

Spiritual Conversation

What is Spiritual Conversation?

- Communication is not easy, at times we feel misunderstood or that our voice is not being heard
- In daily life we have 'ping-pong' conversations without going deeper or understanding what a person is really expressing, this can be frustrating
- Spiritual conversation is a simple way to share as a group, to get to know each other in a balanced and respectful way
- Spiritual conversation can help a group notice how it is moving forward together
- Spiritual conversation has two key aspects that help us to communicate respectfully:



A) Active Listening

- The purpose of active listening is to understand the other person
- As I listen, I use body language to show that I am listening (e.g. eye contact, head nodding, etc.)
- Active listening does not mean that I have to agree with the other person
- I avoid doing two things at once (e.g. avoid looking at a phone while listening)
- This requires patience, humility and openness

B) Intentional Speaking

- I honestly express my opinion and feeling about the topic
- As I listen to people sharing, I also notice my own feelings, especially strong feelings such as resonance, anger, confusion etc.
- When it is my turn to speak, I can choose to express these emotions or not
- I do not blame others for my own feelings
- When speaking I use 'I statements' such as "I feel sad about..." rather than "You are..." or "We think that..."

Spiritual Conversation Has 3 Rounds

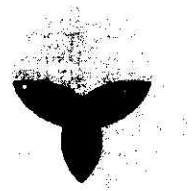
Round 1

- **Sharing Content:** What is my opinion and feeling about today's conversation topic? (the fruit of my personal reflection time)
- After the first person shares, we move in a circle (e.g. the person on the right shares next)
- Each person has a certain amount of time to share (e.g. today it is 4 minutes per person) so that it is fair for everyone
- I listen actively to others and, when it is my turn to speak, I speak intentionally
- After a person has finished speaking, there is a pause (e.g. 5 sec.) and then the next person begins
- I do not interrupt others
- When I listen, I accept that each person is an expert in their own opinion
- There is a pause between rounds



Round 2

- **Sharing Content:** What did I hear in Round 1 that struck me most?
- For example, was there a phrase, image or common point that struck me?
- I share about what I heard others say in Round 1; I do not share my own opinion here
- Time: shorter than Round 1 (e.g. today each person has 2 minutes in Round 2)
- Anyone can start sharing when ready, we do not have to move to the right side each time
- Sharing is welcome, but not every person needs to share in Round 2



Round 3

- **Sharing Content:** What do I feel is the core or essence of today's conversation?
- This may be a phrase, image or direction that I felt touches on this essence
- The time of Round 3 is shorter e.g. 1 minute per person
- Not every conversation requires Round 3, but today we will use it
- After everyone has shared once, there is time for free discussion
- We continue to use active listening and intentional speaking in Round 3

Spiritual Conversation Format

1. **Blessing:** *We ask that our conversation today proceed with love*
2. **Check In:** *How are you doing today?*
3. **Personal Reflection Time:** *Quiet time to reflect on today's discussion question*
4. **Round 1:** *After the personal reflection time, each person shares the fruit of their reflection (my opinion and feeling)*
5. **Round 2:** *What did I hear in Round 1 that struck me the most?*
6. **Round 3:** *What do I feel is the core or essence of our conversation today?*
7. **Review of the Meeting:** *What did I find helpful about our meeting today? What can we improve?*

