Mandala of Living Interdependence

Direct Experience in the Present Moment
- Sense Perceptions
- Body Sensations
- Felt Sense
- Basic Aliveness

Awareness of Mental Activity
- Object of Attention
- Content of Thoughts
- Feelings & Needs
- Beliefs

Integrating and Embodying Interdependence
- Authentic Choice
- Self Responsibility
- Natural Giving
- Power With

Engaging Power with Care
- Relating with Authority
- Resources & Strategies of Influence
- Offers & Requests
- Leadership

Communication and Language
- Nonverbal Communication
- Key Differentiations
- Revealing & Inquiring
- Empathy

Connection with self
Connection with others

Adapted by Gregory Rouillard from Marshall Rosenberg’s Nonviolent Communication, as presented by Kathleen Macferran

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