

## **Renewing:**

### **We find joy in celebrating our successes and supporting others' healing.**

In renewing ourselves we energize our lives. We increase our yearning for more joy and healing as well as help others on their healing path.

Celebrating our successes motivates future healing and focuses us on what is working for us. It builds our self-confidence and self-esteem enabling us to heal even more quickly. Celebration grounds us in our strengths and accomplishments. Celebration improves our ability to enjoy life, helping us to be more playful in personal and work situations.

There are many successes we may find in healing:

- more joy and less pain
- healthier relationships
- improved physical health
- calmer state of mind
- clearer sense of self
- healthier self-care
- greater enjoyment in our work

There are infinite ways to celebrate. Here are a few examples: playing freely, giving oneself treats, parties, celebrating big life events (birthdays, etc.), cooperative game playing, applause for each other, cheering each other on, recognizing each other's strengths, telling respectful others about our successes who will celebrate with us, hugging, enjoying fun, doing wonderfully fanciful activities such as kite-flying, drawing with crayons, playing with pets, nonsense poetry, word or number games, etc.

Even though some aspects of us may be uncomfortable with celebration, allowing the rest of us to celebrate makes our whole being lighter. We find it helpful to balance celebration with the need to honor other feelings.

Within Vital Cycles supporting others' healing strengthens the community that supports us all. When we help others in ways that we are passionate about and find fulfilling we generally give more freely, more richly, and sustainably. This is joyous outreach, not a sense of obligation. We find it helpful to ask ourselves, "Is my support helping me live more authentically, or is it a distraction from meeting my own needs?" Helping others at our own expense tends to lead to burn out, frustration and resentful service. While there are always boring tasks that need to be done in creating healing opportunities – if passion fuels us, we can actually enjoy the process, and everyone gains from the effort. The more we do what we're passionate about the more successful we'll be.

***Founders note: We started this community because we wanted to spread the hope and healing we have experienced and we've found it to be tremendously renewing. We learn best from teaching and sharing. In helping others we're renewed by hearing others'***

*perspectives, and remembering what has helped us. Our gratitude for the help we've received along the way can inspire us to help others as well. Thus, we sustain the vital cycle of healing.*

- Activities:** (The following activities can be done in a Healing Journal and/or with the support of others.)
- Activity 1:** List successes and the positive outcomes of these successes.
- Activity 2:** Look for ways to share your strengths and insights as ideas others can use. E.g., contribute your insights to [www.VitalCycles.org](http://www.VitalCycles.org) for others to use.
- Activity 3:** Discuss with friends, “What ways of supporting others’ healing are most gratifying for us?”
- Activity 4:** Experiment and find out where supporting others also nourishes your healing. Put more of your energy into these areas.
- Activity 5:** Develop mantras or slogans that you use when celebrating. This helps resistant aspects of us to see the value in celebration over time. E.g., “Celebration is a good thing”, “Wanting more joy is a good thing”, “I’m worth it”.
- Activity 6:** Start and nurture peer mentoring relationships in which you both gain from an exchange of insights, ideas and support. It is helpful to be guided by the Vital Cycles Principles.
- Activity 7:** See [www.VitalCycles.org](http://www.VitalCycles.org) for a free download of forms of “peer mentoring”.
- Activity 8:** Renew yourself by giving to others: start a new Vital Cycles meeting, host a workshop, present at a retreat, form a service group, reach out to those that can benefit from Vital Cycles.
- Activity 9:** Build something fun into your day, every day.