



VOCABULARY for CONSCIOUS COMMUNICATION

- **Awareness** – The great mystery, true nature, what we are, what we are searching for. With conscious awareness comes transformation and freedom.
- **Avoiding emotional awareness** – Strategies of self-protection to shield ourselves from uncomfortable feelings; thus, focusing attention outward with judgment, criticism, comparison, diagnosis, blame, etc.
- **Conflict** – Two or more persons with opposing opinions, strategies or approaches regarding an issue.
- **Ego** – Essential for navigating life, *not* our true nature, mistaken identity, thought-driven sense of self.
- **Emotional Intelligence (EQ)** – Includes the ability to identify and name one's own emotions, the ability to harness one's emotions in positive behavior, the ability to regulate one's emotional states, and the ability to effectively manage relationships. {Daniel Goleman}
- **Emotional Liberation** – The capacity to be conscious of and take responsibility for our intentions, feelings, needs and behavior. This supports us in being present, mindful, compassionate, empowered, and emotionally regulated. {Marshall Rosenberg, 1934-2015}
- **Enlightenment** – Your natural state of *felt* oneness with Being, the end of suffering. {Eckhart Tolle}
- **Empathy** – Our capacity for skillful, heart-felt support and connection. Practice fine-tunes this skillset.
- **Empathy Buddy** – Another person willing to meet for structured conversation and exploration; to share and connect, to practice listening, to cultivate empathy.
- **Feeling** – The present moment physiological response: emotion, feeling, body sensation.
- **Forgiveness** – Realizing that I no longer wish to hold another responsible for my experience of pain.
- **Freedom/ Liberation** – Not believing my thoughts. **Suffering** is believing my thoughts. {Byron Katie}
- **Happiness** – A natural state of peace and clarity, free of sadness, anger, fear and any other stressful emotion. Happiness is our birthright. {Byron Katie}
- **Intention** – The quality of consciousness that we bring into an action or endeavor.
- **Life-alienating Communication** – A conditioned way of communicating that alienates us from our natural state of compassion, a style that is harmful to ourselves and others, using 'power over' strategies, holding moralistic judgments like good-bad, right-wrong, higher-lower. {Marshall B. Rosenberg}
- **Life-serving Communication** – Language and behavior arising from the appreciation of mutual feelings and needs. Employing 'power with' strategies in contributing to life. {Marshall B. Rosenberg}

- **Love** – The fundamental quality of Being. As the Buddha taught, there are two expressions of love that naturally heal and free us: a) *Metta* – unconditional friendliness, warmth, care. b) *Karuna* – to ‘feel with,’ to bear suffering with active caring, compassion. {Tara Brach}
- **Mindfulness** – Moment to moment, non-judgmental awareness, cultivated by paying attention. Mindfulness is a way of befriending ourselves and our experience, a way of being present and engaged. {Jon Kabat-Zinn}
- **Non-Attachment** – Expressing myself with awareness of my feelings, needs, and wants—not attached to a specific outcome. Requests are *not* demands. Either a “Yes” or a “No” is received with appreciation.
- **Nonviolent Communication, NVC** – Principles and practices that strengthen our ability to remain human, even under trying conditions. NVC fosters respect, attentiveness, empathy, and engenders a mutual desire to give from the heart. {Marshall B. Rosenberg}
- **Power Struggle** – Two parties enacting the conditioned mindset of manipulation and control in the attempt to establish power over each other.
- **Power Over** – A traditional relationship in which one person has power *over* another person, or one group *over* another group, or one nation *over* another nation. Tactics of coercion, manipulation, control.
- **Power With** – *Power with* is at once relational and collective. This creates new possibilities from the very differences that might exist. Adversaries are seen as potential allies. {Mary Parker Follett, 1868 -1933}
- **Presence** – Silent inner wakefulness, welcome, warmth and love, your true nature.
- **Relational Repair** – A way of bringing healing to harm we’ve brought to another. This involves a) expression of our regret, apology, sorrow, b) empathy for how they were affected, and c) dialogue with a focus on re-establishing *resonant connection*. {Sarah Peyton}
- **Spiritual Partnership** – Partnership between equals for the purpose of spiritual growth, conscious evolution. {Gary Zukav and Linda Francis}
- **Suffering/ Stress** – The sense of feeling alone, unsafe, burdened by unresolved issues, resisting what is, recycling of conditioned beliefs. This discontent can serve as a catalyst for healing and liberation.
- **Time Out** – Pushing the ‘Pause Button’ to bring back presence, mindfulness and emotional regulation.
- **Trauma** – Debilitating symptoms in the aftermath of overwhelming experiences. Trauma is the most ignored, misunderstood and untreated cause of human suffering, bringing loss of connection to ourselves, our bodies, to our families, and to the world around us. {Peter A. Levine}
- **Trauma Healing** – Restoring the wisdom of the body, rekindling connection to oneself, others and to one’s life. The healing process can be a catalyst for profound transformation and awakening.
- **Universal Human Needs** – Basic human needs for well-being; life seeking expression through us; the beauty of our shared humanity; the innate human motivation to realize our highest potential.