

Lesson 1: Vision for our Group, Communication Exercise

LOVE: to be wild at heart. A soft feeling. The sweetness of life. A sensitivity to our soul, both individually and collectively. A moment to moment celebration.

FIDELITY: once a friend, always a friend.

VISION: always uphold the vision. Never sacrifice the common vision for personal gain or commonly-shared mediocrity.

HONESTY: directness in communication and activity. No hidden agendas. keep agreements.

FEELING: put self in the other's shoes. Approach that one so as to maintain the space of openness and love. Practice listening. No gossip. No argument.

NO OBSTACLE: when conflict arises, sit down with the person or group and communicate directly, with openness and the commitment to resolve the conflict.

ENERGY: maintain vital energy and positive mind, so relationships are not tainted with negative emotion and reactions.

CREATIVITY: do some creative work everyday. Make everything you do a process of love, harmony and beauty.

VALUE: always value the other as you value yourself.

TOLERANCE: be less quick to judge others and more radical at calling oneself to task.

SUPPORT: look for ways to support and give to each other. Create opportunities for the other's dreams to be realized. Live for one another.

CLARITY: communicate. Be available. Complete all cycles however small or large. Rest "clean".

COMMUNICATION EXERCISE:

Communicate clearly and simply with purpose. Use these steps to ensure clear communication.

1. Stop. See. Feel. Touch. Communicate.

- a) Stop yourself. See/sense the clarity of the idea you are about to communicate. Feel the receiver. Consider if this is the right time and the right place to make your communication.
- b) Make touch contact. Make eye contact. Stop the body, the mind and the eyes of the receiver.
- c) Communicate.

2. Stop. See. Feel.

Stop and see/feel if the communication went through. If there is doubt, communicate again, repeating #1.

3. Understand and Agree

- a) Ask, do you understand, do you agree? It is essential that the receiver stops immediately and opens completely to consider the truth of the communication. Practice conscious seeing together until you are moving in the same direction. Never give your word to what you don't fully understand and agree. Never accept the word of someone who will give it without, before first fully understanding and agreeing within.
- b) If there is a lack of understanding or agreement, work together for clarity. Use the Vision for Our Group guidelines to harmoniously come to understand and agree to the same truth. Where applicable, take the receiver back to the originator of the communication.
- c) Understanding and agreement are confirmed when the receiver repeats the communication accurately, exhibiting through language personal responsibility.

4. Keep your Word.

Keep Your Word, No Excuses - No Arguing - No Lying. Change direction only if you are able, with the power of the clarity of your new vision, to inspire those with whom you made the agreement to change direction and form a new agreement. To support follow through of the receiver's word, it may be necessary and wise that:

- a) Receiver writes the communication.
- b) Receiver signs and dates the communication.