

# SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



**If you want to be incrementally better: Be competitive. If you want to be exponentially better: Be cooperative.**

Author Unknown

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## What's new?

Links –

[www.breastangels.org](http://www.breastangels.org)

[www.lifechangingexperience.org](http://www.lifechangingexperience.org)

[www.sydneywomensnetwork.com.au](http://www.sydneywomensnetwork.com.au)

## Consider Co-operation – May Edition 2010

The spirit of co-operation needs to be embraced if we are to help heal the world of its many ills. It is a decidedly feminine characteristic and as such women can be the instigators and generators of this tool. Spirited Women's Network is fundamentally an expression of co-operation. I actively choose to promote and encourage women to work together and join in sharing their wisdom and experiences. A great example of sharing your expertise and heart was the annual LIPS event last month. Four amazing, successful women happily sharing their knowledge. Lets make May (and every month) an actively co-operative month.

*Natalie*

## The Razors Edge Between Competition and Co-operation.

By Raelene Byrne

From the moment of conception, the energy and spirit of competition is ignited. It is a strong and at times, formidable ally, in this world we journey through, however it can also bring us to our knees and allow us to go deep into ourselves to align totally with the spirit of co-operation.

There is not much in our lives that is not tainted, touched, infused, and encouraged by the fierceness of competition. Just look at the talk surrounding giving birth, right up to the ill health that is suffered by many. There is always an 'edge' to these discussions about who was worse off, in more pain, had more complications etc. Take a look at how the 'competitive' energy plays out through school years, sport, friendships ,employment, finding a mate, filling your home with the 'newest things and the list goes on.

Competition is a wonderful energy to employ in a constructive way, and very necessary for many achievements in our lives, however when it takes over or even crushes the spirit of co-operation then things get messy.

When the spirit of Co-operation is engaged, the energy is softer and one of kindness. It is coming from a place of being in service, of being a support. Very often you will find that a person who is exercising co-operation to be of a caring and sharing nature and very happy to go about doing what needs to be done and satisfied to be in the background as everything is achieved from the spirit of cooperation .It is part of their nature, however it can take hard work to hold this vibration in a world where competition is seen as the only way to get things done. Competition is a wonderful force to drive us forward, to make us achieve, to allow us to choose to be better, to push through barriers, to discover more, to help us evolve and to set higher levels, for not just ourselves, but humanity as a whole.

The spirit of competition gets fed regularly and insatiably by the ego. That part of us that whispers to our inner world and as we act on these words we can become more disconnected from our true selves .We strive and act from competition believing that it will serve us well and all will be right in our world.

Many of us get to a point where the deeper call of our spirit wakes us to a memory of something MORE. We begin to search and remember.

Co-operation, that sense of unity, of belonging, a feeling of acceptance, a world of service. We find we want to understand that aspect more. We have that feeling grow whenever we are able to assist, purely from the spirit of co-operation, not from any other agenda. Teachings, are sought out, groups are joined, people of like minded energy become our new colleagues and friends. We begin to create circles and feel the softening that comes with the new life of 'co-operation.'

The understandings we had around judgements, the drive to accumulate more, the energy we had to hold to be 'seen' a certain way so as to be accepted, begin

Business Directory –

Abbey Business  
Improvements  
The Ten Second Kiss  
Earth Care Education  
Hinteractive Physio  
Pomo Creative

On the home page we now have inspirational u-tube clips that will change each month.

## This Month's Recipe

### Eggplant Balls

1 large eggplant  
1 3/4 teaspoon salt  
1/4 cup chopped onion  
3/4 cup chopped green pepper  
1 1/2 cup bread crumbs  
2 eggs  
1 tablespoon grated sharp Cheddar or Parmesan  
1 teaspoon paprika  
1/4 teaspoon pepper  
flour  
vegetable oil

Peel and cube eggplant. Cook in one inch boiling water with 1/2 teaspoon salt. Cover and cook 15 minutes or until tender; drain and discard water. Chop cooked eggplant and mix with onion, green pepper, 3/4 cup bread crumbs, 1 egg, cheese, paprika, pepper and remaining salt. Cool and chill 2-3 hours or overnight. Drop mixture by heaping teaspoonful into flour and coat completely. Beat other egg; dip eggplant balls into egg and then coat with remaining bread crumbs. Fry in hot oil until brown. Can be frozen and reheated in 350 degrees oven.

to slowly disintegrate as we move more into this spirit of co-operation. Our hearts become alive with this sense of community. We enter into the territory of Self Acceptance on a deeper level.

We join with others who have wonderful visions for a future where we all look after each other and are available to assist, we may move into business or jobs that are more 'service to humanity' orientated.....like healing, humanitarian work, voluntary work and positions of guidance and teaching.

At some moment, the beautiful intentions, visions and co-creations can become tinged and tainted with the spirit of competition. How many times have you been involved in something that begins with pure intent and ends up either a disaster or you leave it due to the 'reality' of competition, as the politics take a lead, the ego's of others are revealed and other agendas which take away from the "ideal" get birthed.

The ego loves to compete, to be the only one, to be better, to know more, to hold the power, to have to be right, to have its own way..... Keeping the spirit of co-operation alive takes deep heart anchored work, you need to call upon inner strength, courage and integrity. Sometimes we need to be on our own, unattached to any group to get our own clarity about what it is to be in a group of support. You may have to do this for awhile. None of us need to validate our spiritual worth through the eyes of a group.

Our vibration and energies change as we learn and experience our chosen life. How can it compare or compete with another's. For example. You may do a course in something that you love, meet another person who you resonate with and a wonderfully supportive friendship evolves. Then you set up your businesses, or create a circle to assist others..... and all goes well until.... One day you feel something isn't quite right, There could be a feeling that your friend is with holding, or not being totally open, or perhaps has gone into the belief around "lack of financial abundance.

As humans with this spirit of competition ingrained in our souls, to survive....the egoic mind becomes a compost pit to feed these impulses. It takes a lot of energy and all your integrity to stay true to the spirit of co-operation. The feelings of being betrayed, or abandoned, or de valued are the first real signs that competition has entered into the world of co-operation. You can either run from it, become reclusive and lick your wounds, or you can make the choice to be in your integrity, to be true to the value of co-operation and to let that shine by itself. Like the lonely lighthouse on a rocky island, you can be strong, radiant, a beacon and show others the way.

Until we master the spirit of competition and transmute it into co-operation, we will always struggle within our soul. Choose to be part of a community purely because you can support, be supported and work together. Those who slip into the competition will fade, will struggle to stay on the rocky island. With competition we are always looking for something else, something better, something to strive for, with co-operation we stand together, move forward together, hold that light together and have such a strong hold that nothing will topple you.

The spirit of co-operation has collapsed many times in the past, into the spirit of competition, let us change that. Honour the competitive spirit that we have inherited for our survival, and soften it to the spirit of co-operation where the joining of ideals, energies, common goals, hearts and souls will propel us quickly into the next phase of our evolution.

While we wait for the world leaders to show us the way, we will stay in a place of stagnant and stale competition. Let us unite to bring our communities together to show the leaders of our world how we can change everything from the foundations. I choose co-operation for my ascension, I choose co-operation for the planet.

Raelene Byrne resides on the Sunshine Coast and is a healer, teacher and extraordinary woman. She runs healing meditations with Jeremy Donovan and facilitates "Sour to Sedona" spiritual journeys. For more information go to [www.medicineforyourspirit.com](http://www.medicineforyourspirit.com).

From the Dinner Co-op

## This Month's Poem

### Sonnet: Cooperation

By Dr John Celes

Co-operation is the sap of life,  
Without which nothing can be realized;  
Nor harmony be really devised  
Amidst children/  
citizens/husband/ wife.

No department can flourish without it;  
No army however strong wins the war;  
No earthly telescopes can reach a star,  
Sans co-operation, a good habit.

Co-operation brings success in life,  
In one's family or in his work-spot;  
And decides progress or a nation's lot,  
Solving, modifying, postponing strife.

One can succeed if spouse co-operates;  
Man succeeds whenever God operates!

## Reading Together

**Great Games for Young Children: Over 100 Games to Develop Self-Confidence, Problem-Solving Skills, and Cooperation**

By Kathy Ferrell and Rae Pica and Mary Duru

**We are Not Alone: A Complete Guide to Interdimensional Cooperation**

By Atala Dorothy Toy

## Getting More Co-operation from Kids

By Michael Grose

Obedience!

Remember that term.

'Obey your elders' was something many of us as kids were constantly reminded about.

The concept of obedience belongs to a bygone era when kids were seen and not heard and respect was hierarchical ('respect you elders') rather than mutual ('we respect each other').

Obedience has been replaced by the concept of 'cooperation', which takes more skill and effort to attain.

How do I get my child to cooperate with me? - is perhaps the biggest challenge for many parents?

Cooperation is dependent on good will between kids and parents. Kids can withhold their cooperation if they believe that you are not acting in their best interests. They have a built-in radar that will detect when you take short cuts with them.

You can build a spirit of cooperation where 'helping out' and 'doing the right thing' becomes part of your family culture. You need to model cooperative behaviours and expect kids to cooperate with you. Expectations are a powerful tool for parents. You get what you expect so expect kids to help out!

Cooperation is usually invited. Your language plays a part in this. "Grandma's coming to visit. What can we do to make her stay enjoyable?" is more effective in eliciting cooperation than telling them what to do. Kids are more likely to stick to decisions when they have had a say in making them.

Families that develop a spirit of cooperation usually have three distinct values that drive their behaviour. These are: independence, shared responsibility and mutual respect. It's useful to think about how your family compares?

Cooperation is about strategy as well as intent

Parents who elicit cooperation use a distinct set of strategies consistently that promote family involvement and responsible behaviour.

Here are four very different strategies that promote cooperation in families:

1. The Silent Robot: If you have kids who leave mess around in the public areas of your house then you need to employ the Silent Robot. The Silent Robot picks up toys, clothes and other 'stuff' left lying around the house and places them somewhere that isn't easy to find. This is a low conflict way of teaching kids to pack up after themselves.

2. Recognition: Go one step further than catching kids being cooperative. Give them feedback when they are cooperative that describes what they have done and how it impacted on you. "It was great the way you came to the table the first time I asked. It makes my life easier." Parental recognition is a high driver for most kids regardless of age.

3. Rosters: Not getting the help you need from kids without constantly nagging or even bribing them? If so, try using a weekly jobs rosters. Rather than asking for help refer kids to the jobs roster when you need some assistance.

4. Family Roundtable: This is the BIG cooperative family strategy. It takes some effort and some learning to put into practice. But when learn you use this strategy well you will find that you are more able to develop a sense of 'we' rather than 'me' within their families. Family roundtables (family meetings) are best conducted with primary school-aged kids. They need to be regular and kept separate from mealtimes.

It would be great to think that cooperation happens naturally in families and kids naturally want to help and please you.

This is faulty thinking as groups by their nature need effective leadership to make them gel. Families by nature are tricky groups to lead so it takes some pretty effective leadership to get kids singing from your songbook.

BUT it is your choice of parenting style and the parenting strategies you use make all the difference when it comes to getting cooperation from kids.

Michael Grose is Australia's NO. 1 parenting expert. He is the director of Parenting Ideas, the author of seven books for parents and a popular presenter who speaks to audiences in Australia, Singapore and the USA. Get your FREE Chores and Responsibilities for Kids Guide when you visit <http://www.parentingideas.com.au>.