

Notes from Open Space Topic Convenors

What was your topic or question?

How does one stay true to self and not alienate others when taking a stand on healing health care ethics, aka finding the balance of standing firm in one's truth without shutting others out?

What were major discussion points?

- The good little girl/people-pleaser syndrome
- The peacemaker/don't-ruffle-feathers syndrome
- Compromise vs. consensus
 - Compromise is easy and quick, but everybody loses.
 - Consensus takes real communication and appreciating another's point of view.
- Being authentic
 - Changing colors to meet the situation? (chameleon effect)
 - Wearing/taking off masks (appropriate or not?)

What did you learn?

- We must BE healing health care through conscious intention and awareness.
- Stay aware so that when you begin to change colors or put on a mask, you recognize this and can make a conscious choice to do so or not.
- Tune in to intuition (Expanded/Higher Self) to FEEL when we are not PONO (in that right place).
- Ask WHY we are putting on a mask or changing colors (could at times be appropriate thing to do).
- Bottom line: JUST TAKE OFF THE BASKET, AND LET YOUR LIGHT SHINE!

Whom should we contact for more information?

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