



Three Centered Communication

The Journey School

May 5th, 2022



Introduction

The practical, specific, psychological, relational nature of the Work and its ideas.

Miscommunication



The problem with communication is that we think it has occurred

Multiplicity



Technology





Negativity

Communication is one of the most transparent places where our Being is revealed and where negative emotions can seep through the cracks of our polite façades.

Negative Emotions and the Four Horsemen:

Criticism, contempt, defensiveness and stonewalling

Angry, hateful, violent communication

Falseness

Outer parts of centers... more superficial communication: small talk, jokes, talking about the weather, sports or the mindless repetition of cliches, etc. ...

Surface self – non-authentic

Lying, gossip





Cultivating Peaceful, Conscious and Loving Listening and Speaking Skills

Practice three centered self observation of your listening and speaking

Practice non-identification or inner separation: *this is called...*

Use I statements





Cultivating Peaceful, Conscious and Loving Listening and Speaking Skills

Discover and apply insights from Nonviolent Communication method:

Step one: Observation

In our meeting today I noticed...

Step two: Feelings

I felt ignored...

Step three: Needs

I need to feel my opinion matters...

Step four: Requests

Can you not text on your phone when I am talking in the meeting...

Next Week's Homework

- Choose a past conflict that began with a communication breakdown. Review your role in the miscommunication or conflict. Notice which centers were involved. Study yourself.
- Observe how you communicate over the course of multiple conversations with the same person or different people. Notice your patterns. In what way are you the common denominator?

