

The Power of Conscious Communication

Conscious communication is the natural vehicle of our further and fullest evolution. Does that make sense to you? In the vigilance of being conscious as we interact, awareness grows... Joy bubbles up... I come alive... We come alive...

Life is relationship at every level. Therefore, life happens in the interaction. Then, *how* we encounter ourselves, *how* we encounter each other, *how* we respond, *how* we communicate, directly affects the quality of living and how we evolve, individually and collectively. Our conscious awareness in the moment ensures that we are moving in harmony with our deepest values, with life itself.

The practice of conscious communication – as in the four-step process of Dr. Marshall Rosenberg’s *Nonviolent Communication* – has proven itself to be powerfully transformative. Deep listening coupled with skillful speech supports the shift in consciousness that is emerging at this time on planet Earth.

There are immediate and directly-felt consequences in choosing the challenge of consciously evolving our relational life. The practice of conscious communication has the power to:

- open the heart
- foster integrity
- clarify vision
- evoke synergy
- spark creativity
- welcome diversity
- ground our experience
- align us with inner wisdom
- ignite, transform, awaken
- connect us with the sacred

"The quickest and the best route to wholeness is honest communication with yourself and others."

Susan Campbell, *Getting Real – 10 Truth Skills to Live an Authentic Life*

"All you have to do is to be aware of your thoughts and emotions – as they happen."

Eckhart Tolle, *Oneness With All Life*
