

### 🌀 **New Meaning**

What do you see in the graphic below? A chaotic pattern of black and white blotches? That's usually the first impression. At some moment,



however, we suddenly see something else. We see a giraffe. The sensory information hasn't changed but we see it differently. We see *new meaning*, meaning that was at first hidden. This meaning reveals the head of a giraffe. This revelation arises by way of an organizing idea—the concept *giraffe*—an idea we bring to our perception.

The same idea holds true in our speaking and listening. Compassionate Communication gives us a body of organizing ideas that enable us to see and *read* new meaning in our encounters with others and in the dialogues we have with ourselves. It gives us greater ability to foster understanding, connection and compassion. That is its intention, goal and possibility.

### 🌀 **The Phenomenology of Communication**

At the genesis of Compassionate Communication is an intention—the intention to connect such that everyone's voice matters, and what is alive for each is sacred. We focus on the basic phenomena present in our everyday communication. If we're clear and present, we discover four aspects, whether spoken or not, that are present: *observations, feelings, needs and requests*. Something happens that matters in our world, a feeling is stirred, we're aware that a need is calling, and we make a request. We *language* our becoming. We speak.