

Week 29 Practice

This week, we're going to practice the vulnerability of asking for help.

This is an important part of revealing ourselves. And it is one of the most essential steps in cultivating and establishing belonging, because when you yell for help, the people who come running are *your* people. Likewise, the people you are glad to help are the people who will feel like they belong to *you*. When this kind of dependence gets reciprocated, belonging grows and expands into this big, beautiful, and mysterious thing called love.

Ask for help at least one time this week. Inconvenience someone. Require a little sacrifice. Make your "ask" big enough that it makes you a little uncomfortable. This will take courage, because it takes courage to reveal that you can't do everything. Have the courage to be dependent.

Then, *offer* help at least one time this week. But don't offer to help the person who helped you. That might be a way to quickly escape the discomfort of dependency and indebtedness. Help is not evenly exchanged.

True help is given freely, as needed.