

Tana Saler: Giving and Receiving in Relationships



Tana Saler is a Canada-based personal development coach and trainer who focuses on “Inspired, Embodied Connection”. She helps people deepen their ability to connect to each other through interactive practices drawn from mindfulness meditation, healing arts, communication, mind-body disciplines, comedy, improv, dance, and more. Join Tana in discussing the fundamental principles of a healthy relationship and exploring the balance of giving and receiving.

TOP EMBODIMENT TIP: Pay attention to your body and to how you feel in any interaction.

Five Basic Principles: What Makes a Relationship Healthy and Nurturing?

- The five basic principles of a healthy relationship are **reciprocity, value, ethics, boundaries, and generosity**.
- **Reciprocity:** A balance between giving and receiving; otherwise, you are not replenished.
- **Value:** You and the other party value similar things and are the right fit for each other.
- **Ethics:** You want all of your personal or professional exchange to be ethical.
- **Boundaries:** Clear rules and expectations that define the exchange you participate in.
- **Generosity:** The more you give, the more you receive, openly and gratefully.

Thoughts on Relationships:

- When receiving closure in a relationship, the goal is to leave without resentment. A good formula is to start the conversation by acknowledging everything that went right, expressing sorrow that you are not the right fit, then wishing each other well.
- If an actual conversation is not an option, one might choose to have such a conversation with an empty chair.
- There are two worldviews: egocentric and ethnocentric. A relationship between two people with different worldviews will not work.

Thoughts on Giving and Receiving:

- Take what you are offered.
- To connect with your gut feeling, observe changes in the body such as contraction versus expansion, direction of movement, or your body temperature.
- If you tend to give too much, listen to your body. It will tell you when it is depleted from giving.

Resources

- [The Playground of Embodied Connection Games](#)
- [Tana Saler- Coach](#)
- [Tana Saler- Connection as Medicine](#)