

3.2 A Communication Paradigm of Empowerment

Our game is creating a word which works for all. For this we aim to empower the people. For this a new communication paradigm is needed. If you join our Empowerment Platform and/or interactive events and sessions then you are stating that you are aiming to communicate in this new paradigm.

Our hosts and moderators will be people chosen by the community for their high level of awareness. In our worldwide events and on our Empowerment Platforms we communicate in a new paradigm. A paradigm where people are empowered. For this there are guidelines for what works and what does not.

Only the moderator or host can make an exception on these guidelines. This he or she will only do when people are consistently not honoring these guidelines. For now the host and moderator is Richard Alexander. The moment the Primary Continent Leaders are sufficiently trained, they will take over.

Understand that what you can say in your communication to another person is based on your relationship with that person. If you barely know someone there is a lot you CANNOT say. If there is a very powerful relationship there is more space to say things. But, be mindful not to take your best friends and family for granted.

The Don'ts (the Old Communication Paradigm)

1. We do not give Unasked Feedback
2. We do not engage in discussions (no being righteous)
3. We do not express our opinion unless asked
4. We do not judge people
5. We do not compare people
6. We are not into solving people's problems unless asked
7. We are not into complaining, explaining, agreeing or disagreeing
8. We are not into reacting towards one another.
9. Don't share too many posters and great words of others. This can occur as preaching. Instead make that same point by sharing something from your personal life.
10. We do not simply speak our thoughts as this is the core problem in our world. (Identification with judgmental separating thought)

The above is all the old communication paradigm or communication model of the 20th century and before. Within the Sustainable World Project we mostly use the new model for the 21st century. The dialogues are mostly in the context of sharing. Sharing is the key to everything. By sharing our lives, we recognize the shared humanity, by listening we accept. Acceptance without conditions is love. Love is who we truly are. So sharing and listening leads to reminding ourselves of who we truly are. It leads to experiencing who we truly are.



In our sessions the hosts will explain how to get access to being who you truly are; how to 'be Love', how to get present to the Oneness in life; how to be in a state of unity consciousness. This requires to communicate within the following 4 options. We call it the Communication Game.

Communication Game

1. Ask a question.
2. Answer a question.
3. Get what someone is saying, listen (possibly repeat exactly what is said, get the intention, get the emotion, this all without judging)
4. Share if there is permission (ask first)

As you can see in the 4 options simply saying something is NOT allowed! Why these rules work so well is because they honor the prime directive of 'Free Will'. If you just start talking about something you have already thwarted someone's free will. Ask permission first. Start with a question. If you practice this game I promise you that your entire life will change. Everybody will want to be your friend! All your relationships will transform!

On our Empowerment Platform permission has already been given to share. If you talk to a person in real life I recommend you to ask permission before you share.

The Do's (the New Communication Paradigm)

1. Share something about your life. (not your opinion or judgment!) Give an update on you, your project and/or your life.
2. Express your love
3. Get someone's intention; get someone's world; get someone's emotion
4. Acknowledge how you feel. Acknowledge what is there, what is present. For example "I am angry." is acknowledging your anger. Doing this in front of a listening community will have the anger disappear in a matter of seconds.
5. Forgive someone, yourself or a circumstance
6. Apologize. People can practice taking responsibility from a context of oneness instead of being right about a Egoic point of view.
7. Empower – Say something that empowers someone. Remember that a good intention is not enough. If they feel disempowered by what you say then you have not succeeded. Compliment others.
8. Share and ask for support.
9. Offer (generous) support or offer resources
10. Make outrageous requests
11. Inspire people

Examples

1. [Sharing] Today I went on my evening walk and you won't believe what happened
2. [Express your love] Saba I think you are awesome!



3. [Get Intention, world, emotion] Varshini, I get that you would like to be more involved but that you are in a process to come to that place. I understand that this can be challenging. I trust you.
4. [Acknowledge how you feel] Today I am feeling angry because this or that happened . . .
5. [Forgive] Today I forgive myself for forgetting to call X . . .
6. [Apologize] I apologize to Saikou for jumping to conclusions.
7. [Empower] I love to see how Imraan is in action with causing his dream!
8. [Share and Ask Support] In the 16 year pursuit of creating a Sustainable World I have difficulties in X. Can you support our work by Y.
9. [Offer Support /] I am going into town today, anybody need a ride?
10. [Make Requests] I am meeting with the Ambassador in Sweden. Who can support by co-funding the flight ticket?

When we communicate in the new paradigm, then safety in the group will increase. People will start to share more and more authentic. This leads to a higher quality of life or in other words to a higher consciousness. This will lead to a world that works for all.

