

Conscious Communication Guidelines

1. Speak for yourself, using “I think,” “I feel,” or “In my opinion,” when expressing yourself to the group, rather than attempting to express the opinion of the whole group.
2. Take responsibility for your feelings. No one can make you feel anything you do not choose to accept.
3. When another person is speaking, listen and demonstrate your presence and engagement verbally or non-verbally.
4. Speak to elevate, be honest and establish a shared compassion and reality.
5. Speak from your own heart, take ownership of each word as it expresses your heart and reality, not that of others.
6. Be aware of your personal assumptions, preconceptions and beliefs and use the neutral mind to fully let in the infinite possibilities of the moment and honor the reality of the other.
7. Express and welcome divergent viewpoints (agree to disagree) with the techniques of harmonious

communication.

8. Be as succinct as possible.

9. One conversation at a time.

10. Keep discussion oriented towards solutions and highest good.

11. Focus conversation on people who are present.

12. Kindness in communication is always well received and can help you make your points clearly.
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"Never be right or wrong, always be neutral. Speak not through the positive mind or the negative mind, but from the neutral mind."

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