Dialogue and Discernment

Center for Receptive Communication

www.receptivecommunication.com
The Heart of Dialogue and Discernment

• Dialogue and discernment begins groundedness and presence, out of which openness and receptivity naturally emerge.

• This is an openness to all that is alive in others, in ourselves, and in the whole context in which we find ourselves.
Listening to the Heart

• As we listen we may notice thoughts, feelings and something underneath these thoughts and feelings.

• Underneath these thoughts and feelings are our deepest desires and the desires of others.

• These are desires of the heart live in all of us. They are the motivating force that drives our every word and action.
Understanding Heart’s Desires, Needs, Values

❖ Humans have a core set of needs that are commonly shared with other humans. These are what Rosenberg (www.cnvc.org) calls Universal Needs.

❖ Universal Needs include what we need to survive, such as air and food.

❖ Universal Needs also include what we need to thrive, such as respect, freedom, understanding, belonging, and purpose. This second set of Universal Needs, the ones we need to thrive, can also be called our Heart’s Desires or Heart’s Longings, Values, Motivating Forces, or What’s Important to Us.
• Saint Ignatius of Loyola counseled followers of Jesus to see their heart’s desires as central motivators, as the place where the Spirit prompts us to life-giving action.

• He encouraged people to listen to the deepest desires of their heart’s and discern the way of living out these desires.
Feelings Point to the State of Our Needs

• Feelings are indicators of the state of our needs.
• Feelings we enjoy tell us that a need or needs are being met.
• Feelings we don’t enjoy tell us that a need or needs are not met.
• All feelings, the positive ones or feelings we enjoy and negative ones or feelings we don’t enjoy give us important information in discernment. They point us beyond the feeling to our heart’s desires seeking fulfillment.
Dialogue & Discernment

When engaged in dialogue, we listen to our own hearts, to the hearts of others, and to the needs that are alive in the whole context in which we operate. These needs or heart’s desires can be the leaders in this process. When we approach one another and our desires with great reverence I-Thou relating emerges.
Trainings, Workshops & Retreats
Creative, Collaborative Project Development
Dialogue & Discernment Research

Center for Receptive Communication
unleashing the power of listening

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