

# Becoming a Buddy

## The Naked Voice Approach: Guidelines

### **Buddying is a valuable way to sustain your vision & positive intention**

Choosing to be on a conscious path is a big challenge. We can all do with some support. Buddying is one way of having structured support.

### **Buddying in general**

Buddying offers a challenging and rewarding practice within a specific non-social context. It has boundaries and responsibilities. And it is the clear honouring of those responsibilities that enable two people to fulfil the aims of buddying. Your buddy may or may not be a close friend. However, buddying is about something other. It is solely about learning to witness without judging.

### **What buddying is and is not**

Buddying is a serious commitment between two people to share the experience of each other's spiritual journeys and support the other person's individual journey. It does not mean you do not enjoy the relationship, but it is not about entertaining or keeping the other person happy by being in constant contact.

- You are responsible for your own spiritual development although you are supported. And you are not responsible for where the other person goes on their own path. The relationship is completely built on support and sharing knowledge and experience.
- The buddies are not there to comfort or take part in addressing what is happening to the other person emotionally as a result of life events. Buddying can focus on the impact of life's events on spiritual development but it is not about the emotions or the events themselves. There may be a need to explain what is happening and what one is feeling but the explanation aims to enable both persons to focus is on what is happening spiritually because of these events. It may be that a life event is disabling, but the focus is to use the appropriate practices and techniques that will support your buddy to get back onto the path.
- It is not about friendship or the development of any other human relationship. The clear boundaries are the spiritual journeys themselves. Buddies can get very close but it is a closeness that is centred on the spiritual depth of understanding and commitment. Sometimes it works better if there is not a friendship involved.
- Many aspects of spiritual development can be shared with others with no problems at all. But there will be times when some aspects need to be treated as confidential. If you want to share these aspects of such learning with others, you can usually find a way of telling the story so that the other person cannot be identified.
- Buddying is about sharing developments and mutual learning. When one person experiences a difficulty, the other can talk about how he or she approached a similar issue, solved it or made it feel better. One may recommend books to read, healing experiences to try etc. Besides your principal Naked Voice practice, around which your buddying is built, you may want to share related spiritual practices too.

- If you are confident, you can coach or mentor the other person in relation to a particular part of practice.
- Even when there is no problem, if a significant step forward has taken place, share it so the other person can learn how to develop from a particular sound technique, a vocal or energy movement exercise.
- If there is not a spiritual need to contact the other person, then do not do so.
- At the same time, it is recommended that each takes an interest in the other. So if there is no contact for a long time, maybe there is a need to give a nudge to the other person asking how they are doing. If there is regular practice, there will always be something to share.
- When you have confidence that the other person is there for you, you may find that you do not need them as a result of having the safety net.
- Periodically, it is important that you consciously assess whether you are becoming dependent on the other person. Enjoy the benefits of the other person's support but resist dependency. Dependency can be discussed as an issue of spiritual development.
- Some pairs of buddies like to set up regular contact. Whether you do or not is very personal to each relationship. Others want to be in contact only to share a significant step or if there is a need. You need to feel your way about this.
- Some buddies prefer email to speaking on the phone. Others wish to periodically meet and go for a walk and talk or think together in the peace of natural surroundings.
- It is not a good idea to have more than one buddy at a time for a principal area of development because it can be very confusing.
- If one of you feel that the other is not suitable after a period of time, it is fine to say so honestly.
- Buddying itself is a learning experience. Some people match well at a point in time with someone who is on the same level of development. Others work better when one is more experienced than the other. You will find that the more experienced one learns just as much as the one who is more of a beginner. It is because you are different people, rich in many unique ways. Sometimes you may wish to change buddies because you want to try out different directions with new people.

### **Enjoy your path**

When it works well, you will find the buddying relationship is enjoyable, and indispensable. Buddying can help to keep you on your path and enable you to discover yourself and your higher purpose. Have a wonderful journey!

**For further clarity, contact Chloe or Tim: [now@thenakedvoice.com](mailto:now@thenakedvoice.com)**

*Our gratitude to Judy Ling for co-creating these guidelines with us.*

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