Conversation Guide: Unity, Part of the Sacred Gifts Series

Living Room Conversations offers a simple, sociable and structured way to practice communicating across differences while building understanding and relationships. Typically, 4-6 people meet in person or by video call for about 90 minutes to listen to and be heard by others on one of our nearly 100 topics. Rather than debating or convincing others, we take turns talking to share, learn, and be curious. No preparation is required, though background links with balanced views are available on some topic pages online. Anyone can host using these italicized instructions. Hosts also participate.

I. Introductions: Why We’re Here (~10 minutes)

Each participant has 1 minute to introduce themselves.

- Share your name, where you live, what drew you here, and if this is your first conversation.

II. Conversation Agreements: How We’ll Engage (~5 minutes)

These will set the tone of our conversation; participants may volunteer to take turns reading them aloud.

- Be curious and listen to understand. Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.

- Show respect and suspend judgment. People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.

- Note any common ground as well as any differences. Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.

- Be authentic and welcome that from others. Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.

- Be purposeful and to the point. Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.

- Own and guide the conversation. Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the “time out” sign if you feel the agreements are not being honored.

III. Question Rounds: What We’ll Talk About

Optional: a participant can keep track of time and gently let people know when their time has elapsed.

Round One: Getting to Know Each Other (~10 min)

Each participant can take 1-2 minutes to answer one of these questions:

- What are your hopes and concerns for your family, community and/or the country?
- What would your best friend say about who you are?
- What sense of purpose / mission / duty guides you in your life?

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Round Two: Exploring the Topic -- Unity (~40 min)
One participant can volunteer to read this paragraph.

The power to come together within similar and across diverse communities seems more and more elusive. Our alienation from the people around us, manifests in ever-growing depression, addiction, physical and psychological abuse, crime, violence and suicide -- indicators of spirits in distress and despair. We are caught in giant social and political arguments about the symptoms of our dis-unity that ignore our heart-felt desire for harmony and peace with one another and the earth. In the face of all this, the gift of the power of unity calls us to find our way back to a deep knowing of interconnection and community. Our challenge is to trust in unity, even when we have a history of experiences that lead us to distrust and feel separate from others.

This conversation is adapted in part from themes from The Four Sacred Gifts: Indigenous Wisdom for Modern Times, by Anita L. Sanchez, PhD. It is part of a series including Healing, Hope, and Forgiveness.

Take ~2 minutes each to answer a question below without interruption or crosstalk. After everyone has answered, the group may take a few minutes for clarifying or follow up questions/responses. Continue exploring additional questions as time allows.

- What does unity mean to you? What does it not include? Has the meaning changed over time?
- What is your experience of unity? How do you experience yourself in relation to other people and beings?
- What have you experienced as the benefits or detriments of being in unity with others? For yourself, for the other, for the community?
- Are there people you distrust, have yet to trust, or will never trust? If so, how does that impact your life and work?
- What messages about separation or unity do you give yourself or receive from others?

Round Three: Reflecting on the Conversation (~15 min)
Take 2 minutes to answer one of the following questions:

- What was most meaningful / valuable to you in this Living Room Conversation?
- What learning, new understanding or common ground was found on the topic?
- How has this conversation changed your perception of anyone in this group, including yourself?
- Is there a next step you would like to take based upon the conversation you just had?

Closing (~5 min)

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Thank you!

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