosing healthy relationships and a happy life. It's an intention, a desire, as best we can. We come here, though, with life lessons to learn, soul growing to do, adventures to experience together... and some hurt for a while--like break-ups and giving birth, that always lead to something new and surprisingly better.

I also wrote this because a lot of good women (and good men) get into relationships that are not healthy for them and dim their light. These are young women, and also older women, who start out confident, smart, independent, free-spirited.... and discover that not everyone is happy to have them BE or STAY that way.

You'll find tools to evaluate, 'What is a Healthy relationship,' as different from one that isn't. You'll learn how to recognize potential 'keepers' and 'danger-ahead' signals. It's a timeless, lifetime-use 50-Question Keeper List you'll remember and use long after you read this. (Mine is vintage...)

This is permission to prioritize your personal happiness and well-being in all relationships, especially that one with ourselves.

Happy humans have spoken and unspoken relationship rules they honor. What are they? Ask them.

Enjoy.

Anne Wondra, June 2019

Chapter 1

NEVER LET ANYONE BLOW OUT YOUR LIGHT.

If you remember nothing else, remember Rule Number 1: *Never let anyone blow out your light.*

Your *light* is your unique spark of pure, beautiful, gorgeous brilliance that you were born with. It's the key to your health, joy, and ultimate happiness.

If you need a visual, imagine yourself at a wedding. There are three candles set on the altar; two side candles, representing each partner, and a third in the center, representing a joined partnership. In the ceremony each partner lights their candle. With their candles, they light a center 'unity' candle together.

Now comes an important, telling part: Those three lighted candles—symbolically representing each partner, and their new partnership—burning bright. Leave all three burning.

Please, do NOT ceremonially blow out your Light. Your candle stays lit; so does your partner's. In your relationship, you bring all of who you are—talents, skills, abilities, knowledge, creative expression, sensuality, humor, vibrant energy—to share in this partnership. You are partners, not possessions. A candle loses none of its brightness when another is lit.

Never let anyone blow out your light. It's needed; so is your partner's, in any partnership.

We are living Lights, whole and complete, just as we are. A partnership will be *an addition*, not a replacement, a catalyst to continued growing and creative expression...

When we're happy, our Light shines bright; we radiate from within! We can't help it. We are lit, from inside out...and that's some powerful, attractive and attracting energy! When it shines, we shine. That's when we are absolutely our most attractive and truly ourselves. *Take note of when this happens.*

Remember this too: That person we are—quirks and all—is exactly what attracted our partner (and friends and all others) to us in the first place...not somebody else. So, celebrate quirkiness and everything else about being you!

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Your light is priceless, pure gold, divine and magical--and totally mysterious to some. (delightfully so!) A truly vibrant goddess knows and honors her light. In her heart she knows that to settle for anything less will not feed or free her spirit or ignite her dreams. This is not an arrogant or haughty demeanor; it is one of inner strength and knowing ourselves; of standing in, owning and honoring all we know of ourselves to be true, good, and holy (and whole).

"... [W]e ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? ...Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. ... and as we let our own Light shine, we unconsciously give other people permission to do the same. ... " (Marianne Williamson, *Return to Love*)

Know that you already are—and always have been--a shining spark, a colorful, rainbow-spirited earth goddess, full of love and LIGHT! Let your light shine and guide and delight you! It will. Trust it.

Let this one all-important rule marinate and soak in a bit. Take a few minutes to find, play, watch, dance with, and listen to Katy Perry's ['Firework'](#) video...

Let it wash over and through you; get up and dance ... Music, words, moving ... life-flowing spirit-infused words, light-sparking elixirs to uplift your spirit. "Girls just Wanna Dance!" It's a form of powerful prayer! Enjoy yourself. No holding back.

Chapter 2

MOM, THE GANG, BUDDIES, AND JANET JACKSON

Relationship rules often come through and are practiced on friends—and in an absence of them. We come to know ourselves and each other as these storylines, dramas, romances, and adventures show up. We explore, try on roles, personas, feel out what's good for us, and what feels off.

Mom, a group called The Gang, and a woman named Janet Jackson. They're connected for me through a common thread ... friendship power.

MOM.

Ever since I can remember, Mom has been part of a circle of women who gathered weekly, laughed a lot, and shared their lives—over a deck of cards. The surviving ones, including my mom, still gather. It's been more than six decades. For anything to last across six decades, you and I both know there's significance here.

Mom's story—and part of mine—got included in a book once, *The Girlfriend Getaway Guide* by [Pam Grout](#): You can read about Mom and [47 Years and Counting Here](#). For my part, as an observer:

"I can only speak of the group as a daughter, but I tell you the lessons I learned were priceless. I learned that Mom was entitled to a weekly time-out with her friends, and that that time was a priority and important; life went on without Mom for a couple of hours a week. I learned it was allowed and healthy to have friends of your own, and interests of your own, and opinions of your own. ... When the group met at our house, it was always around the kitchen table, and ... there was always laughter... I learned that this weekly gathering of women was a very good thing for my mom, and she looked forward to it. I know that when Dad died four years ago, all of them were there, and ... provided a unique kind of support system that no others could." - Excerpt from *The Girlfriend Getaway Guide* by Pam Grout

Weekly time with other women was and is vital to my mom's happiness and spirit, even over a simple deck of cards. Nothing like a parent's example to shape our perspective about what we believe is important and vital to happiness and a good life.

Your Turn:

Are there friends you meet with weekly or regularly?

Who are those friends you laugh with and speak easy around?

Some say that when one becomes involved in a romantic relationship, her gal pals and guy friends should be left behind. What do you think?

THE GANG

In grade school, I was a class outcast, Ugly Duckling. Junior high and high school brought a new school and fresh start. My world expanded with new friends who saw me differently and welcomed me as part of their circle. I called them *the Gang*.

The Gang met Sunday nights at Eileen's house—a dozen of us if everyone showed; usually it was six or so. Mr. and Mrs. Z were always 'in the vicinity'— i.e. present, not always in the same room. Often, though, we gathered in their living room or kitchen. It was a good place and good people.

Mr. and Mrs. Z. were like a second mom and dad to me—to most of us—and because they weren't *my* parents, I probably listened more. A *second set of parents* is so helpful in teen-age years. Priceless for mine...

There was a lot of laughter in that house Sunday nights; and Beatles music, and conversations that went all over the place—sometimes into religion and beliefs.

Eileen's gift--one of many--is that she said and asked what we all wanted to know anyway. I love that about her.

All of us learned from each other. Those religion-exploring conversations were catalysts that led me to volunteer as a catechist in my junior year of high school—because teacher manuals have a lot more *answers* in them. (My logical brain again.)

It had to make sense... these explorings about religion and beliefs. And I needed answers and *bridges* that *included* and blessed *all of us*. Many answers and bridges I created...it's where this work I'm in started.... It came easily for me.

The Gang was an inwoven group of girls and guys, with several sets of siblings in different grades, and some of their friends. Most had been together in a parochial Lutheran school. Now in a junior high public school, they let in a few additions like me and one or two others. We hung out together through high school and after. I learned to roller skate, and loved it; got introduced to youth groups--preparing me for a future career, and fine-tuned a sense of humor and belonging.

It was a safe place around good people, to develop friendships, explore relationships, experience emotions, and grow up in. And maybe because of all my brothers (six of them), having guy-friends was easy and comfortable for me. These felt like a few more brothers most of the time.

BUDDIES

There were more guy-friends to follow. I discovered I loved (and still love) to dance! Those Beatle records on Sunday nights were only a beginning.

Music, lyrics, movement ... Oh yes, 'Give me the beat boys and free my soul; I wanna get lost in your rock 'n roll and drift away...' [[listen link](#)] I did!

There was nothing more exhilarating than moving with and losing myself in that music, lyrics, and beat. It spoke (and speaks) to my soul. I called it 'Praying on the dance floor.' (Try it. Close your eyes, listen to those words, and move. It feels amazing when it resonates and says exactly what you need to hear...)

Ever notice how many songs are about relationships, of one kind or another. Lyrics tell a story; music and beat add their part. Together...magic. And we get to listen and see if we agree.

I did and thought about a lot--and worked out (physically and emotionally) whatever I needed to--on that dance floor.

Not all of my friends had the same passion for dance as I did. Karen did, and we had good times--while it lasted. She married, and our dance-floor days together ended. Our lives took different roads and roles. ... It happens. There was a silver lining.

Karen's brother also loved to dance. And we soon became best dancin' buds. We spent *hours* on the dance floor. We had no romantic interest in each other; our shared interest was music and a dance-floor workout.

Some find it hard to believe a girl and guy can be just-friends like that.

For them maybe it was; for me, it was easy ... perhaps because I related to guys as friends first. Some of my brothers' buddies got to be my buddies; some of Rusty's buddies got to be my buddies.

Down the road, Rusty played a role in my meeting husband Michael.

Having had all those guy-buddies prepared me in another way too: When we met, Michael was sharing an apartment with one of his girl-buddies... Yep, Life's perfect playground and sense of humor again. Having those guy-friends, with no romance attached, allowed me to be at ease and okay with that, instead of jealous or insecure. Good thing, too.

Are you seeing—and don't you love--that magical connecting woven into all of this?! I believe these happen in all of our stories. We are connected, in so many quirky ways... and I think it's to get our attention, that we have unseen helpers with a sense of fun ... and maybe we were part of this before we came here...

Later, one of my guy-buddies and two of Michael's girl-buddies would be honored attendants at our wedding.

Take -Away Notes:

- *A second set of parents* (like my friend's parents) in high school was a very good thing. That mixed group of friends and safe place to hang out and talk and grow in and to discover ourselves was a priceless blessing.
- Yes, men and women can be friends without romantic attachments. That too is a gift.
- **AnotherRule:** *No slow dances with guy friends.* It kept boundaries clearer for me; for them, too.

There was *one exception*: my friend Paul was not physically able to do fast dances. He was born with a condition and some dance-ability restraints. (Most however hardly notice; his quick wit, charm, sense of humor and mischief are truly his gifts.) Paul's body was born with some physical anomalies. His family insisted on treating him as *able* bodied, and that was always his attitude too. An attitude held and shared among all of us.

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We were good friends. We could talk about anything and laughed a lot together. Occasionally we danced a slow dance. After a bit of awkwardness one night, we had a long talk in a car, about a lot of things close to our hearts, because sometimes there's confusion. A normally easy friendship was not feeling easy, and I knew an honest heart-to-heart was needed, no matter what the outcome. I loved this guy like a brother, best friend, delightful buddy—and not the least bit in any other way.

We kept our friendship and continued to laugh a lot. He would soon meet my new roommate...and finding a lot more excuses to drop by—to see my roommate, not me. Yes, another happily married couple of friends I connected. Love it! So do they.

Dad always said introductions were important. *What happened after was up to them.* He was another connector: Rusty's parents met each other when Dad introduced them.

JANET JACKSON (No, not that one)

Somewhere in my young adult years, I attended a singles seminar. Our speaker was Janet Jackson; her message: *One person can never be all things to us--no matter who they are. ...*

Contrary to all that find-your-soul-mate-and-live-happily-ever-after mythology, one person cannot fill all our needs.

To be everything for someone is impossible, for starters. More importantly, it's an unfair expectation that sets everyone up for disappointment and heartbreak. Even soul mates cannot be all things for us or to us. We are beings who are designed to connect and complement and co-create experiences. We are multi-layered, dynamic, evolving people.

Also—and this is important: It is not someone else's job to make us happy; that's our job! Wow.

Add these two to our relationship rules:

- One person cannot be all things to us.
- It is not someone else's job to make us happy. That's our job.

Ms. Jackson's beautiful solution:

Make a chart of what you need, love to do; what you enjoy talking about; hobbies, work, spirit and deeper meaning-of-life ponderings; professional pursuits, expertise areas, creative projects; confidant, fitness partner, shopper, fashionista friend, etc. (Adjust categories to fit your life, your needs, what matters to you, what you love doing, brings out your best, feeds your soul, mind, and body.)

Then refer to the diagram below and add initials of people who fill those categories / needs for you. Some initials will be in more than one. And some categories may be empty--and that is helpful information also.

Ms. Jackson used a chart; I made a wheel. You can use whatever you like that works for you.



Chart or wheel, our focus is to have fun with this! Change and add categories as you wish. It can—and probably will—change over time. It's wonderfully insightful and freeing. And full of ah-ha's -- it was for me: Of course, one person can't fill all of them! Duh...

My dancing buddy was not my deepest-secrets confidant, and he was absolutely not a fashionista shopping goddess. *Loving each person for who they are, and enjoying what we both loved together*, was heavenly. Multiple friends, instead of one, filled those roles; and all of our experiences together were easier and happier. Different areas, different people, at different times! Brilliant and beautiful!

Relationship Rules Recap:

- *One person can never be everything for us.* It's unfair and unreasonable to expect it.
- It's not someone else's job to make us happy; it's ours.
- *Always play to your strengths—and those of others.* Love what you love, be who you are, and appreciate when others share those. Multiple people are players and pieces, woven into our growing, learning, interests, and living a fully satisfying joyous life adventure.

How to find them?

Be who you are; follow what you enjoy, are interested in, or want to learn more about. Take a class. Visit an art gallery, museum, or zoo. Go to hear a favorite author speak, get tickets to a lecture on a topic that intrigues. Volunteer at an animal shelter. Others with those same interests will be there. Follow your inner muse. Let your heart sing.

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid. – Albert Einstein.

We are happier when we get to be ourselves, and not expected to be someone we are not. Notice, appreciate, and celebrate where people shine. In life and in business, the right people in the right roles, makes everything easier, more fun too.

Your Turn:

Create your chart or wheel of relationships.

Take the pressure off; relax, enjoy!

Chapter 3

SACRED CONTRACTS, SOUL MATES, AND FROGS

This is my view from where I am now: Life is our *school*; this is a *Playground*. (Sounds more like fun, doesn't it? Our workplaces are *corporate playgrounds*...) We are souls... with bodies...having a human experience. All is in divinely perfect timing; and we are delightfully connected. What an adventure!

We are designed to connect with and 'help' each other along life's journey. That's what all relationships are about.

Self-discovery, through relationships, is a sacred path.

On a soul level, we were *excited* to come here! We came to learn and grow, to *experience* this *life*, and find JOY. We came here with plans—it was *required* before we were ever allowed to come into human form—and purposes.

An artist, a musician, a dancer certainly knows these passions are part of her soul shining through. Whenever we feel 'totally in our element,' that's our soul shining through. (It's often everyday-life things for us.)

I take *soul* out of religion and return it to a *universal playground of living life*, something all of us experience and have in common. An essence as universal, powerful, and unlimited as a soul is not to be confined to or limited by institutions or individuals that want to box it in. (*Hiding your light under a bushel basket* image comes in as I write...)

Like a giant jigsaw puzzle, life pieces connect to create a much bigger picture. Each piece reveals more of it.

Self-discovery is a sacred path.

We meet others for a reason, maybe understood only in hindsight, years later. Sometimes, it's a 'contrast to bring clarity' experience; sometimes it's an 'a-ha' recognition, revelation, resonance.

Like all elements of this natural world--plants, animals, people--we are designed to change, mature, evolve. And there's an internal feeling, a knowing, a built-in guidance system that keeps us on track.

Inside, we have always known this; I know this; you know this... Our soul knows this...

Relationships, every encounter with another has *an energy* about it--some more than others:

You feel like you've known someone forever, even though it's only been an hour? Or someone you just met gives you the creeps... No logical, rational reasons in either case; still, there's a knowing and a visceral feeling. (Trust it.)

SACRED CONTRACTS

My first encounter with *Sacred Contracts* was a [book](#) by Caroline Myss, during a college research project on reincarnation. (I was a religious studies major back then; single, thirty, and female.)

It was an Eastern Religions course assignment. And common sense said that if I had to do a paper, it would be on something I really wanted to research and know more about anyway... A twelve-page assignment turned into a sixty-page research paper.

A *Simple Spirituality and Seeker's Toolkit* process came out of it. One of my best; it was certainly spirit-freeing, empowering, and crystal-clarifying for me.

The premise of sacred contracts is that before we came to this earthly physical life, we made agreements—sacred contracts—with one another, that we would meet along life's path and play a role to help one another grow. ...

My dad came to mind as I read it first time through; *tears* too. In this lifetime, Dad and I butted heads a lot. I didn't know until close to his death that he had a sense of humor. From a sacred contracts perspective, I saw and knew he had played a pivotal role in my being who I am—in really good, important ways—including writing this book.

Because of our relationship dynamics, I knew I absolutely needed to have someone with a sense of humor, someone I could laugh easy with, as a life partner. No question, not negotiable.

I had gotten definite contrast to gain clarity: What I could not and would not live without in a life-partner relationship was humor. My happiness and spirit depended on it, and I knew it...thanks to Dad.

Granny's original relationship advice was to *find someone whose bad habits I thought I could live with*. My addition was *to know what I could not live without*; what quality or characteristic I needed—on a daily basis—to thrive.

What brings out your best?

Dad and six brothers helped me know a few bad habits I would never live with, and also ones I could.

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Now a 'bad habit' to one person can be a 'no-big-deal' to another. They're often little things: like whether the toilet paper rolls over or under, how one squeezes or rolls up the toothpaste tube, closing toilet seat covers, cleaning up after making a mess, picking up and putting away one's clothes, personal hygiene practices. Some things touch our buttons; others don't.

You know yourself and what brings out your best—and what doesn't. Choose happiness. There's nothing wrong with setting standards and boundaries; it's called *healthy selfish*. *We have the right to expect the same of our partner that we do of our self.* ... honesty, integrity, faithfulness, kindness, compassion, cleanliness, decency, picking up our own messes, or whatever standards and values we hold our self to. **That was another rule, piece of Granny's advice:** *You have the right to expect the same of your partner that you do of your self.*

There are other, more-serious habits as well—smoking, drinking, language, treatment of animals—that should be taken careful note of. (Dad did a lot of preaching about avoiding those first two.) Decide if those are habits you can live with. Your happiness depends on it. For me, they were deal breakers.

Your turn:

What bad habits and behaviors are relationship deal breakers for you?

*Sacred contracts...*a perspective that we are *helpers* in each other's learning and life roles... What a difference a *lens change* can make to what we see and how we remember someone.

On a soul-level, Dad's Sacred-Contract role in this lifetime was to help me know and become sure of what I needed around me every day to be a happy woman, to know that I had to laugh easy with this person. Dad also left me with priceless pieces of wisdom, like "Stand for something or you'll fall for anything" and "Put the Lord first and the rest falls into place." He too was a person of spirit who didn't frequent churches much. He was a farmer, and there was always an element of our livelihood that was in divine hands. I am me today in ways I am forever grateful for, and much more aware of now.

FILL-IN ROLES BEHIND THE SCENES

While Dad wasn't the touchy-feeling kind who gave hugs or had a sense of humor, other dads around me were. Grandpa on Mom's side, Mr. Z.—my friend's dad, and my father-in-law... I see *those* pieces now, too. I wasn't left without support. Others had roles to fill in. Everyone in these stories ...are sacred contracts... delightfully constructed *behind the scenes* and played out on Life's stage.

Your turn:

Try on that Sacred Contracts idea / lens. Are there role players who come to mind?

What do you know about yourself and your relationship needs because of them (those people and experiences you grew from)?

Who are you now because of them?

SOUL MATES

In that reincarnation project research, I came across *soul mates*, *twin souls*, and *karmic connections*. According to Far Eastern theory of reincarnation:

"*Twin Souls* are persons with **similar talents** who incarnate together for several lifetimes. *Soul Mates* are persons who are **totally compatible**. They usually incarnate together for several lifetimes. And *Karmic Connections* are joined together by **experiences** they share. They are not necessarily compatible and will incarnate together for fewer lifetimes."

Get any little goose bumps or chills as you read those? If you're like most, individuals you already know will immediately come to mind. Perhaps interests in places or historic events or time periods you're drawn to also.

In some cases, a distinction between *twin souls* and *soul mates* and *karmic connections* is a little fuzzy. It's possible more than one applies.

What I do know is that when I met my husband, I *heard and felt* the word *home*... and when he spoke and answered questions—on totally different topics--before I asked them... It definitely got my attention. Almost thirty years later, still...

That's a kind of connection I haven't experienced with *anyone else*. Spirit of Life knows exactly how to get one's attention...always... in very personally specific ways that we *know* we are supposed to notice and pay attention...

Karmic Connections are interesting, too. A universal system where relationships are worked out and we evolve and grow our souls. Past-lives and multiple lifetimes; instant connections—and non-connections; causes of the heart and personal passions; magical meetings and amazing outcomes...

There is no fudging in soul work. We will keep getting opportunities to learn or finish unfinished business until we get it. Some of our relationships are those *karmic-connection* kind. Keep your sense of humor close by.

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Life is a stage and we are playing our roles in one another's lives. We don't know that on a conscious level. Looking back, though, we see how pieces fit together in amazing ways.

We find our answers when it's time for us to know them.

Trust that it is all good... Choose to believe it all leads to good, joy, and a better, happier you—even when it doesn't look or feel that way at the time.

Hearts get broken. It's the price of opening our hearts to love and caring deeply. Death happens. These bodies are finite. Change happens. Sometimes our life path and another's take us different places and directions; we grow apart. Every relationship, though, brings us to who we are now and to who we will become.

Having said that, know that we get choices along the way. We are gifted with intelligence of many kinds, common sense, and an internal guidance system. These are *instinctive, innate* abilities we are born with. Use and trust them.

Like traveling cross-country, there are many ways to arrive at our destination. Some are more fun and easier than others; some take longer; often we get to choose. Personally, I like E.A.S.Y (Energizes And Satisfies You) and fun. Sometimes, though, a detour or side trip is part of our path...maybe to meet someone we need to meet, or experience something we're destined for.

LOVE YOURSELF as SINGLE

We live in a couple's world. Or do we? Look around again, closer.

Many are happily single—by choice and design. We are social beings, yes. *And* we are also individuals, *whole and complete as we are.*

Puzzle pieces again; each connects to others, *and* each is also a *whole* and necessary piece individually.

In mythology, goddesses Athena, Artemis, and Hestia were called virgin goddesses. (Bolen, 2001, 2014) These women were strong, skilled, and accomplished, and they did not *need* a partner to 'complete' them. Neither do you. That word 'virgin' was more about one's ownership of themselves and their own life than being celibate. A little research on 'original meaning of virgin' will tell you it wasn't always so.

Independence and freedom are prized values in our country and culture. One can have a rich and fulfilled life, have relationships of many kinds with quite a number of individuals, and not be drawn to commit to one person.

Some are single by chance, by life's circumstances. They are open to finding a partner and haven't yet; or they have had a partner before and don't anymore. That doesn't mean this is *wasted time*, however. No part of a life path ever is.

ULTIMATE KNOWING AND FREEDOM

The grace of being single is that it is a unique and open and free-spirited time to get to know oneself... to love and enjoy that self; to be happy in one's own company. To experience and know who one is, that one is whole and enough and capable as they are.

To also confidently *know* that when one chooses to be in a relationship, they will be there and stay because they *want to*, *not because they believe they have to*... That is the ultimate love and freedom--of soul, spirit, and heart.

To me it was. Something inside—those *instincts*—knew that I couldn't jump, from living under my parents' roof, to marrying and moving in with someone, without knowing and navigating that experience of singleness, and making it on my own.

I remember a conversation with my mom, when I was still single in my 20s, and Dad was with us yet. We were in her kitchen doing dishes together and talking. And Mom said that as much as she loved my dad, if something happened to him, she didn't think she'd ever remarry.

That time would be 'her time to explore *her* interests,' she said...

Mom had married young; a city girl and only child, who married a farmer, moved to the country, and had eight children. She saw and appreciated the contrast of our paths—and how important 'single time' was.

In earlier years, I called these relationship rules 'Single survival skills,' because they were. They made being single easier to navigate, and also more purposeful, with more significance than just a *waiting time in between*.

Looking at single adulthood as a valuable and priceless time of personal growing, traveling, self-becoming, and life-building opportunity, certainly put a more-colorful frame on it. Like a piece of fine art, framing changes the *feel* of it. I prefer a little *lighter*...

FROGS

Before you find your handsome prince or earth angel, you're going to kiss a lot of frogs—and some are really cute frogs.

Singlehood is full of interesting *frogs*. (I need a fun acronym for *frogs*. Open to ideas if you have them!)

A frog is someone who gets your attention in a more romantic, date-interest way. You know what I'm talking about... You're coasting along fine and comfortably in all sorts of friend, family, fascinating relationships. And then comes one with chemistry. You experience feelings and emotions and act differently when this person is anywhere close—or they come to mind, or someone mentions their name. You're not even sure why; they just have this unusual affect on you. It might even be annoying.

Maybe they notice you and start paying more attention to what you like and are interested in; maybe they include you in conversations and find excuses to spend more time with you, treating you like someone special (which, of course, you are). Maybe you get to know each other and feel cared for around them. You notice their thoughtful manners, their coming around more, calls and texts, little displays of affection, gifts—and you respond. It's magical when your love emotions are tickled like that. And it's good...and fun, and healthy.

Then those doubts and questions come. Of course they do. We have that internal guidance system and all those other senses, those *instincts* that help us navigate life—to say nothing of well-meaning friends who may or may not be helpful or happy for us. Anything new is often viewed with apprehension, especially if we've been 'wrong' before, or this relationship is taking us out of our comfort zones.

Will it last? Is it real? Is this 'the one'? What if it turns out to be a cute frog? And how do I know...for sure? And these are just the beginning.

I know; been there. One reason I'm writing this; and maybe why you're reading it, too.

Breathe, relax, and smile.

Truthfully, I can't answer all of those questions *for* you; neither can anyone else. I can, however, share a 'Healthy Relationships Assessment Tool,' a *50-Question Keeper List*, to help you find clarity and answers for *yourself*.

Chapter 4

THE 50-QUESTION KEEPER LIST

When you're new to a relationship, emotions, feelings, magnetic attraction, pretty packaging, and something new and shiny can get in the way of normal perceptiveness. We interpret another through our experiences, our deepest unspoken longings and desires in this moment, and how they make us feel. We see their potential and possibilities. We fall in love, we're smitten, we've got a major crush, and it feels amazingly wonderful.

We are designed to form attachments; and not just romantic ones. From acquaintances, to colleagues at work or school, to family members and friends, and all kinds of social contacts, our lives are rich and full of relationships to navigate and nourish our self-being.

Every relationship serves a purpose. We learn more about ourselves, or life lessons become clearer, or we help someone else. Some will last and truly delight and bless us! (There *are* earth angels among us...) We will shift and evolve—because all of us do. Some will feel good and uplift our spirit; others will not.

This *50-Question Keeper / Healthy Relationship Assessment List* will help sort through some differences. It's the most important tool in this book. You'll find it in the Appendix, and can also access and download a letter-size PDF at www.wonderspirit.com/rr-extras/.

KEEP OR RELEASE

Early in my career as a law office professional, a speaker introduced behaviors that are early warning signs of *danger ahead*. Her take-away was a list that named those behaviors and described five types of *abuse* that are recognized by law.

Our guest shared several behavior-based questions to ask oneself about a new (or current) relationship. Some were indicators of healthy relationships; others were definite danger-ahead warning flags. ... Of course, one doesn't always know this going in.

A person who has grown up being treated in certain disrespectful, controlling ways might believe such behaviors are 'normal.'

They're not...and these *Keeper List questions* help one see and sort patterns to be aware of.

Relationship Rules starter guide

I realized as I listened, that I cared about this topic; that it connected with something I wanted to do something about; a *cause of the heart*... More teen girls and young women (and gentle-men spirits) needed to know this information.

I kept her list and shared it—then added to it and adapted it. I changed the tone to feel more well-being oriented—because that's what I want for everyone—and I made it gender-inclusive—because *behaviors* are what's important; and I added questions from my own experience and of others.

Life is our greatest teacher. In time, one recognizes patterns in people. And having words to name a behavior objectively, empowers one to make better choices for their health, happiness, and safety.

How do they treat their Mother and their Dog?

Our guest speaker had seen the darker side of relationships. She worked in a women's shelter, and her subject was domestic violence. No one—and nothing—should be mistreated.

She spoke of clues. One clue to someone's character, for example, is how they treat animals and their mother. These are indicators of relational character and temperament. As a relationship evolves, you are likely be treated that same way by this person.

Studies show a strong correlation between animal disrespect and domestic violence. [\[i\]](#) Compassion for animals is another personal *cause of the heart*. They're strongly connected.

I write, and share this *Keeper List*, in part, to bring awareness and words to empower and strengthen bold health and happiness acts and choices on the part of all who read it. We all want and deserve joy, to feel loved, and feel safe.

This *Keeper List / assessment tool* will help you recognize behaviors that are dangerous, unhealthy, and that are potentially confining to your freedom, spirit, and being. It will also help you spot behaviors of healthy *keeper material*...those who lift and free your spirit; those who you feel true to your best self and *cherished* around them.

A sample: four more questions.

1. How do the people you love and trust (friends, family, associates who love you) respond / react to this person?
2. Does this person always want you to account for your time and your whereabouts when you're not with them?

3. How do they react to your other friends—of all genders?

4. Are they "the wind beneath your wings" encouraging and helping you to fly? OR are they "clipping your wings," isolating you from family, friends, familiar support systems, your identity?

Full 50-Question Keeper List and more is on EXTRAS page, www.wonderspirit.com/rr-extras.

One by one, woman by woman, person by person, I hope this tool will bring awareness and clarity of both red flags and green lights, making all of our relationships easier and healthier.

It would be nice if all relationships we chose were healthy, mutually fulfilling, happily delighting ones. Contrast, however, has its role; it helps us know ourselves better.

There may be visceral feelings or knowings that come. Trust your instincts—and *pay attention* to your light. *Never let anyone blow out your light...* (Rule Number 1)

###p color-coded, printable PDF version is included in my Relationship Rules resources at ###a href="http://www.wonderspirit.com/rr-extras/">www.wonderspirit.com/rr-extras/. Print two; share one with a friend. Start a conversation.

Chapter 5

ATTRACTING RELATIONSHIPS

Flowers, bees, and butterflies... A flower only needs to be itself to attract bees and butterflies—and admirers like us. There's no chasing; there's no hiding; there's no trying to be something else.

A flower is naturally designed to attract bees and butterflies who will take care of its needs, help it grow, bring out its brilliance. So are we.

Our natural light shines through, radiates out, and is a magnetic energy that attracts others to us. There's science to back this up; there's also our own observations of Nature, and other relationships too. Nature is amazing; so are we.

What Attracts?

Some think being attractive is all about physical attributes. Those are only a starting place. *Eye candy* gets attention. *Attractiveness* is much more.

* * *

Your turn first:

Think about someone whose personal qualities draw you in.

What is it about them that attracts you, gets your attention? Makes you want to work with them? Listen to them? Trust them? Spend time with them? Really like them?

Start a list of these marvelous people and what attracts you to them... (Trust me; there's a reason for this. You'll use it. It's an important list.)

* * *

Chances are, your list included attitudes, behaviors, things they did or said that made you feel special, valued; kind words they spoke naturally, their energy, spirit, light—and maybe those eye-candy elements too.

Keep your list and add to it as you read.

Relationship Rules starter guide

This is the part where I'm inviting you to shine your own beautiful, attracting light. It's inside of you, inside all of us. *The secret to attracting happiness is that we have to love and be true to ourselves.*

Who we are shines through from inside out; it's the ease of our smile, the sparkle in our eyes. Our light shines when we are playing, happy, enjoying who we are, feeling good, healthy, energized, *as we're doing everyday things, being ourselves.* You know this feeling...

Everyone is special and unique; absolutely perfect for our life paths and roles here. *Perfect* means every piece is needed to complete the puzzle-story of you, me, each one of us.

When we try to copy someone else—because we think their brand of attractive is better, more-shiny, or whatever—it's like acting out a role in a theatre production. It's a character we play, not our real self. It is one way of becoming clearer about our preferences, though—who we are and aren't, what feels and sounds like us... and what doesn't. It can be a valuable self-discovery experience and experiment.

A lot of relationships are like that too...in fact, maybe that's their role, to help us figure out who we are.

In the end, we cannot be someone else; *that role is taken.* Experiences and relationships, though, do help us know ourselves better. And being our real self, shining our own light, is most attractive.

* * *

Your turn:

Who comes to mind for your list?

Share a play-acting trying-to-be-like-someone-else experience and what you learned about yourself from it.

* * *

ABOUT DATING

One More Idea...take some pressure off dating.

In busy lives and schedules, invite one another into what you're already doing or have planned...if it would be appropriate, of course.

How better to get to know a person and who they really are? And also to see how you fit in to their world. And how they fit in your world...

Relationship Rules starter guide

One of my first 'dates' with that great guy who would become my husband, was sitting in a summer pea field with a couple of kids and a dog, picking and munching on fresh peas. He met most of my family that day... (Yes, he knew; it was a very interesting, fun date.)

A few weeks later, we were together at a neighborhood 4th of July picnic, and I met most of his. ...30 years later and we're still enjoying every day ordinary things together.

Chapter 6

ATTRACTING AND PUSHING

In our social culture, hard work and conforming to somebody else's expectations are valued. We are encouraged to *go after* an opportunity, play strategic games to get noticed, use keywords to rank higher in search engines.

Those ideals are encouraged in relationship searches also...where *success* is often measured by external appearances, rather than quality of relationships and happiness factors.

In schools and in businesses, these are common beliefs and practices... and they inevitably contribute to five big cost buckets in business (unnecessary expenses / profit-drainers from quality issues, turnover, absenteeism, injuries, increasing health matters).

Many don't know there's another approach called 'attracting' when it comes to relationships—and other life aspects also. It's something inside us that naturally calls to and brings desires to us. It works and runs on heart energy. Did you know that your heart is a powerful magnet? (HeartMath.com has all kinds of science data behind that to research, and even experiment with for yourself.)

Healthy relationships and happiness are soft skills; fluid elements, that feed our spirit and fuel our light, energy—and health—our body, mind and spirit. When we feel good, strong, and supported all the way through, *we are attractive*, confident, full of energy, shining bright, and at our best. Some tap into this earlier than others...on a personal level, and impact others in the ripples. (think of Pond ripples...)

28 PRINCIPLES of ATTRACTION

Years before I heard of Esther and Jerry Hicks and [Abraham](#) and that *Universal Law of Attraction*, I knew Thomas Leonard's *28 Principles of Attraction*. Thomas was a pioneer and master in the coaching field.

Thomas Leonard was a man of spirit and wisdom, a visionary; and most consider him the founder of life coaching as it is known today. His work was my first entry into the concept of Attraction. It came through business channels—a professional development / training conference on coaching. (I was in corporate human resource services at the time; employee training and development.)

That conference turned out to be a Coachville School of Coaching international training / continuing education conference in San Jose, California, May 2003...and it changed my life.

Relationship Rules starter guide

On arrival I learned that Thomas had passed away, very unexpectedly, just three months earlier. He was 47 and healthy...and he left behind his immense and brilliant body of work and legacy, including his *28 Principles of Attraction*. It was evident those who led this conference loved him, his leadership, and all they had co-created together. His presence and loss were felt. I loved—and was attracted to—the heart and spirit of this work, this conference, these people.

WHAT IS ATTRACTIVE AND WHERE DO YOUR RELATIONSHIPS FIT IN?

For starters, continuously chasing after somebody—in hopes of gaining their notice or affection—is not attractive. Makes one look *needy* or *pesty*; and generally, repels the object of one's attention... in both business and personal relationships. (Someone comes to mind immediately, right? You have stories... We've all seen this one play out.)

Thomas Leonard was a financial entrepreneur professional who did not like 'selling.' He preferred to *attract* customers—and business, wealth and happiness—instead of chasing after them. So he observed, studied, experimented, and recorded...

"What makes a person attractive, personally and professionally... as in *attracting* customers, attracting love, feeling attractive, and living an attractive and authentic life?"

Thomas wrote a book, *28 Principles of Attraction*, about his discoveries. It's an insightful, dialog-generating list of principles from the wisdom and generous spirit of a business and personal success master. They're deceptively simple and amazingly deep—for example:

"1. Become incredibly selfish. Without you, there is nothing, and attraction isn't possible.

2. Unhook Yourself from the Future. Attraction works in the present, not in the future." (Thomas Leonard, *28 Principles of Attraction*)

Worth a read and trying on a few in your life—and maybe also partner with a coach in sharing how things around you change. These are pragmatic and will shift how you do things.

Pushing is also not attractive.

BE HEALTHY SELFISH.

Become incredibly selfish (Thomas' principle). ... I call it *healthy selfish*—and it goes with Relationship Rule Number 1: *Never let anyone blow out your light.*

In whatever state of relationship or non-relationship you are in—at home, at work, anywhere—be 'healthy selfish' when it comes to your integrity, energy, time, your light / happiness—all the beauty and grace that is truly you. Take care of it, so it can grow; shine confidently and bright.

Healthy selfish, means we care about and take care of our Self... as we would anyone else we cared about and loved—even a pet or a plant.

I know *selfish* is a loaded word, and it needs unpacking for most of us. As life-experienced adults—we know the difference between greed and getting involved where we don't belong. Selfishness and guilt were connected in our childhoods. It came from our parents, the pulpit, and from neighbors and relatives—high authority for young ones—and perhaps in adult life, too. You've grown up now, and you understand a lot of things differently today.

* * *

Your Turn:

Unpacking loaded words raises good, thought-clarifying questions. Here are some distinctions to consider:

- Who is your *high authority* now? Internal or external?
- What is Selfish? What is Self-care?
- What is guilt-worthy? What isn't?
- Who / what is your authority guide now?

* * *

Healthy selfish is putting our own well-being at the top of our priority list. Airline flight attendants daily instruct passengers that oxygen masks are placed on ourselves first; then we can help others.

No oxygen, no life, no value to anybody else; plenty of oxygen, plenty of life, plenty of value to everybody else.

If it's those Catholic school classes bringing on a misplaced guilt trip, revisit The Master's second Great Commandment, "Love your neighbor as yourself." See those two little words at the end. Love your neighbor, AS YOURSELF... Two commands: Love yourself first, then you'll have plenty love to share with your neighbor. (Not loving yourself brings out jealousy, competition, fear, and feelings of insecurity in relationships. Not attractive...)

Bottom line, we feel much better, more generous, and wonderful, when we're sharing from a place of plenty. Imagine that feeling, that joy... Being you, in JOY, is really attractive.

(Abraham-Hicks.com), through Esther Hicks:

"There is nothing more important than that you feel good." - [Abraham](#)

See how *all of these are weaving together* to reinforce this idea of natural attractiveness? We draw what we desire to us, through the power of our heart and thoughts... Every invention began with an idea, a thought, that someone—and then others—began talking about and playing with it... Thoughts, ideas, and words are powerful creating components.

An example: That original Star Trek tv series had hand-held communicator devices. There were no cell phones yet when that show was written. It was an idea that led to inventing and creating those mobile communicator devices we're all so attached to.

Chapter 7

RELATIONSHIP RULES and SINGLE SURVIVAL SKILLS

When I first put these rules together, I was single and in my late 20's, not finding a lifetime partner when others my age seemed to be. My catalyst was a teen and young adult workshop I was leading for others like me; and my original title was *Single Survival Skills*.

Single Life

Owning singleness is a life-place of great self-knowing and becoming ... not an 'in-between waiting place.'

You're first relationship is with yourself. You are who you'll live with every day.

In singleness, we come to know and love our self ...and how to be HAPPY and whole as we are, and with our own company.

Self-discovery is a sacred path; relationships are some of our vehicles and holy pathways and catalysts of clarity...about ourselves.

Lifestyle and choices support our wellbeing... or bring contrast to illuminate personal preferences. Experience is a teacher.

Oh, I want some more of that. Love this!

No, that's not for me. You can go sky diving; I don't have to.

Permission to be healthy selfish. Never let anyone blow out your light.

Perfect the Present⁽ⁱⁱⁱ⁾ Thomas Leonard's second principle of Attraction. What is already *perfect* about now? Focus on what you want more of.

...

Your Turn:

What's GOOD about being single?

Describe 'successful single life' for you.

Open Opportunities

Relationship needs, interests, activities

Life skills to master

Self appreciation, self-worth, self-confidence

Ability to live alone, appreciate and LIKE your own company

Knowledge to acquire

Know yourself well – 'Stand for something or you'll fall for anything.' (Edward Wondra)

Experience, to know you are enough as you are, and that you can support yourself if you have to (important when freedom is a value)

Experiences - What do you want to learn or do or accomplish?

Challenges and Creative Solutions...

Your turn: Your successes....

What do you know for sure when it comes to your happiness?

Experience and strategies

What's helped? Worked well?

Principles of Attraction

Apply them in the Now

Soul Mates – Is there such a being?

What's a 'Soul Mate'

What do you expect of/in your soul mate?

Definition of a Soul Mate

Some couples/people just 'click'

Think of some you know

What characteristics do you notice about their relationship?

How do they treat one another?

How will you KNOW you've found a Soul Mate – as different/distinct from an amazing person you enjoy spending time with?

Before you find your handsome prince, you get to kiss a few toads—and some of them are REALLY cute toads.... It happens; have no regrets. Trust your instincts, that Life is taking you where you're needed.

Logistics – When and Where are you likely to find your Soul Mate or significant other?

Chapter 8

RELATIONSHIP RULES OF A HAPPY WOMAN RECAP

1. Never let ANYONE blow out your LIGHT!
2. "Find somebody whose bad habits you think you can live with." (Clara Grable)
3. And, know what bad habits you will NEVER put up with or live with. Your happiness depends on it.
4. You know yourself better than anyone else. You are the expert about you and what's good for you.
5. Figure out what you NEED to be happy, something you can't live without. How do you learn those?
Your life is your classroom.
6. Don't settle for anything less.
7. "Expect the same of your man (or lady) that you do of yourself." (Clara Grable)
8. The only person you can ever change is yourself. -- That is also the best, most authentic person you can ever be.
9. It is not healthy or reasonable to expect one person to fill all your needs – even if they are your Soul Mate.
10. Lighten up and attract more of what brings you joy.

TOOLS

Wheel of Relationships Activity – Play with it and see what happens.

Are your relationships healthy ones – healthy to your body, mind, and spirit happiness?

50-Question Keeper List / Healthy Relationship Checklist

MOVING FORWARD

Relax and Learn

The objective is to find a mutual fit, a good connection, companionship, happiness. Not all relationships last a lifetime; some are for a season or a social event or a career you share in common. How you want to and need to be treated, respected, spoken to, welcomed, are standards of behavior you can require of all of them, however. Boundaries, personal space, *presence* gets restricted for those who behave badly, whose energy dims your light or drains your resources. Permission granted to own your grace and greatness and exquisite worth.

Be yourself

Be positive and optimistic

Experience and education are never wasted

Opportunities often arise in surprising circumstances

What else?

###

Extra Resources

Go to my Relationship Rules extra resources page, www.wonderspirit.com/rr-extras/ for additional tools and resources that didn't fit in this book

50-Question Keeper List - Healthy Relationship Behaviors and not-so-healthy ones

Wheel of Relationships Worksheet

Relationship Rules Worksheet

Unconditional Love Promise - This *life wisdom collection* reading was used in our wedding ceremony

WonderSpirit Recommended Resources -

and more.

SPECIAL OFFER

Relationship Rules virtual stater session by appointment. Book online at wonderspirit.com.

Outcome:

- Self-confidence, support, and self-clarity around your happiness and boundary needs, and relationship rules you're sure about;
- Set yourself up to enjoy happy healthy and easier relationships and life. Learning to use tools and rules – of any kind – equips one to handle life with a clearer head, more confidence, and makes life easier.

There are tools and resources everywhere. Mine are not first nor final words about relationships and happiness. They are ones that are mine to share, though... and pass on ... as others have done for me.

Appendix

The Night of the Firefly

Recently, a huge thunderstorm moved through the metro-Milwaukee area knocking out power for many in the storm's wake. Only silence and darkness existed for those affected. I was among them.

Oh, what to do? No phone, no TV, no wash machine or dish washer. Not even enough light to read a book or make a cup of tea. I scrambled to find a flashlight, lit all the candles I could find and then headed out to my back porch. Gently rocking in my favorite chair, I closed my eyes and took in some calming breaths. I silently asked my angels to help me find the miracle in this moment.

When I opened my eyes, fireflies in mass were lighting up my entire yard. Thousands of lights sparkled against the backdrop of the trees, bushes and gardens. Amazing! Within the darkness existed the light of the divine in the miracle of the firefly.

Fireflies contain natural energy. They make light within their own bodies that radiates outward. They create this internal light to attract a mate. This phenomena can be scientifically explained, but the miracle of the firefly extends beyond the confines of science. It extends to all life, from plants to animals and everything in between. It is manifested within humankind as well. In fact, our hearts radiate a measurable light and the light of the human energy field can be felt, seen and shared, one person to another. The light we carry within acknowledges our very existence. Without it, there would be no essence within human form.

What are the lessons of the firefly? The firefly is the spiritual symbol of illumination. It teaches us that the light within is the power of life. It teaches us to share our light for the benefit of others. It shows us the importance of growing our light to attract everything we need for our earthly journey and spiritual development.

Let us be grateful for the lessons of the firefly.

Sincerely, Sheri Bauer, Angel Light Center Director, Art of Healing School of Energy Medicine [iiiii](#)

About the Author

Anne Wondra

What I Do: Artist Statement

There are a lot of things we don't have in life, but time is not one of them. Time is all we have. One lifetime under this name to produce a body of work that says, "This is how I saw the world." Your work is worthy of whatever time it takes. – Jan Phillips

I'm a muse. I've always appreciated the arts, nature, beauty, and surrounding myself with it. Somewhere I started writing... First, it was collecting 'life wisdom' ... words that uplifted me, helped me figure out how life worked, who I was; words that held wisdom that applied across religions and skin colors and inspired me to be a better person. Professionally, life has taken me into a well-seasoned mix of experience worlds, academic degrees, courses, seminars, and certifications: legal, administrative, parish ministry, human resources, wellness educating, life coaching, and business ownership / entrepreneurship. Writing and WonderSpirit come under that entrepreneurship one. A part of me that got stronger as I got older. And it's in my blood...a farmer's daughter; my grandmother started her own business too; and there are more writers in our family tree. It's easier to hide; it takes courage to 'come out' of hiding and honor what your life is transforming you to be. Self-discovery is sacred work. There are certain awakenings and defining moments in everyone's life that compel us to find our voice, our wings, to come out of hiding because we can't anymore... When an egg is ready to hatch, a chick will break its shell and it will be in a new world; there is no going back, only growing... I don't think I came to this earth to be invisible. I think I came to be a light; to be a comfort, a companion, a guide, a soul whisperer; one who empowers the spirit of joy and vibrance, self-awareness and awakening, and warms and reassures with words. I write because the words flow...and because the words I write are ones only I can say, ones that I need to write because they are part of my becoming, living who I am here to be...or maybe the words I write are the exact words someone reading this or that post needs... I call it *following the muse...being me*.

I love cats, art, coffee, Michael, and beaches...not necessarily in that order; and I'm a vegetarian and humane society volunteer.

Anne Wondra is a soul coach, life coach, writer, muse; founder and owner of WonderSpirit, LLC.

WonderSpirit, LLC

Wonder and Spirit, like *Gifts of the Spirit*... came in 1996 as I was understanding that this feminine spirit uncovering, soul expanding passion I was experiencing... and the inspired quotes, writing, and wisdom I was collecting, classes I was creating ... was my soul name... goddess muse presence...biz name...creating catalyst, and life's work.

My clients grow their greatness, love their life, create from their soul, and say 'yes' to Life's dance... Passing it on,

In gratitude and love,

Anne Wondra – WonderSpirit

Writings and Websites:

WonderSpirit.com – *WonderSpirit Soul Sistering*

AnneWondra.com – *All Things Anne Wondra* (blog)

"I always feel better when I talk to you." .

NOTES

[i] Hodges, Cynthia, "The Link: Cruelty to Animals and Violence towards People," Michigan State University College of Law, 2008. <https://www.animallaw.info/article/link-cruelty-animals-and-violence-towards-people>

[ii] Leonard, Thomas, *The 28 Laws of Attraction: Stop Chasing Success and Let it Chase You*, 2007.

[iii] Angel Light LLC, Center for the Healing Arts, Elm Grove, WI, <http://www.angellightllc.com>