

Staying Current Steps	Practices	Guidelines
<p>Invitation</p> <p>Agree on a convenient time to stay current</p> <p>Connection</p> <p>Use balancing and centering practices to connect with oneself & the other</p> <p>Acknowledge & share feelings about staying current</p> <p>Share intentions for staying current</p> <p>Honor confidentiality</p> <p>Conversation</p> <p>Describe situation you observed that prompted staying current share your feelings about the experience</p> <p>Partner repeats back what they heard (ensuring alignment on content or different perspectives)</p> <p>Both of you share points of view & any insights from conversation or situation</p> <p>Learning and Closure</p> <p>Describe learning</p> <p>Create agreements</p> <p>Review outcomes & if intentions were met</p> <p>Express specific appreciation & gratitude</p>	<p>Check alignment & stance</p> <p>Practice GRACE to balance & center</p> <p>Use soft eyes</p> <p>Notice breath and use rhythmic breathing to stay calm and alert</p> <p>Stay present to your experience and your vulnerability</p> <p>Blend with self & other</p> <p>Stay connected to your integral being and messages</p> <p>Focus on authentic expression</p> <p>Stay open to possibilities</p> <p>Listen attentively & actively</p> <p>Speak to be understood and inquire to understand</p> <p>Allow time to pause and reflect</p> <p>Honor the space shared between you & the other</p> <p>Hold self & other in evolutionary love</p>	<p>Stay connected to your body</p> <p>Avoid judgments of the other</p> <p>See what is true for self and other by inquiring to understand</p> <p>Take time to get clear on your intentions before speaking</p> <p>Speak to the heart of the matter in a concise way</p> <p>Notice sensations in the body and view them as energy</p> <p>Bring your whole being—body, mind, heart, soul—into the staying current conversation</p> <p>Stay open to flow of communication and wide range of options for resolving matters</p> <p>Realize that the greater number of perceived options increases the likelihood of a more favorable outcome</p> <p>Acknowledge that there are multiple points of view</p>