

**Relationships**  
**A New Way of Seeing Everything:**  
**Designing and Creating the World Together**  
**February 19, 2016**

**Agenda**  
***“And the beat goes on”***  
**-- The Whispers**

**Recap of Where We Are: Chasing the Great White Whale!**

- Dynamic connections – we interact with each other and our environments in an ongoing flow; what we are responses to what just happened.
- Our thoughts interpret “what just happened”; and can be “trained”
- In process, in practice – we become what we practice (literally and figuratively)
- Values and goals – the lighthouse on the horizon
- Words and meaning – we seek meaning, a conscious understanding of predictably enduring connections
- How we use our rationality is influenced by our subconscious – and our intentions guide and expand our consciousness. Thus, the usefulness of self-awareness of intentions!
- Culture provides a common dynamic structure to organize human life. In this sense, it is an extension of DNA’s blueprints that carry potential and capacity to adapt.
- Free Choice: working from culture, to help form culture
- What do we want to become?

**Relationships and Space-Time**

- The Safety Mandate; Letting Go; The Chinese tube trick; what is your intention?
- What is meaning?
- What are relationships?
- What are values?

Space-time emerges relationally.

**Nonviolent Communication: A Language of Life – Marshall Rosenberg**

Nonviolent communication defuses fear.

- Observation
- Feeling
- Needs
- Requests