



*Interconnected  
Relationships*

Figuring Out How to Flow so No  
One Drowns

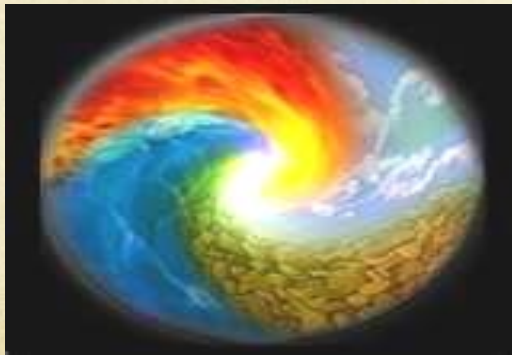
Jerry Tello,

The National Compadres Network

# We ask permission to the directions of the universe

Our ancestors were connected to the forces of the universe, In a living relationship of reciprocity.

In all ancient cultures were requested permission from the creative energies of the universe, before a ceremony or to start the day, etc.



Nuestros ancestros estaban conectados a las fuerzas del universo, En una relación viva de reciprocidad.

En todas las culturas ancestrales se pide permiso a las energías creadoras del universo, antes de realizar una ceremonia, comenzar el día, etc.

# *Sacred Relationships*



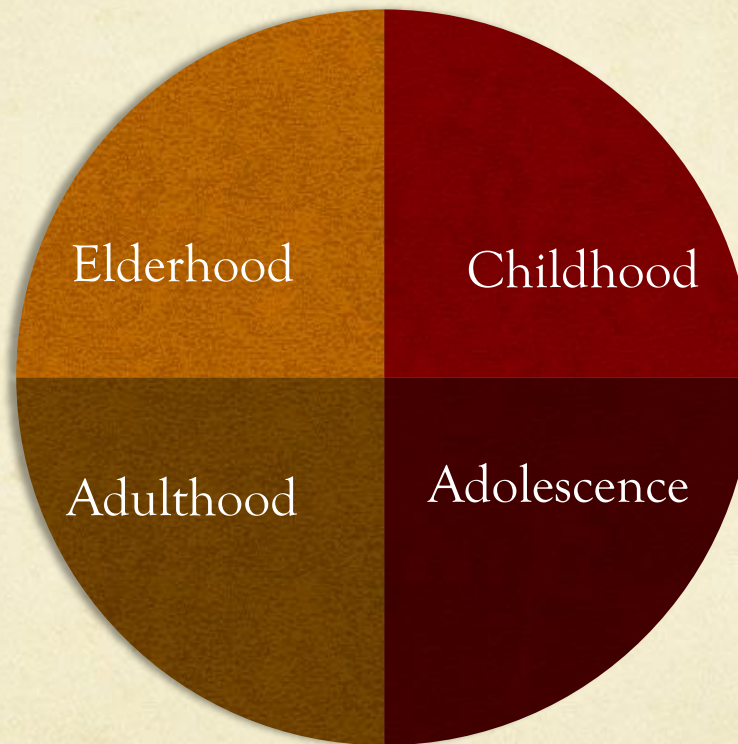
*“Within the collective dignity, love, trust and respect of all people, exists the wisdom and resources for a beautiful, harmonious tomorrow.”*

*-Jerry Tello*

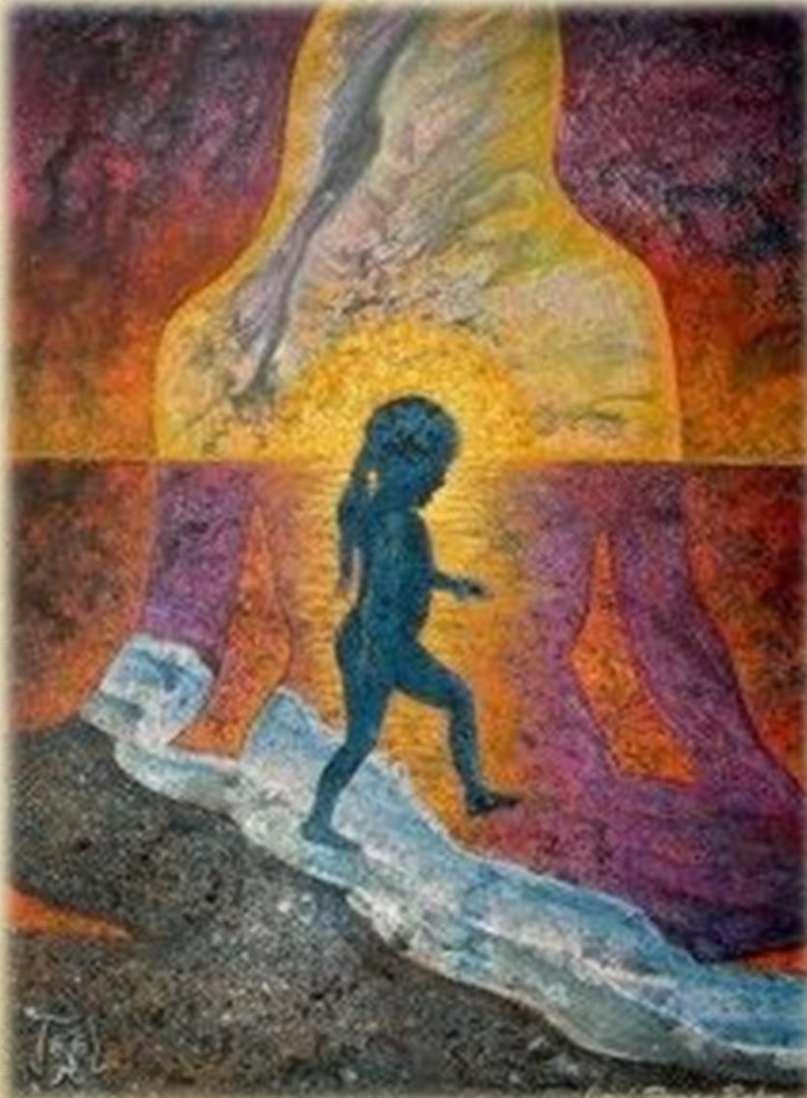
We all want to be able to get  
along and raise our children in a  
healthy and peaceful way...

*But some relationships struggle  
to the point where it gets toxic  
and we often wonder why?*

# CIRCLE OF LIFE



# Four Rooted Questions



- Am I wanted? Who Am I Connected to?
- What is my purpose/role here? Am I valued for whom I am?
- How do I fulfill my role successfully *and deal with life's Issues* ?
- Where do I go and to whom do I go for guidance, support and healing?

# 4 VALUES OF HEALTHY RELATIONSHIPS

- You are **WANTED** (connected)... a **Blessing** (**DIGNITY**)
- You have a **SACRED PURPOSE/Role** and are valued (**RESPECT**)
- You have culturally based teachings/*values*), and family, community **TEACHERS** to guide you (**TRUST**)
- You have **SAFE, COMPASSIONATE** people and **SECURE** places to learn, heal, grow from. (**LOVE**).



-WHAT HAPPENS IF your real  
life experiences (past and present)  
interrupt your motivation to  
show up in a good way ?



*What is the impact of  
generations of trauma  
and present day  
inequity on our  
relationships?*

Confusion

# CONFUSION

I Don't know what how to handle this.

Confusion



Anger

# INTERNALIZED ANGER

I'm tired of getting blamed for stuff that's not my fault

Confusion



Anger



Hate

# HATE

Forget it, I hate this. I'm just going I need to do to  
survive.

Who cares the Consequences.

Confusion

Anger

Hate

Self-hate



# Self-Hate

I'm just reacting (disappearing, self sabotage)  
regardless of consequences.

Confusion- (withdrawal)



Anger- (shame)

Hate- (blame)

Self-hate- (self sabotaging)

Rage (reactive/addictive)

# RAGE

Don't mess with me I'm tired,  
I want to die (stop hurting)

- Disconnected, reactive behavior
- Unremorseful destructive behavior
- Addictive Patterns
- Direct/indirect, suicidal tendencies

*FEAR* - REACTIVE

SURVIVAL BASED LIVING

=

Living Disconnected

SCARED

# IMPACT ON RELATIONSHIPS

- Difficulty being present
- Impaired ability to think logically, sequentially and with reason
- Difficulty regulating emotions
  - Easily triggered
- Difficulty focusing for long periods
- Unorthodox coping methods

# Transformational Relationships



## La Cultura Cura

# *Sacred Relationships*



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-Jerry Tello

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With these Values as the Basis a  
couple/family must go through a  
process of developing *Agreed  
Upon Behaviors and  
expectations* to the values

Acknowledgement

Sacred Self  
(*Sense of Being  
Wanted*)

DIGNITY

“We are of value and should treat  
each other that way.”

```
graph LR; A[Acceptance] --> B["Sacred Purpose (Journey)"]; B --> C[RESPECT]
```

Acceptance

Sacred  
Purpose  
(*Journey*)

RESPECT

“We each have a *Sacred ROLE*, and  
and we choose and agree to certain  
responsibilities within these  
agreements.’

“With the primary focus on our children we agree to approach differences with compassion, patience and consideration.”

Compassion



Values  
*(Life Lessons)*



LOVE

A scenic landscape at sunset with mountains and a river. The sun is low on the horizon, casting a golden glow over the scene. The mountains are silhouetted against the bright sky, and a river flows through a valley in the foreground.

“I will be follow through with what  
I committ to do and walk as an  
example of these values. “

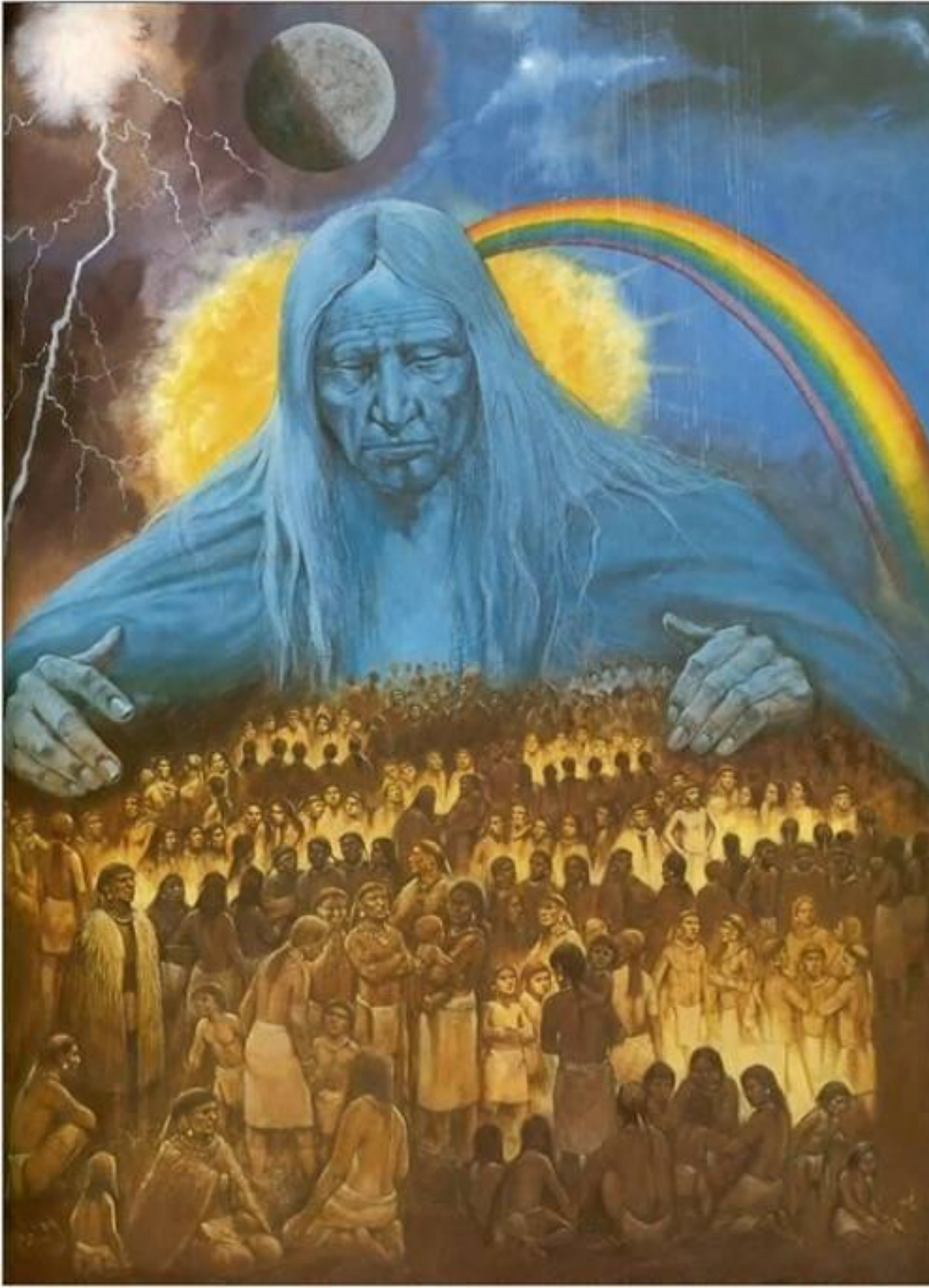
Commitment



Safety/Security  
(*Life Skills*)



TRUST



# SERVICE

## PROVIDERS ROLE

Walking and guiding the person/couple through the process to develop a child centered relationship based on these values and through a process of mutual agreement and accountability.

# IN LAK ECH

*Tu Eres Mi Otro Yo ~ You Are My Other Me*

“When you learn, we all learn.

When you struggle, we all struggle.

But when you HEAL, we all HEAL.

When you GROW, we all GROW.

When you TRANSFORM,

WE ALL TRANSFORM.”

*You are me. I am you. We are one.*

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**Linktr.ee/JerryTello**

**@MaestroJerryTello**

A Linktree profile card for Jerry Tello. The background is a dark teal color. At the top right is a white circle with three dots. Below it is a circular profile picture of Jerry Tello wearing a hat. Underneath the photo, the name "Jerry Tello" and the handle "@MaestroJerryTello" are displayed in white. Below the name are icons for Instagram and Facebook. A list of links follows, each with a small circular icon on the left and the link name on the right:

- Shop
- Website
- Blog
- Bio/Headshot
- Healing Generations Podcast
- National Compadres Network

At the bottom of the card, the Linktree logo "Linktree\*" is displayed in white.

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

jerrytello.com

*Book: Recovering Your Sacredness*