

Welcome to Week 9 to ED 815

13 October, 2019

Dear Colleagues,

Welcome to Week 9 of the Integrative Inquiry/Mindful Compassion Course!

Can you believe we are already here?

So, last week, we introduce that there are 2 parts of any conversation: 1) The content and 2) the feelings. We discussed how you could practice this in dialogue with your cohort buddy, a family member, or a co-worker. And this is the practice of 1) “what I heard you say is...” - that would be listening for content and repeating it back until understanding is reached. And then there is the “what I am hearing you feel is...” – that is the listening for feelings to affirm that the human senses they are fully seen.

There can also be the “what I am hearing this means for [fill in the blank with a) *you*, b) *me*, c) *this project*, or d) *this particular grouping or sub-grouping of students is...*]” part of the conversation. This “what I am hearing you say...” can involve your interpretation of what was said as it relates to implementation and how that might affect whomever....

Again, the invitation is to use these words, intentionally leveraging your “I” language, as a playful exercise in this course to see what emerges. You don’t have to use this specific language once the course ends; the invitation is to try it on with playful curiosity, avoiding attachment to judgment, offering kindness to what is noticed and just see what happens next. Fun?

This week, we will add a focus on the third part of the conversation and that explores “what is at stake here” in this dialogue. Often, what is at stakes is wrapped up with one’s identity of oneself. Check out the video for the week and I look forward to seeing you in this week’s online practice, which will be October 17 from 12-1 pm pacific time. Join us online at (<https://SDSU.zoom.us/j/187491131>)

Also, if you are interested in diving deeper into this topic, enjoy the attached article that was brought to my attention by Dr. Lisa Gates.

In joy,

*Marilee and Carol*