



LET'S MAKE SOME
BONDO

BONDO





BONDO™

The
mysterious
ingredient
for human
intimacy

The Seven Seas of BONDO™

- 1. CONNECTION**
A shared, energetic vibration deepens through face-to-face proximity and time.
- 2. CONVERSATION**
Call and response is a creative force that builds the substance of intimacy.
- 3. CARING**
We discover and maintain a sacred place in our hearts for each of our beloveds.
- 4. CURIOSITY**
Our partner may carry a hidden story of pain and adversity we must learn to face without judgment.
- 5. CIRCULATION**
Like bees bringing pollen to the hive, intimacy is energized by the food of impressions we bring into a relationship from the outside world.
- 6. COURAGE**
Piercing the impasse behind conflict and difficult feelings releases a force that opens the heart.
- 7. CONSTANCY**
A commitment made outside of time transcends the walls of despair that divide us.



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Laboratory Test			
	Notes	High Risk	Intermediate Risk
Total Cholesterol (mg/dL)		248	
LDL-C Direct (mg/dL)		164	
HDL-C (mg/dL)			
Triglycerides (mg/dL)			
Non-HDL-C (mg/dL) (calculated)			
to B (mg/dL)			
P (nmol/L)		189	158
DL-P (nmol/L)		122	59
(mg/dL)			

THE BONDO CARD



1. CONNECTION

A shared, energetic vibration deepens through face-to-face proximity and time.

A recent study out of the University of Kansas found that it takes about 50 hours of socializing to go from acquaintance to casual friend, 90 hours to become a “real” friend, and a total of 200 hours to become a close friend. **[8]**

<https://www.theatlantic.com/magazine/archive/2018/09/how-to-make-friends/565742/>



1. CONNECTION

The Blue Zone project sought to understand which lifestyle practices support the longest-lived people on the planet.

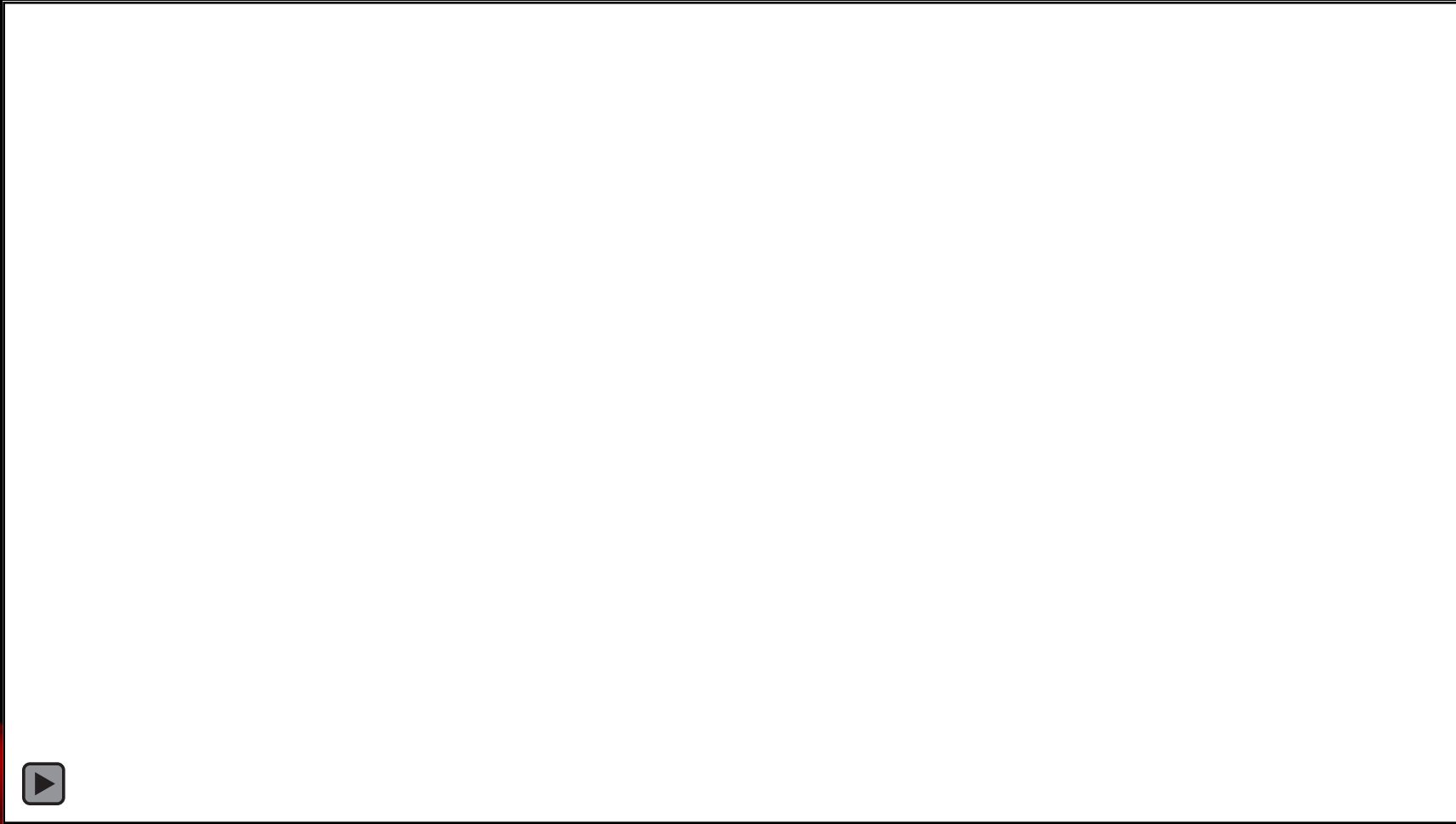
They discovered that people living in places like Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; and Ikaria, Greece, live to be over 100 years old.

Their common denominator is a lifestyle that maximizes face-to-face interaction with friends, relatives, and townspeople – aka ventral vagal.



Ikaria, Greece,

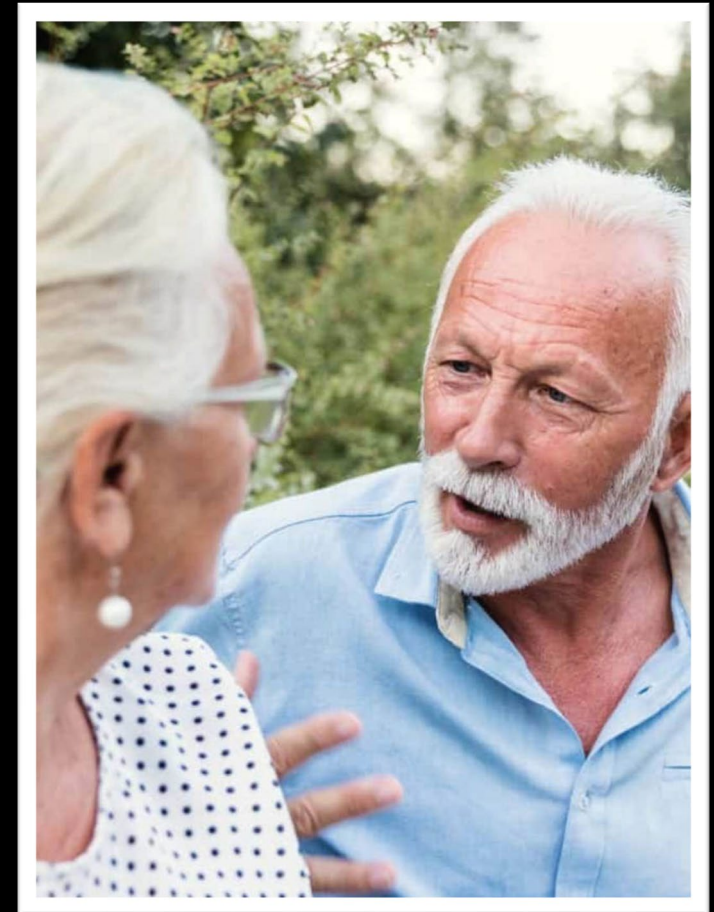
1. CONNECTION





2. CONVERSATION

Call and response is a creative force that builds the substance of intimacy.





2. CONVERSATION

The Gottman Love Lab observed hundreds of couples, recording facial expressions, heart rates, blood pressure, skin conductivity, and conversations. He discovered that successful couples maintained a “magic ratio” of five positive interactions to every one negative interaction (86 percent). And if that number slips, a 33 percent positive rate predicted divorce.

Gottman called these interactions, “**bids for connection**” which functioned as the fundamental unit of emotional connection.



2. CONVERSATION





3. CARING

True caring is the recognition of otherness — where the light of the soul is seen to shine through another.



3. CARING

“When we say to people, ‘I will pray for you,’ we make a very important commitment. ...when we learn to descend with our mind into our heart, then all those who have become part of our lives are led into the healing presence of God and touched by him in the centre of our being. We are speaking here about a mystery for which words are inadequate.

It is the mystery that the heart, which is the centre of our being, is transformed by God into his own heart, a heart large enough to embrace the entire universe..”

~ Henri J.M. Nouwen, 'The Way of the Heart: The Spirituality of the Desert Fathers and Mothers'





4. CURIOSITY

Our partner may carry a hidden story of pain and adversity we must learn to face without judgment.

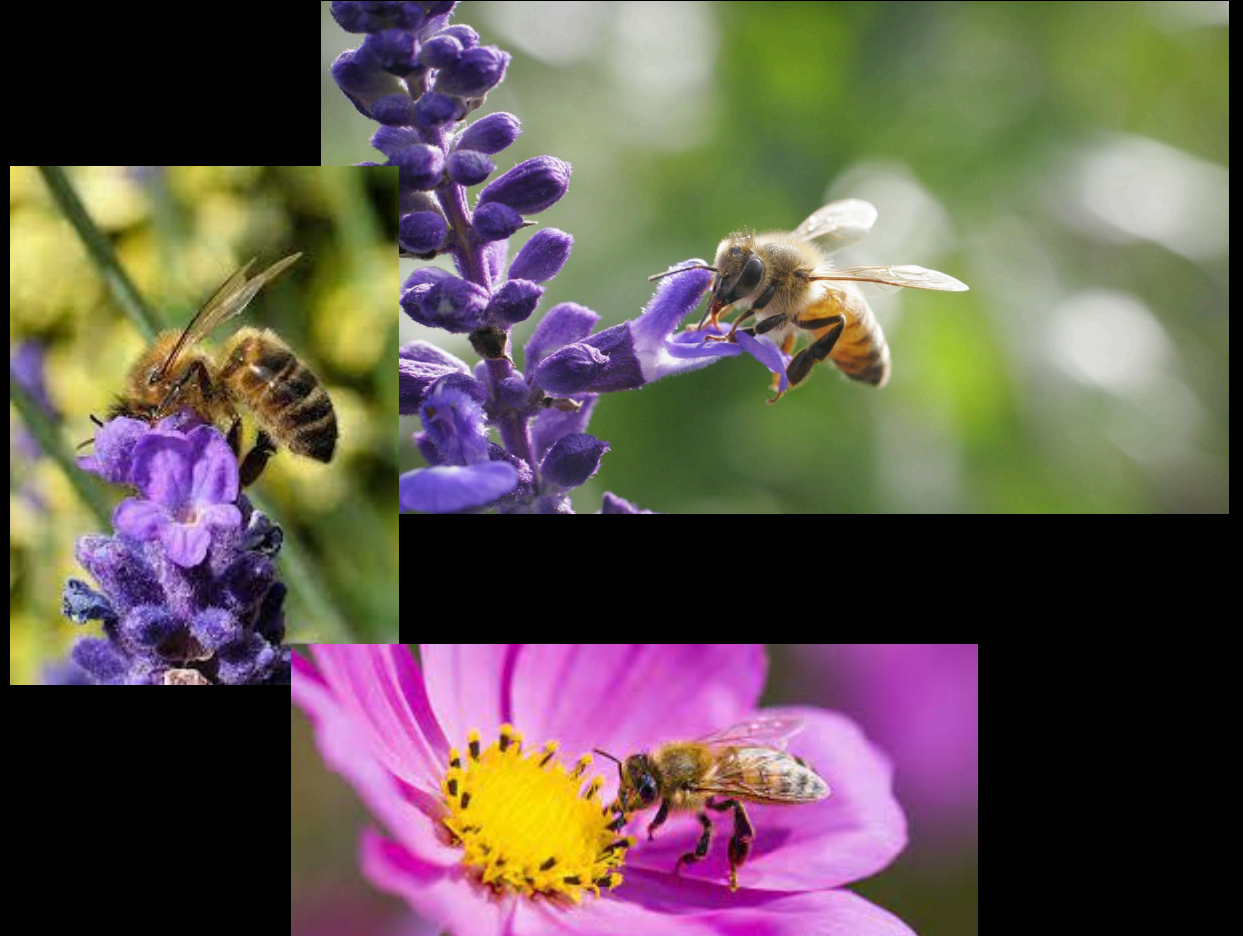
*I was a hidden treasure and
loved to be known...*
Hadith





5. CIRCULATION

Like bees bringing pollen to the hive, intimacy is energized by the food of impressions we bring into a relationship from the outside world.





6. COURAGE

Crossing the gulf of conflict and misunderstanding involves risk. It takes courage to release the force that opens the heart.





6. COURAGE

Bruce: I have to admit that I'm amazed at your fearlessness at addressing conflict. It's like a switch clicks on and you go there.

Karen: When I was a child, the prospect of conflict was threatening — life threatening. I've learned over these years that conflict is really a normal part of life.

Bruce: It's easy for an armchair philosopher like myself to say that, but conflict is uncomfortable. No one wants to go there.

Karen: Yes, there is a palpable discomfort. It brings up strong emotions, like anger, fear, and shame. We try to steer around it or put a band-aid on it. But that's not the same as addressing it. I have learned to put my strong opinion of the misunderstanding on the shelf for a minute, and go towards the person, towards the conflict, and see what I discover. It's a conscious decision.

Bruce: You go into the burning building because you know a baby is inside. To go into the fire of conflict, do you have to see value in saving the relationship?





6. COURAGE

Karen: You are driven by the potential for transformation. That's my motivation. When there is transformation, something is liberated. You have to let go of your position — even if for a minute — to discover something new.

Bruce: Why is this universally so difficult. I am calling it the human impasse. Is it the discomfort?

Karen: I'm on a cancer journey, so I have learned to face discomfort. The fear factor is embracing the unknown. When you put your hardened opinions aside, the ground you stand on is suddenly less secure. I have two friends who went on a hike together every morning until one day, they had a misunderstanding. Boom, for months now, person A is not remotely interested in letting go of her opinion that person B wronged her.

Bruce: Life is too short for that.

Karen: It's like you say, there is a failure of imagination that something better lives on the other side of the impenetrable wall.



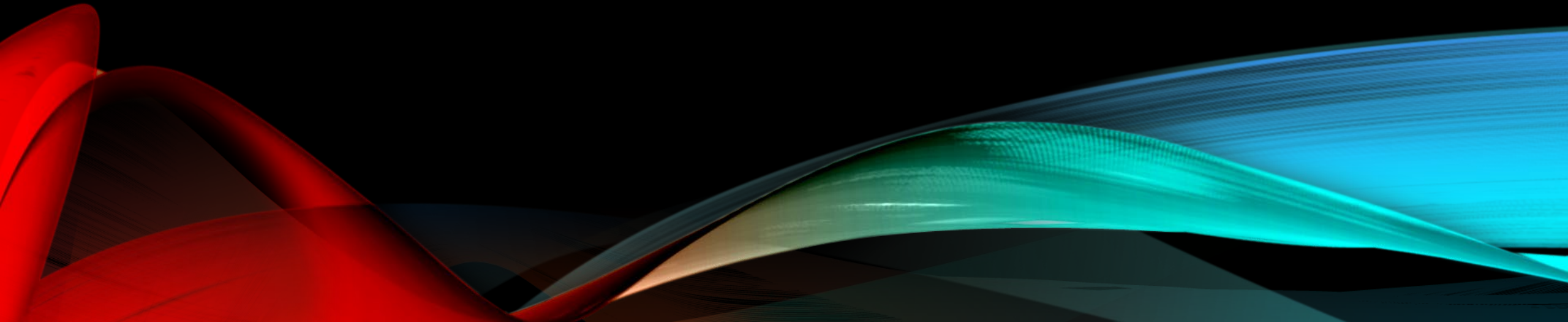
7. CONSTANCY

A commitment made
outside of time
transcends
the walls of despair that
divide us.



PRACTICAL BONDO

12 Steps for Building Deeper Connections





1. LEAN HEART FIRST

Always sit face-to-face
because every encounter is
a relationship.

*Treat everyone you meet like
God in drag.*

~ Ram Dass





1. LEAN HEART FIRST

Always sit face-to-face
because every encounter is
a relationship.





2. ACTIVATE BONDO WITH SELF-REMEMBERING

Prioritize Bondo in all
situations.

Make it a value.

*Man can only become conscious of
himself in relation to other people.*

~ George Gurdjieff



3. BONDO BEGINS WITH SELF LOVE

Don't obsess about needing a partner for Bondo.

"What matters to a warrior is arriving at the totality of oneself."

~ Carlos Castaneda

The opportunity for connection is everywhere.



Can I borrow a cup of Bondo?



4. BECOME A BONDO SPINNER

Like tending a beating heart, Bondo relationships need an occasional spin.





5. CIRCULATE THE LOVE

Don't prejudge what a Bongo opportunity should look like.

Practice radical acceptance.



6. CREATE OPPORTUNITIES FOR BONDO.



We are all hungry for face-to-face connection.

7. HOLD YOUR BELOVEDS IN YOUR HEART



Bondo transcends time and space.

8. PUT YOUR OPINION ON THE SHELF



“I have learned to put my strong opinion of the misunderstanding on the shelf for a minute, and go towards the person, towards the conflict, and see what I discover. It's a conscious decision.”

~Karen Miller



9. BONDO INTERRUPTUS

Resist the urge to interrupt.

The average American
interrupts 12 times a day.
It signals that what the other
says is boring and wastes
your time.



10. IT TAKES ONE TO TANGO

In therapy, it takes two people to be committed to achieve good results.

But with BONDO, it only takes one good communicator to change the whole dynamic in the relationship.



11. WEAPONS OF MASS DISTRACTION

Avoid letting your devices keep you
from the depth of connection you seek.
One thousand Facebook friends do not
equal one really good friend.



12. GIVE THE GIFT OF ATTENTION

The gift of attention is one of the greatest gifts we can offer to another. It is a sacred energy. It says, “You are important to me.

“In life you receive exactly what you give.” ~ Jeanne de Salzman



A MASTER CLASS IN BONDO



<https://www.netflix.com/watch/81122487>

11:22

“THIS MYSTERIOUS ELEMENT WITHIN EACH ONE OF US.”

“It is my belief that every one of us is a vessel that contains a very great energy which goes unattended.

Right now as we sit here, there is something in us that is waiting to be called. And if we attend to it, if we acknowledge it, we will then be in touch with a force that can illuminate. It can transform and shape each one of us and can help to change the world.

When one is still and one listens, then one begins to be in touch with this mysterious element which is within each one of us.”

~ William Segal, 'A Voice at the Borders of Silence'

