

Living the Language of Love

4 Practices to Grow Connection During Challenging Times

Connection

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brené Brown

Communication is one of the ways we exchange the energy of connection— within ourselves, and with others-- on a daily basis. We are wired for connection, yet during challenging times, we can default to communication habits that interfere with our experience of connection.

This worksheet suggests four communication principles and companion practices that can help you develop a greater sense of connection.

Sending Light ahead, I hope you find it helpful. ❤️

Conscious communication is a doorway to conscious connection

Principle #1

Conscious Communication requires outer action to emerge from inner awareness.

Practice #1

Learn to become a *neutral* observer.



In order for us to communicate more consciously, we need to first cultivate our capacity to notice what is going on inside of us— *without judgment*. Conscious communication is possible when we are able to regulate ourselves to be in **response** rather than in **reaction**. Through neutral observation (within ourselves, of how we are relating to the interaction) we can begin to recognize when we are being activated, and in that moment, we can choose how to respond.

As we develop greater mastery in awareness of ourselves, it will naturally be possible for us to observe other people & situations with greater neutrality, too. Can you see how this might generate greater connection?

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Principle #2

It's not just what we do.
How we do it matters, too.

Practice #2

Listen to *connect*,
not to deflect, reject or direct.
Really listen.

Communication is a two-way energetic cycle of giving and receiving. Both parts are integral to the experience of connection. Becoming a skillful receiver of incoming communication is a key in connecting consciously with others. . Seek to understand, deeply, and listen with the ears of your heart.

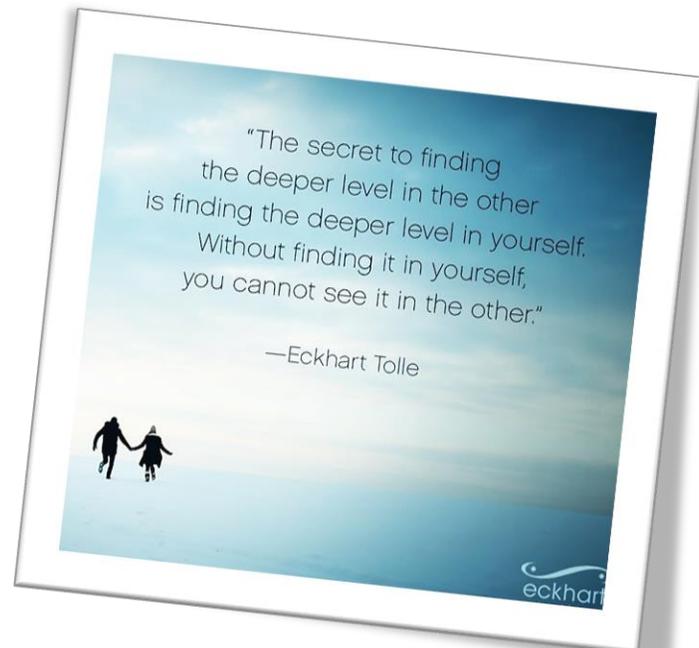
Make a concerted effort to really be present with the person speaking to you. Lay down your worries about the past or fears about the future, and show up. Fully. Set aside your busyness. Just for a moment. Recognize that any attention you give to your own thoughts will actually serve as a barrier to receiving. Honor the exchange as the sacred process that it is, as if the conversation truly matters, soul to soul.

Principle #3

Our experience of connection does not come from 'the other' person, place or thing. It comes from *inside* of us.

Practice #3

Commit to a 14-day process of self-appreciation, and see what happens.



Outer reality is a reflection of inner reality. If we struggle to experience connection with others, odds are that we also are struggling to feel connected inside— to ourselves. Said another way, if we have a strong inner critic, it is very likely that we will also have a strong outer critic. Either way, it can limit our experience of connection.

Think of this self-appreciation practice as a laser-focused gratitude practice, where you identify at least 3 times during the day that you appreciate how you showed up, how you engaged with your day, who you were as a person, or lovely things that you did. Be specific, and make sure that the appreciation centers around YOU! You'll be amazed to see how much more space you can hold for others, when you genuinely appreciate yourself.

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Principle #4

Energies of resistance, fear, right, wrong, disappointment... all interfere with connection.

Practice #4

Travel up the Soul Line to find altitude; start the conversation from there.

It is not possible to experience connection when we are attached to a position— when we are defending our perspective. In those instances, we might be talking AT others, but we are surely not connecting WITH them.

But take a tip from Non-Violent Communication: raise above the details to find some common ground— especially in challenging conversations. What can you agree on? What aspirations do you share?

The Soul Line holds the antidote for any tension that resides on the Goal Line. The closer you can get to the altitude of Love, Compassion, Joy, Creativity, and Appreciation, the issues on the Goal Line dissolve, and the experience of connection is what remains. But don't take my word for it. Give it a try!

**When in doubt,
ask your highest self:
What Would Love Do?**

Love is always glad to guide us



If this material resonates with you and you would like to participate in an interactive session designed to help deepen your understanding & integrate some of these concepts into your wild and sacred life, I hope you'll join me via Zoom, December 15th 2020, 6:00pm – 7:30pm.

It's completely complimentary! [Register here.](#)