

Staying Current Guidelines

GUIDELINES

- Bring your whole being- body, mind, heart and soul into the conversation.
- Stay in your body and observe the physical sensations that you're having.
- Use physical sensations as energy.
- Avoid judgements of the other.

INVITATION

- Choose an appropriate time to stay current with yourself, another person or the group.

CONNECTION

- Describe the issue that is troubling you.
- Share your feelings and acknowledge patterns.
- Allow the listener(s) to repeat back to you what you've said.
- See what is true for the other and avoid judgements of the other.
- Share points of view and responses.
- Stay open to the wide range of options for resolving. Realize that the greater number of perceived options increase the likelihood of a more positive outcome.
- Acknowledge that there are multiple points of view.

LEARNING AND CLOSURE

- Describe the learning.
- Create agreements.
- Review the staying current process and reflect on intentions.
- Express appreciation and gratitude.



"We had worked for most of our adult lives inspired by the belief that all of us possess a vast, untapped potential to learn, to love, to feel deeply, to create, and that there are few tragedies so pervasive, so difficult to justify, as the waste of that potential."

- George Leonard