



Finding the Loving Way in Political Conversations

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Tools for Peaceful and Loving Communication

Thank you for seeking a way to approach political discussions from a place of love and unity. Here, you'll find practical tools to ground yourself, connect with others, and communicate with compassion. By preparing ourselves before these conversations, we become more peaceful, discerning, and loving in our interactions.

Please note I have added "blue words" underneath some tools, so that if you are inspired or curious, you can learn more about that particular tool in A Course in Miracles. (links to A Course in Miracles at the bottom)

Section 1: Understanding Your Role

Cultivating Inner Peace First

Our first responsibility in any conversation is to ground ourselves in inner peace. True peace doesn't come from convincing others; it comes from aligning with love and staying centered.

Your aim:

- Communicate to **listen and be heard**, not to change others' minds.
- Understand the other person, which leads to greater empathy, forgiveness, and clarity.

Balanced Mind and Heart

Effective communication requires an open heart and a thoughtful, informed mind. When we're grounded in both compassion and facts, we naturally create a safe space that others feel drawn to.

Steps to Center Before Speaking

1. **Set Your Intentions:** Begin with a peaceful intention, such as "I want to listen and understand."
(review Chapter 30: Rules for Decision in A Course in Miracles for reason behind why this is necessary before we begin conversations and our day)
2. **Notice Your Filters:** What might be affecting your responses (approval, fear, etc.)? Reflect with curiosity, not judgment.
(Lesson 6 in A Course in Miracles says "I am never upset for the reason I think". Review your triggers and run them through this lesson)
3. **Choose Love Over Fear:** ACIM teaches we have two choices: love or fear. Choose love to set the tone for your words and actions.
(The way to choose love over fear is to keep your mind positioned on the love IN them and call it out)

through your own patience, compassion and empathy. Check out the section “Recognizing Spirit” in A Course in Miracles. I also made a [video on it on youtube](#))

Section 2: Recognizing Ego in Conversations

How Ego Blocks Connection (and thus communication)

The ego demands to be “right” and sees disagreement as a threat, whereas your true self seeks understanding. Because ego sees disagreement as a threat, it is hyper vigilant to defend and react in a way that ensures it maintains its way of seeing. (years ago I made a [video](#) on *understanding the difference between ego impulses and spirit impulses*. Please do not judge me for bad and old production ha!. The content is still powerful and helpful)

Strategies to Minimize Ego

- **Let Go of Righteousness:** Ask yourself, “Am I here to connect, or to be right?” (there is a section in ACIM)
- **Embrace Shared Humanity:** Approach with compassion, recognizing that differences don’t define worth.
- **Replace Judgment with Curiosity:** Seek to understand by asking questions.
- **Defenselessness:** When rooted in love, you need not defend. Seek understanding, not reactions.

The Power of Being Wrong

- When you feel triggered, ask: “*Do I want peace or to be right?*” (*A Course in Miracles asks us to ask ourselves: “Do I want to be right or happy?” in the Lingering Illusions Page 674. Read more about it.*)
- Embrace being wrong, or admit your mistakes—even in a super small way— you will naturally demonstrate it's ok to be wrong and unconsciously give permission to the other that it is safe for them to let their guard down. (*I recorded a meditation on “I am happy to be wrong when I am not at peace” it may help you in experiencing this for yourself*)
- This opens the door for Spirit’s guidance over ego’s defensiveness.

Judgment vs. Discernment

Judgment condemns; discernment evaluates based on alignment with love. Evaluating leaders and policies without condemnation is essential to making informed choices.

(Understanding how Holy Spirit functions can help with discernment and correct evaluation of others. [Watch video on that here](#))

Tip for Mindfulness When Ego is Triggered:

Use a four-count inhale and six-count exhale to return to calm. A simple prayer, like “*I step back and let Him lead the way,*” can also help. (*If you are a more advanced breather, when you inhale for 4 and then pause and hold breath for 3 seconds before you exhale for 6 seconds. You can then pause for 3 seconds at the bottom of*

the exhale, hold for 3 seconds, before you breathe in again for a count of 4. Repeat as many times as you need. Practice is now. Feel how it calms you.)

Section 3: Recognizing and Responding to Talking Points

Talking points can often stifle genuine conversation, as they're usually repetitive, emotionally charged, and oversimplified. Recognizing these allows for more meaningful dialogue. *(We can notice these talking points in politics, as well as many religious and spiritual and even A Course in Miracles communities. Be mindful of this, and do your best not to fall into this trap yourself.)*

How to Spot Talking Points

- **Repetitive Language:** Look for phrases frequently echoed in media or by leaders.
- **Emotionally Charged Words:** Be cautious with language designed to provoke fear or pride.
- **Simplistic Framing:** Real issues are nuanced and deserve thoughtful discussion.

Responding to Talking Points

1. **Ask Open-Ended Questions:** “What does that mean to you personally?” or “How do you see this working in real life?”
2. **Separate Facts from Opinions:** Suggest looking up information together to explore different views.
3. **Acknowledge Their Concerns:** “It sounds like you're concerned about [specific issue]. Many people feel that way.”
4. **Challenge Gently:** Use “Yes, and...” to add your perspective without dismissing theirs.
5. **Stay Open-Ended:** One conversation won't change minds. Keep the door open with, “Thanks for sharing—I'll keep thinking on this.”

(All throughout ACIM Jesus is asking us questions to ask ourselves/ It's wise to be open to asking questions to others so they can see somethings about what they think and believe that they never saw before. Remember: You are asking because you care, not because you want to be right)

Section 4: Practical Steps for Loving Communication

1. **Start with Prayer or Intention**
 - Use a simple prayer like, “Holy Spirit, guide my words,” or “Help me be helpful, loving, and kind.” *(ACIM says “prayer” is the medium of miracles” ask for help and you will be helped in your communication)*
2. **Set Boundaries**
 - If you feel overwhelmed, respectfully ask for a pause: “I need a moment to process.”
3. **Ask Permission to Share**
 - If the other person is venting, ask, “Would you like my input?” If not, hold space and listen.
4. **Use ‘I’ Statements**
 - Express your thoughts with “I feel...” rather than “You're wrong...”

5. **Avoid Absolutes**

- Words like “always” or “never” escalate tension. Instead, keep your statements open and flexible.

6. **Find Common Ground**

- Identify shared values and build from there.

7. **Release the Need to Convince**

- Curiosity opens dialogue better than arguments.
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Section 5: What Not to Do

- **Avoid Reactivity:** Resist forming responses while they’re talking. Instead, just listen.
 - **Don’t Interrupt:** Let them finish before responding.
 - **Avoid Criticism or Blame:** Stay kind and respectful; derogatory comments close the door to connection.
 - **Hold Beliefs Lightly:** Beliefs are not personal—practice discernment without rigid attachment, and remain open to growth.
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In Conclusion: Extending Love to All

At the heart of these tools is a commitment to extending love to all—even those with differing views. Remember, we’re all doing our best with what we know, and we each bring unique perspectives to the table.

Imagine a shared table where people of all views gather together, finding peace beyond differences. Let love guide your words, actions, and choices, and hold the vision of the peaceful, unified world you wish to see. *(In Chapter 19: Obstacles to Peace under “The Attraction to Guilt” Jesus gives us a beautiful imagery of gathering at the table together. If you want to read it, please do so, or if you watch that entire teaching led by me in our ACIM study group, [you can do so here](#))*

Closing Quote:

“Make kindness and love your shield.” Choose peace over conflict, and let this shield of love soften tension and bring unity. Thank you for joining me in creating a space for loving, peaceful dialogue. Let’s make the impact we desire by carrying peace in our own hearts.

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