

Notes from Open Space Topic Convenors

What was your topic or practice?

Language: barrier or support to healing and how can caregivers open their hearts to those for whom they are caring?

What were major discussion points?

1. The actual language is important and the setting (emotional, spiritual, relationship, heart) is important. They are inseparable. Mindfulness in one can help forgive mindlessness in the other.
2. Labels are shortcuts than can lead to more problems.
3. The recipient of any language will take it in variably; follow-up is essential.

What did you learn?

1. Language must not increase a feeling of separation.
2. Find the language that opens one heart to another.
3. Use language that allows the other to understand that you understand that they understand that you understand what they are feeling.
4. Examine how you “know” when you have touched each other’s heart with your communication.
5. Say something positive.
6. Language is very powerful; be mindful.
7. It may help to use remembering exercise before using language: “define a word or phrase that remembers the highest light you can imagine; repeat that word or phrase into your heart and then speak from there.”

Whom should we contact for more information?

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Who helped create this new practice?

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