



## LIVING THE SKILL 'PSYCHOLOGICAL SAFETY'

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1. Come present to your breath, to this moment, to this now.
  2. Attune to a Presence within beyond your body, emotions and thoughts.
  3. Breath into the loving neutrality of this inner Presence.
  4. Open yourself to receive of the blessings that are available for you at this time.
  5. Ask that you be shown, in ways you can understand, what it means to experience Psychological Safety.
  6. Describe a challenging situation.
  7. Describe any retaliation you experience in this situation from inside yourself in the physical, emotional or mental levels.
  8. Describe any retaliation you experience in this situation from outside: family members, co-workers, boss, friends, etc.
  9. Attune to the inner Presence of loving neutrality and ask again “how can I live greater Psychological Safety in this situation?”
  10. Allow time to sense, receive and perceive an answer
  11. Say out loud or write what you perceived.
  12. Express gratitude to the inner Presence and your partner.
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**“If we can not end now our differences, at least we can help make the world safe for diversity.”** President John F. Kennedy

**“We cannot teach people anything. We can only help them discover it within themselves.”**  
Galileo Galilei

**“What everyone in the astronaut corps shares in common is not gender or ethnic background, but motivation, perseverance and desire - the desire to participate in a voyage of discovery.”**  
Dr. Ellen Ochoa (the fist Hispanic woman to go into space)