



Expanding Fluidity Among Perceptions and Perspectives

What Do I Hear?

Find a quiet place, or just in your day to day life, drop in with a deep breath and ask yourself, “What do I hear?” Be still and listen. What is coming in? Perhaps write down whatever sound you hear while sitting out back or at a park for 10 min. To take this activity deeper, you can create the same awareness around the questions: What do I see? What do I smell? What do I feel? What am I sensing? What do I know? I am _____.

Wear Both Shoes

Watch a movie, read a story, or an article, or listen to a conversation and be objective. Put yourself in the shoes of each character or person. What are they feeling, thinking, and what caused them to get to this place. Try to find understanding within your own heart with each person’s truth.

Charged for Peace

Pick a social issue that draws up energy in you...positive or negative. Why is this topic charged with energy for you? Why does the opposite opinion exist? Seek first to understand both sides of the issue with first factual evidence then look at it from a human connection perspective. Who benefits? How can both sides benefit? Where is the common ground between two people who have different stories to a social issue?

Find the Good

Practice optimism. Find the good in every moment, especially the hard ones. There is value in every moment we have in this life. There was good in all your past moments as well. Take time to find the good right now. Take the time to find the good in “the yesterdays” as well. Know that there will be good in tomorrow and let it be so.

Listen

Practice active listening. Listen without thinking of what to say next. Just listen. Listen without trying to add in your two cents. Just listen. Listen without trying to solve. Just listen. Listen to understand, get curious and ask questions and then listen some more.

Negativity Diet

Pick a reasonable amount of time that will still make it challenge, could be one hour, one day, or one week and cut out all negativity. Do not read or watch things that bring up negative charges. Politely exit negatively charged conversations. Quiet the inner critic by replying with a positive affirmation every time the voice tries to take you down. Keep your home and interactions a place of positive messages for as long as it is sustainable. How did you feel? What did you learn?