

PARTICIPATORY CONSCIOUSNESS:
FOSTERING UNDERSTANDING & PARTNERSHIP



...we learn to 'dwell' imaginatively in the form of living beings with a thinking that participates rather than remains as the external observer.

Nigel Hoffman, Goethe's Science of Living Form

- OBSERVATIONS**
- Are differentiated from **evaluations**.
 - State what is, without spin.
 - Are factual, observable phenomena.
 - Are what a video camera might record.
 - Support seeking common ground.
 - Welcome clarification from the other person.

- FEELINGS**
- Are differentiated from **thoughts**.
 - Give us information; thoughts interpret.
 - Voice how our becoming is going.
 - Are not caused by outer impressions.
 - Are not "I feel that...", "I feel like...", or "I feel you/she/they etc..."

- NEEDS**
- Are differentiated from **strategies**.
 - Are universal; strategies are personal & specific.
 - Language our human becoming.
 - Are at the root of our feelings.
 - Connect us to our shared humanity.
 - Foster compassionate connection

- REQUESTS**
- Are differentiated from **demands**.
 - Have no conditions; demands do.
 - Best be positive, concrete & presently doable.
 - Strive to meet everyone's needs.
 - Clarify what's been heard, what feelings are present, or what action might meet the needs.

The social aspect of the spiritual life demands that I open myself to the other, invite him to express himself in me. In this way I am able to experience his questions of inner development as my own.

Dieter Brüll, The Mysteries of Social Encounters