



# Ignite your Spiritual Life

**Webinar Three:**

**Conversations shape the space**

**where we meet**



**Awareness,**  
**Compassion, Wisdom, Strength,**  
**Abundance,**  
**Joy, Humour**

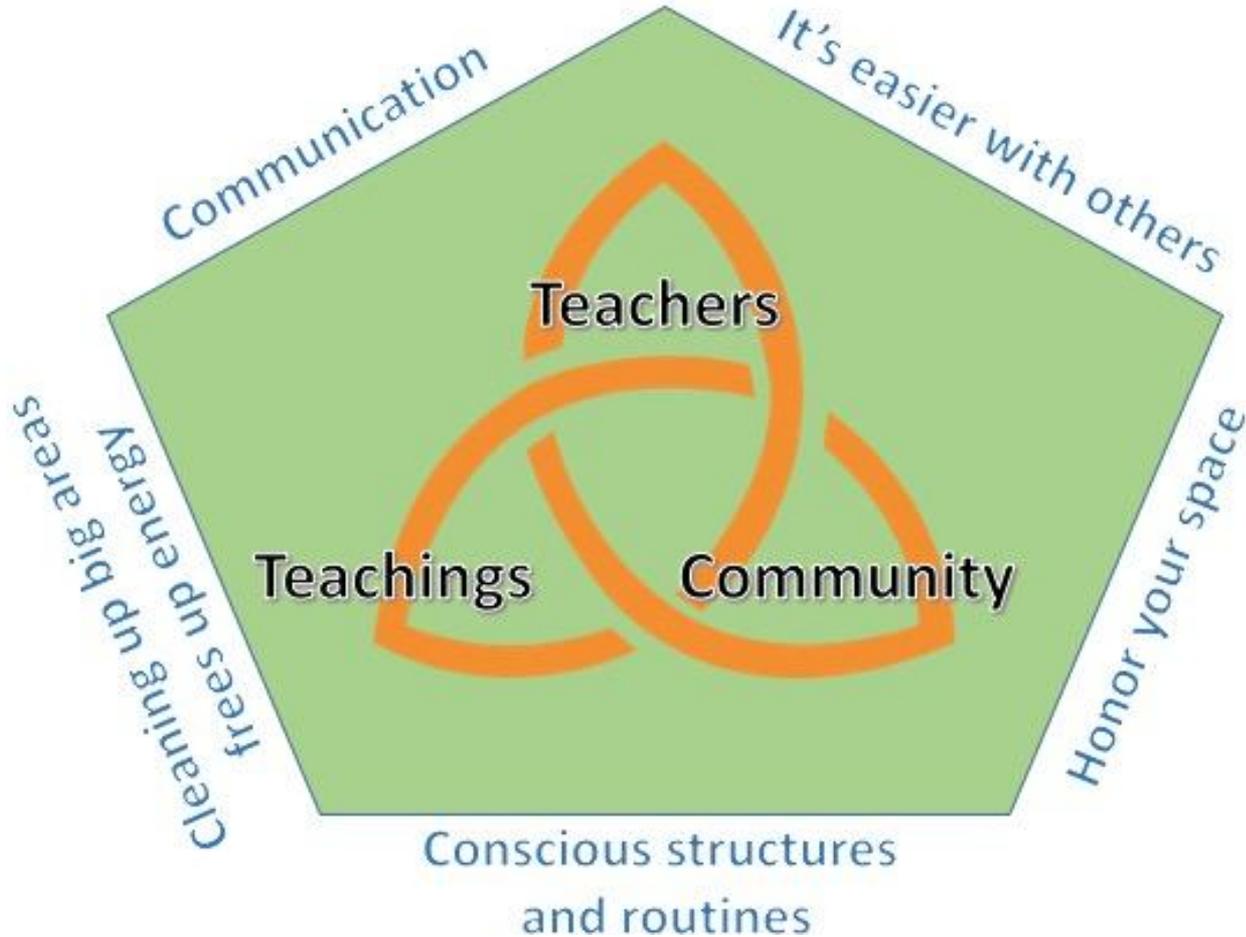


# Today's class structure

- Welcome & recap
  - Why practice mindfulness?
  - Opening mindfulness practice
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- Conversations shape the space where we meet
  - Barriers to communication
  - Tools for generative conversations
  - Breakout room
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- Q&A and closing

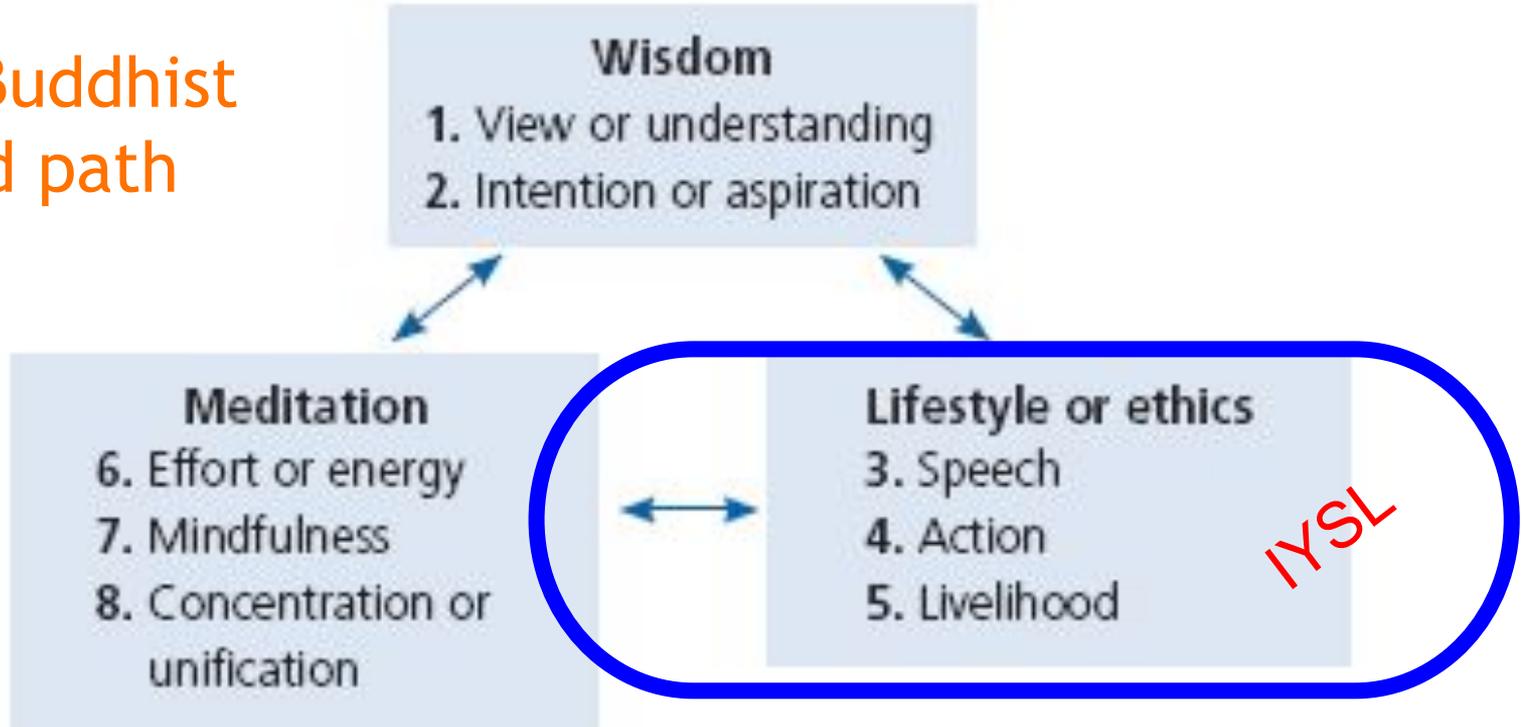


# A complete spiritual support structure



# Why the spiritual container ignites your spiritual life?

## The Buddhist 8-fold path





# Recap: Honor your space

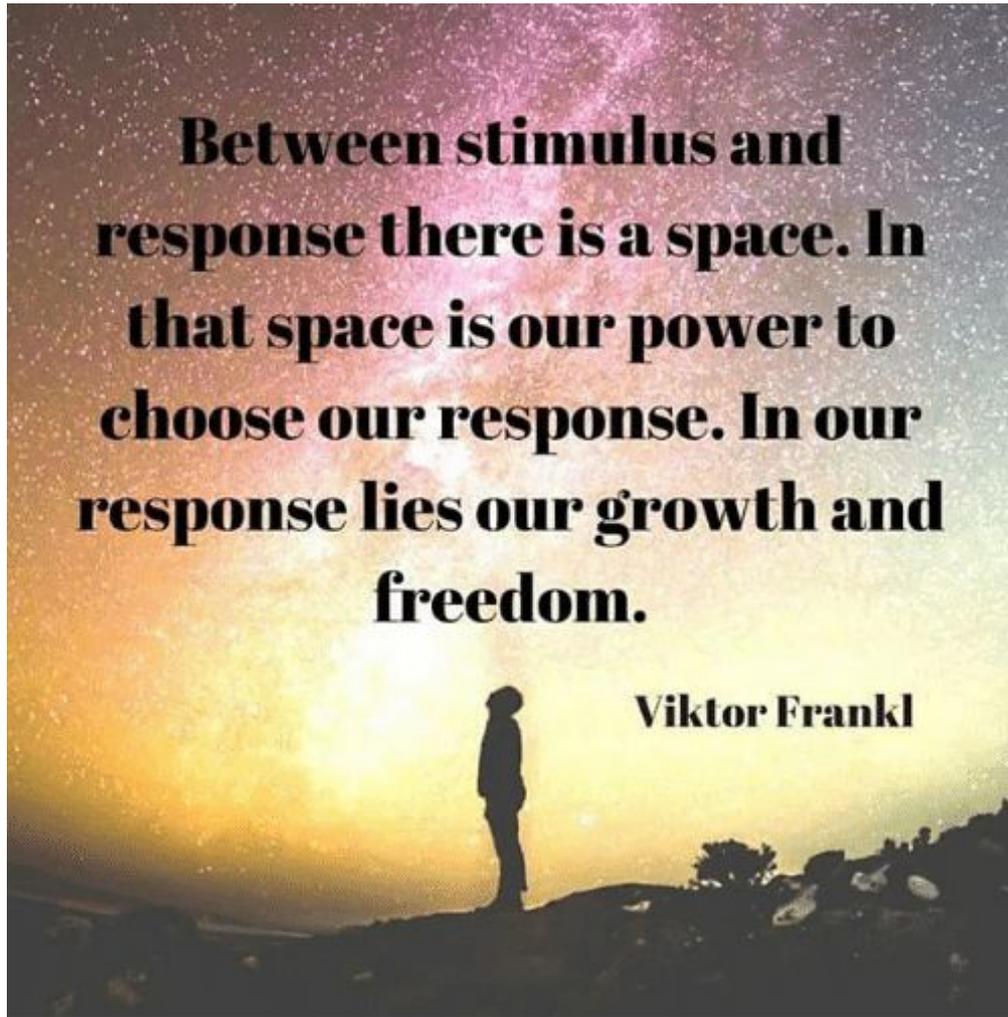


# Recap: structure and routine are your friends



**Between stimulus and  
response there is a space. In  
that space is our power to  
choose our response. In our  
response lies our growth and  
freedom.**

**Viktor Frankl**





# Conversations shape the space where we meet





# Words are powerful

Have you noticed how:

- one wrong word can ruin a great day
- a few kind words can transform a really tough day.

Words are powerful - like nuclear bombs!

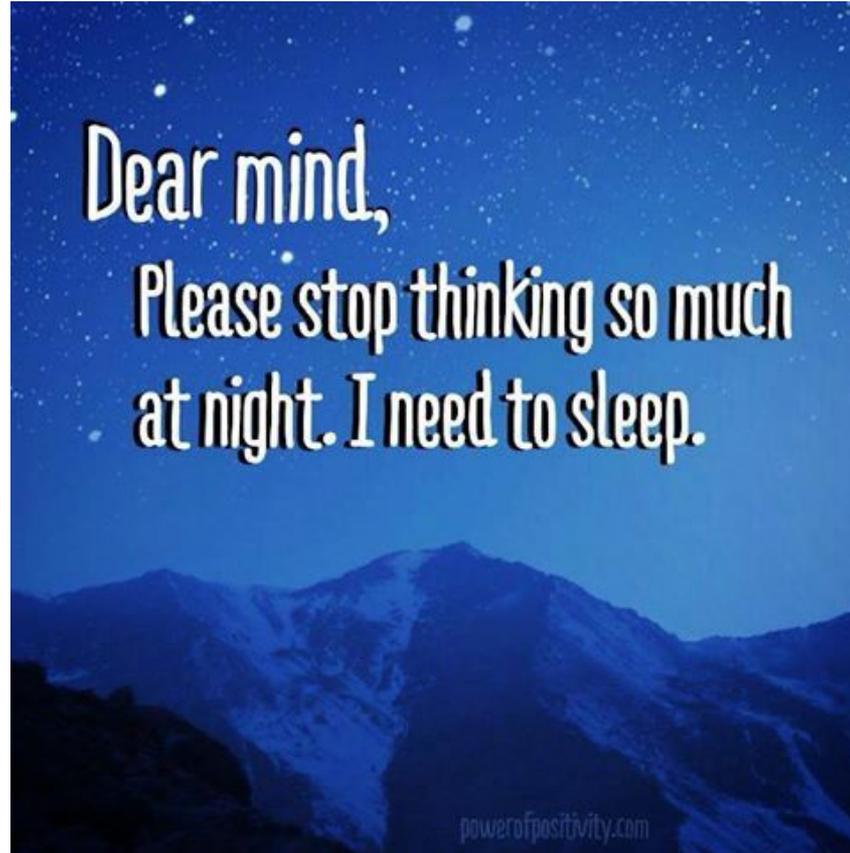


# Communication in groups

Communication for groups is even more complex. Tools like Open Space technologies, Thinking Environment or stretch collaboration or the Ulab are incredibly helpful to create an alive and dynamic meeting space.



# Outer speech drives inner dialogue





# Advice from 2500 years ago

## Buddhist precept on speech

### **Traditional expression:**

I undertake to train myself to abstain from false speech

### **Positive expression:**

I will train myself to communicate in a skillful and  
compassionate manner



## Advice from 2500 years ago

### A Buddhist precept from the suttas (texts)

“And what is right speech? Abstaining from lying, from divisive speech, from abusive speech, & from idle chatter.”

"Monks, a statement endowed with five factors is well-spoken .. Which five? It is spoken **at the right time**. It is spoken **in truth**. It is spoken **affectionately**. It is spoken **beneficially**. It is spoken with a **mind of good-will**."



before you speak

**THINK**

**T** ... Is it true?

**H** ... Is it helpful?

**I** ... Is it inspiring?

**N** ... Is it necessary?

**K** ... Is it kind?

It takes two to tango!





## Chat question

What kind of difficulties do you run into around communication?



## Barriers to good conversations ...

1. I expect you to communicate the way I do
2. Poor listening skills
3. I expect you to read my mind
4. Unstated and/or unconscious agendas



1. We expects other people to communicate the way we do.

## Barriers to good conversations - poor listening!

2. How do we learn to listen well?





## Barriers to good conversations - poor listening!

**Deep listening, Generous listening, Listening from the heart,**

- 1. Attending to:** our physical sensations, thoughts, and emotions.
- 2. Attending to:** the voice, facial expressions, gestures, pauses, underlying meanings, and rich nuances that accompany the spoken words of others.

# Four Ways of Talking and Listening

Enacting new realities

Presencing

What I am noticing here and now is..

Dialoguing

In my experience...

Downloading

The truth is....

Debating

In my opinion....

Reenacting existing realities

(From Otto Scharmer)



# Tips for better communication

Active listening &  
mirroring back





## Breakout room

- Typically when you speak, how much time do you spend in each quadrant downloading, debating, dialoguing, presencing?
- When you are listening, which quadrant do you spend most time in?
- Can you think of examples where you felt “presencing” happening in a conversation and what was this like?



# Non-violent communication

## The NVC Model



3. We also expect other people to be mind readers!



# Left Hand Column exercise

4. How do we become more conscious and clean about our hidden agendas?

<b>Left Hand Column</b> (what I was thinking and feeling but not saying)	<b>Right Hand Column</b> (what was actually said by me and the other person)

## 6 month small group coaching





# Experiencing a retreat



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



May these wholesome and powerful activities eliminate negativity and ignorance while producing happiness and illumination for the uplifting of the world!

