



Applying Right Relationship

Inspired by Sustainability Inside-Out™: Growth Strategies for Co-Prosperity

Dillpreit Kaur, 14 August 2026

Applying Right Relationship Across Contexts

The principles of right relationship can be explored across many domains of life. The questions below are illustrative rather than exhaustive, offering different ways of applying the restoration framework to the conditions in which we live, work, relate, and participate.

Context	Questions for reflection
<i>Health</i>	What is my body communicating? What conditions support it? What is mine to change, and what is outside my control?
<i>Long-term family relationships</i>	What relationship has been disrupted? What truth needs acknowledgement? Can difference exist without requiring rupture? What repair is possible?
<i>Work</i>	What am I responsible for versus carrying for others? Where is burden being transferred? What boundary protects dignity?
<i>Friendships</i>	Can I remain caring without over-functioning? What needs to be said, accepted, repaired, or released?
<i>Leadership</i>	What conditions am I creating for others? What power or responsibility do I hold? What am I unintentionally transferring downstream?
<i>Organisations</i>	Where do structures create unnecessary burden? What capabilities or relationships need restoration?
<i>Community</i>	Whose experience is visible, whose is not, and what conditions enable genuine participation?
<i>Systems</i>	What upstream conditions are producing downstream consequences? Where could intervention restore rather than merely compensate?
<i>Inner life</i>	What am I attached to? What am I trying to control? What truth am I avoiding? What would allow greater integrity?

RESTORING RIGHT RELATIONSHIP WITH THE WHOLE

A FRAMEWORK FOR INNER WELL-BEING AND REGENERATION

Wholeness is our natural state.
It is not something we create.
It is what remains when distortion is released
and relationships are restored.

PATTERNS THAT CAN OBSCURE WHOLENESS

*These are not necessarily reality.
They are patterns of interpretation
that can narrow what we perceive,
especially when our needs,
fears, identities or expectations
are activated.*

-  **DESIRE**
"I need this to be fulfilled."
It tells me that something external will complete me.
-  **ANGER**
"This should not be happening."
It tells me reality is wrong and must change.
-  **GREED**
"What I have is not enough."
It tells me more will finally be enough to feel safe.
-  **ATTACHMENT**
"I cannot be okay without this."
It tells me I must hold on to a person, role, outcome or identity.
-  **ENVY**
"Their gain reveals my lack."
It tells me that comparison defines my worth.
-  **EGO**
"What is happening tells me something about my worth, identity or standing."
It puts "me" and my story at the centre of experience.

These patterns can feel real.
They are interpretations,
not the whole picture.



MOVEMENTS THAT RESTORE RIGHT RELATIONSHIP

-  **AWARENESS**
Notice what is
happening within
and around me.
-  **ACCEPTANCE**
Allow the feeling
without needing
to fix or deny it.
-  **PERSPECTIVE**
What interpretation
am I making?
What else is true?
-  **DISCERNMENT**
See the fuller
picture. Understand
consequences and
what matters most.
-  **RIGHT ACTION**
Choose what
nourishes, aligns
and reduces harm.
-  **RELEASE**
Let go of what
no longer serves
or fits.

Small sincere steps in any
one dimension can ripple
and restore the whole
system.

EXAMPLE: WHEN SOMEONE ELSE IS PROMOTED



A feeling is real. The interpretation may be partial.
Healing widens the frame. Clarity brings freedom.

PRINCIPLES THAT SUPPORT REGENERATION

-  **EVERY DIMENSION MATTERS**
Neglect in one area
affects the others.
-  **EVERY DIMENSION INFLUENCES OTHERS**
Healing in one area
ripples through the whole.
-  **WHOLENESS IS NOT PERFECTION**
It is alignment,
connection and care.
-  **REALITY IS WIDER THAN ANY STORY**
We can return to a
larger, truer perspective.
-  **WE ARE PART OF SOMETHING GREATER**
Connection brings
meaning and resilience.

NOTHING NEEDS TO BE PROVEN HERE.

We are already whole. We return, we restore, we express.