EPONAQUEST BACKGROUND DOCUMENT

Sentient Communication

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The term Sentient Communication™ was developed to define and teach ways to elevate instinctual impulses and physiological processes to a mindful language combining purposeful changes in breathing and heart rate, with a finely tuned awareness of emotional cues, body posture shifts, energetic awareness, and intuitive insights. The goal is to help people learn to consciously process and respond to (rather than unconsciously react to) nonverbal information coming from themselves and others. Among many other benefits, this translates into the ability to calm self and others, diffuse aggression, gain cooperation, communicate more effectively with horses and other animals, and motivate groups to take productive action.

The following "Elements of Sentient Communication" are basic building blocks, the "nonverbal grammar" of mutually respectful interactions. While, at first, we practice these elements separately and purposefully, the goal is to combine them as needed improvisationally, in the same way that we learn the grammar of spoken and written languages in order to have more effective conversations with others.

Elements of Sentient Communication

- Intersubjective Mindfulness
- Breathing as Language
- Emotion as Language
- Body Posture as Language
- X-Factor
- Energetic Awareness
- Heart Field Structure
- Purposeful Use of Proximity Responses
- Mutual Respect/Boundary Rule

    - (When you approach others, they set the boundary; when others approach you, you must set the boundary.)

- Assertiveness Formula
    - (Commitment + Crescendo + Immediate Positive Feedback = Assertiveness without Aggression)

- Increasing Fluency in Conveying Immediate Positive Feedback
    - (Release pressure while conveying appreciation, delight, connection.)

- Congruence

- Coherence

- Heart Breathing (Interactive Coherence)

- Coherence in Action (*Connection through Movement*)