

Sacred Zone



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“Not everyone was meant to have intimate access to you.” - Elaine Mofokeng

Over the years I witnessed how the relationships we form can enhance or hinder our progress. Through observation and making my own mistakes, I visualised relationships as a house with different rooms in the form of zones.

There is a zone for running around or playing which is equivalent to the yard. The people in this zone come by invitation only and must leave after serving their purpose.

Then there is the chill-out zone which is equivalent to the lounge area. People in this zone are familiar, with some level of trust, and a shared mutual enjoyment of each other's company.

Then comes the sacred zone, usually the bedroom. People in this zone are carefully selected and continuously monitored. There is love, commitment and loyalty in this zone. These people have witnessed you rise, fall, stagnate, progress and regress but never left. Instinctively we know who belongs in which zone, but the fear of being alone or the desire of constant validation makes us keep the “yard people” in our sacred zone. My question is, “at what cost and to what end?”.

Evaluate the people in your sacred zone and ask yourself:

- How did they get there?
- Do you still want them there?

Remember that people evolve, including you. In this evolution, we may continue to grow and thrive in the presence of some people or shrivel and die in others. Only you can set the boundaries.

Be and Stay Blessed Always!

