

# ***Tools for Heart Centered Living: Heart Talks***

## **What is a Heart Talk?**

A Heart Talk is a very structured communication process in which eight agreements are strictly adhered to in order to create the safety for a deep level of communication to occur without the fear of condemnation, unsolicited advice, interruption, or being rushed. It is a powerful tool used to surface and release any unexpressed emotions that could otherwise get in the way of people being totally present to deal with the business at hand. It can be used at home, in business, in the classroom, with sports teams, and in religious settings to develop rapport, understanding, and intimacy.

## **Guidelines for a Heart Talk**

Start by asking people to sit in a circle or around a table. Designate an object (the heart) that will be passed around the circle to the person who will speak.

Introduce the basic agreements, which include these:

- Only the person holding the heart talks.
- Don't judge or criticize what anyone else has said.
- Pass the object to the left after your turn.
- Talk about how you feel
- Keep the information confidential
- Don't leave the talk until it's declared complete
- If you have plenty of time, a Heart Talk completes naturally when the heart makes a complete circle without anyone having something to say

## **Results of Having a Heart Talk**

- Enhanced listening skills
- Constructive expression of feelings
- Improved conflict resolution skills
- Improved abilities to let go of resentment and old issues
- Development of mutual respect and understanding
- Greater sense of connection, unity, and bonding

Source:

The Success Principles: How to Get From Where You Are to Where You Want to Be by Jack Canfield

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