

# PRACTICAL SKILLS FOR OPEN-HEARTED COMMUNICATION



In this challenging time when there is both distance and a longing to connect and/or difficult enforced togetherness, do you:

long to create honest, caring relationships with family, friends and others?

want to change old patterns that lead to unresolved and painful conflict?

want to bring your spiritual values into your everyday encounters?

Being both genuine and compassionate is possible in all your relationships, avoiding repetitive arguments with loved ones or people with differing viewpoints.

In a small facilitated group, you will:

- Learn a practical method to communicate with authenticity in a way you are most likely to be heard
- Discover within yourself a greater capacity for compassion and open-hearted listening
- Practice the skills needed to be with difficult feelings
- Learn to speak with greater clarity
- Increase your freedom from blame, criticism and reactivity
- Feel the support of a small, focused community

Led by Ruth Schweitzer-Mordecai, who specializes in the integration of contemporary spirituality and psychology in our daily lives. She is a Licensed Marriage and Family Therapist, United Church of Christ minister and author of *Spiritual Freedom*.

**Registration:** Go to <https://livingfromwithin.com/index.php/workshop> Click on the "buy now" button. You will be emailed the link to access the class. For more information, contact Ruth Schweitzer-Mordecai at [ruth@livingfromwithin.com](mailto:ruth@livingfromwithin.com) or 415-258-9382.

When: Four Wednesday evenings every two weeks; May 27 – July 8, 7:15 to 8:45

Where: Online Teleclass

Cost: \$97. Sliding scale is available. Please sign up early – group size is limited.