



## THE FIVE KEYS TO MINDFUL COMMUNICATION ©

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### **Book Study Guidelines** for six class study group

*Please note: This guide emphasizes the key points in each chapter and adapts the self-reflection guide to a weekly topic. For a more in-depth study of this material please check the web-site: [greenzonetalk.com](http://greenzonetalk.com). Workshops, teacher trainings and on-line classes will be available in the coming months.*

Overview: For each class there is an opening meditation and a closing exercise that uses one of the contemplations from the appendix of the book.

#### ***Opening meditation for all classes:***

Relax into the natural awakesness of your body, the natural tenderness of your heart, the natural openness of your mind. Simply rest for a few moments. This is the natural communication system that we call the 'green light'.

#### **Class One: Introduction: We-first Communication.**

Discussion points: creating an intention

- *Go with the green light:* Learn to trust openness, the natural communication of awake body, tender heart and open mind. Cultivate a "we-first" approach, staying connected and keeping the communication channel open.
- *Stop when the light is red:* Refrain from conversations that turn toxic. When the 'me-first' barrier goes up genuine communication stops. Learn to recognize this signal, let go and create space rather than pushing forward.
- *When the light is yellow, be careful:* When things don't go as planned, vulnerable feelings can trigger toxic reactions. Take advantage of this groundlessness by mindfully protecting these vulnerable feelings by creating a welcoming space, a green zone, either alone or with a trusted friend. Then apply compassionate insight to unmask the inner fears and self doubts in our mind for what they are—merely frozen thought patterns that melt in the

light of our own awareness. This is how we reconnect with the truth of our basic goodness.

Throughout the class, remember to be gentle, patient and encouraging with yourselves and others in this life-long practice of transforming conversations into a path of wakefulness. There is no such thing as failure as long as we use the pain of shutting down as a reminder to be compassionate with ourselves.

### **Class Two: Mindful Presence**

Discussion points--Positive interruptions :

- Awake Body,
- Tender Heart,
- Open Mind.

**Contemplative dialogue:** (NOTE to better understand the yellow light it would be helpful to view the you-tube video called 'the still face experiment' )

Bring the *yellow light* experience of self doubt into the *green zone* of unconditional friendliness.

### **The core fear that I am unwelcome, cut off:**

**Red light:** Bring to mind an example of a 'me-first' conversation that leaves the listener feeling unwelcome, unimportant, reduced from 'thou' to an object.

**Yellow light:** Feel the sadness of being cut off in this way and the natural longing to be regarded with respect.

**Green light:** Remembering not to be afraid of this sadness , which is tender heart, gently open your mind to investigate the background self doubt that fears you don't belong, that you have no value or that you are unwelcome in this world. See if you can pinpoint the exact moment when this fear arises and look to find out whether it has any truth to it.

Relax and re-connect with the awakensness, tenderness and openness of the experience of belonging.

Close by vividly imagining a 'we-first' conversation in which both speaker and listener engage with mutual respect, keeping the channel of communication open.

### **Class Three: Encouragement**

Discussion points: Toxic certainty of see-saw communication and the encouraging environment that welcomes vulnerable feelings.

**Contemplative dialogue:**

Bring the *yellow light* experience of self doubt into the *green zone* of unconditional friendliness.

### **The core fear that I am unworthy:**

**Red light:** Bring to mind an example of a 'see-saw' conversation that leaves the listener feeling unworthy, put down, inferior.

**Yellow light:** Feel the sadness of being put down in this way and the natural longing to feel valued.

**Green light:** Opening to this sadness, which is tender heart, gently encourage yourself to investigate the background self doubt that fears you are unworthy, inadequate or undeserving. See if you can pinpoint the exact moment when this fear arises and look to find out whether it has any truth to it.

Relax and re-connect with the awakens, tenderness and openness of feeling confident in your own fundamental worthiness.

Close by vividly imagining a conversation that keeps a level playing field between speaker and listener, with a mutual sense of valuing the other person.

### **Class Four: Gentle Speech**

Discussion points: The four lesson ponies:

Tarnish—shutting down

Tinker—justifications

Twig—ignoring feedback

Elvie O-Maxie-- being carried away by our thoughts and emotions

Also the four stages of heartlessness: complaint, divisiveness, blame and retaliation.

### ***Contemplative dialogue:***

Bring the *yellow light* experience of self doubt into the *green zone* of unconditional friendliness.

### **The core fear that I am unforgivable:**

**Red light:** Bring to mind an example of a blaming conversation that leaves the listener feeling unforgivable.

**Yellow light:** Feel the sadness of being blamed in this way and the natural longing to feel forgiven and accepted for who we are.

**Green light:** Making room for this sadness, which is tender heart, gently investigate the background self doubt that fears you are unforgivable,

basically bad and imperfect. See if you can pinpoint the exact moment when this fear arises and look to find out whether it has any truth to it.

Relax and re-connect with the awakenss, tenderness and openness of feeling confident in your own fundamental innocence and blamelessness.

Close by vividly imagining a difficult conversation in which the speaker can tell the truth, engage with conflict or share a painful experience while at the same time remaining open-hearted to the sensitivity of the other person.

### **Class Five: Unconditional Friendliness**

Discussion points: Olivia's four seasons of relationship: compare the green and red.

- cycle of heartless mind and mindless heart.
- How does unconditional friendliness change our definition of 'love'?

#### ***Contemplative dialogue:***

Bring the *yellow light* experience of self doubt into the *green zone* of unconditional friendliness.

#### **The fear that I am unloveable:**

**Red light:** Bring to mind an example of an emotionally devouring conversation that leaves the listener feeling confused about the word 'love' and unable to feel appreciated and genuinely cared about.

**Yellow light:** Feel the sadness of conditional love, how unsafe it feels to go from being the object of love to the object of hatred. Feel the natural longing for unconditional love and joy.

**Green light:** Allowing this sadness, which is tender heart, to simply be there, gently open your mind to investigate the background self doubt that fears that you're basically unloveable, that the joy of unconditional acceptance will always be out of your reach. See if you can pinpoint the exact moment when this fear arises and look to find out whether it has any truth to it.

Relax and re-connect with the awakenss of your sense perceptions that display the beauty of the world around you, the tenderness of your heart that feels joy and sadness and is capable of love, and openness of your mind that is like the wonder of a young child. Rest in this unconditional friendliness.

Close by vividly imagining a conversation or an art form that expresses love without grasping or possessiveness.

## **Class Six: Playfulness**

Discussion points: use the Serenity Prayer as a starting point to know  
What you cannot change  
What you can  
How to know the difference

### ***Contemplative dialogue:***

Bring the *yellow light* experience of self doubt into the *green zone* of unconditional friendliness.

### **The fear that I am powerless:**

**Red light:** Bring to mind an example of a controlling conversation that leaves the listener feeling powerless, unable to trust your own resources.

**Yellow light:** Feel the sadness of losing trust in ourselves and of being controlled by someone else.

**Green light:** Allowing this sadness, which is tender heart, to simply be there, gently open your mind to investigate the background self doubt that fears you cannot trust yourself or that the world is untrustworthy. See if you can pinpoint the exact moment when this fear arises and look to find out whether it has any truth to it.

Relax and re-connect with the awakens, tenderness and openness of a basic sense of trust. Feel in partnership with the emerging information of the present moment, confident in a natural sense of power that doesn't depend on strategies.

Close by vividly imagining a conversation that resolves problems by empowering each other to feel confidence and trust in our basic sanity.