



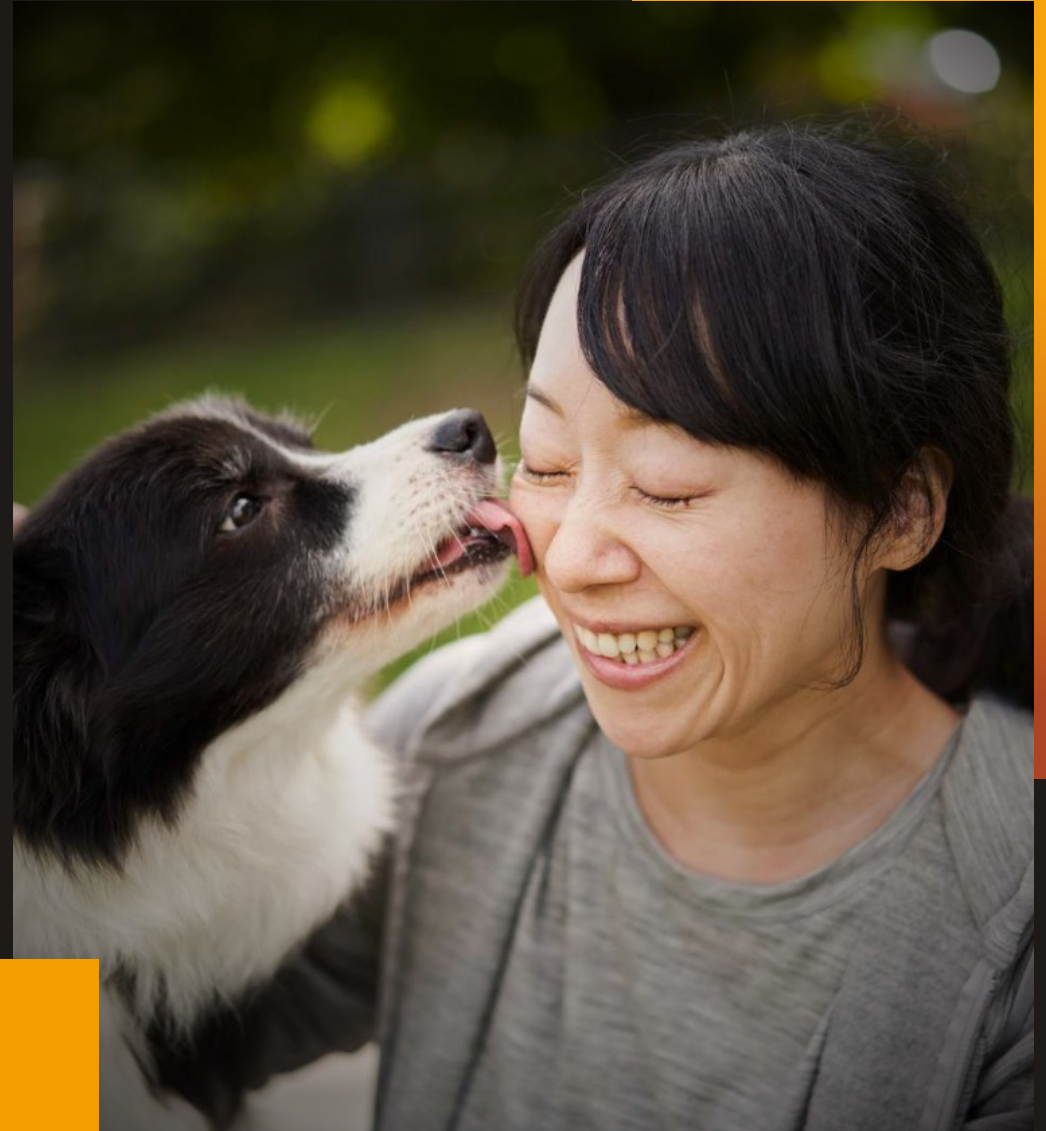
The Journey You Own

THE JOURNEY YOU OWN: A DEEPER DIVE

# COMMUNICATION IN ACTION

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with Jyothi V. Robertson, DVM, DABVP (Shelter Medicine)



Maddie's  
Fund

SEPT

6

10am PT  
12PM CT  
1PM ET

## Creating Space

How does space appear in our lives?  
Noticing space

OCT

4

10am PT  
12PM CT  
1PM ET

## Contemplative Practices

What are practices you do in your life? Sharing tools for staying engaged with your practice. Looking at research related to specific forms of practice. Transformative engagement.

NOV

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## Values Alignment

How do we think about values and how do they show up in our actions? What do we do to align our values with our personal mission or goals?

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## Productivity

What does healthy productivity look like? How can you form habits that produce the space for productivity?

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What are specific ways to utilize language to create possibility? How does our listening impact our view? What are some ways to think about learning that can lead to wholeness.

Today, let's explore

# COMMUNICATION IN ACTION





## **Our world is built in language and conversations.**

**The understanding is that there is a conversational nature to reality...whatever you want to happen, will not happen. But equally, whatever the world wants to happen for you will not happen either. And what happens is this meeting. And it's in that meeting that you overhear yourself being surprised by your reality, by the larger context that you haven't yet explored.**

David Whyte







**First a story...**





**Communication**  
requires both  
**speaking** and **listening**

listening

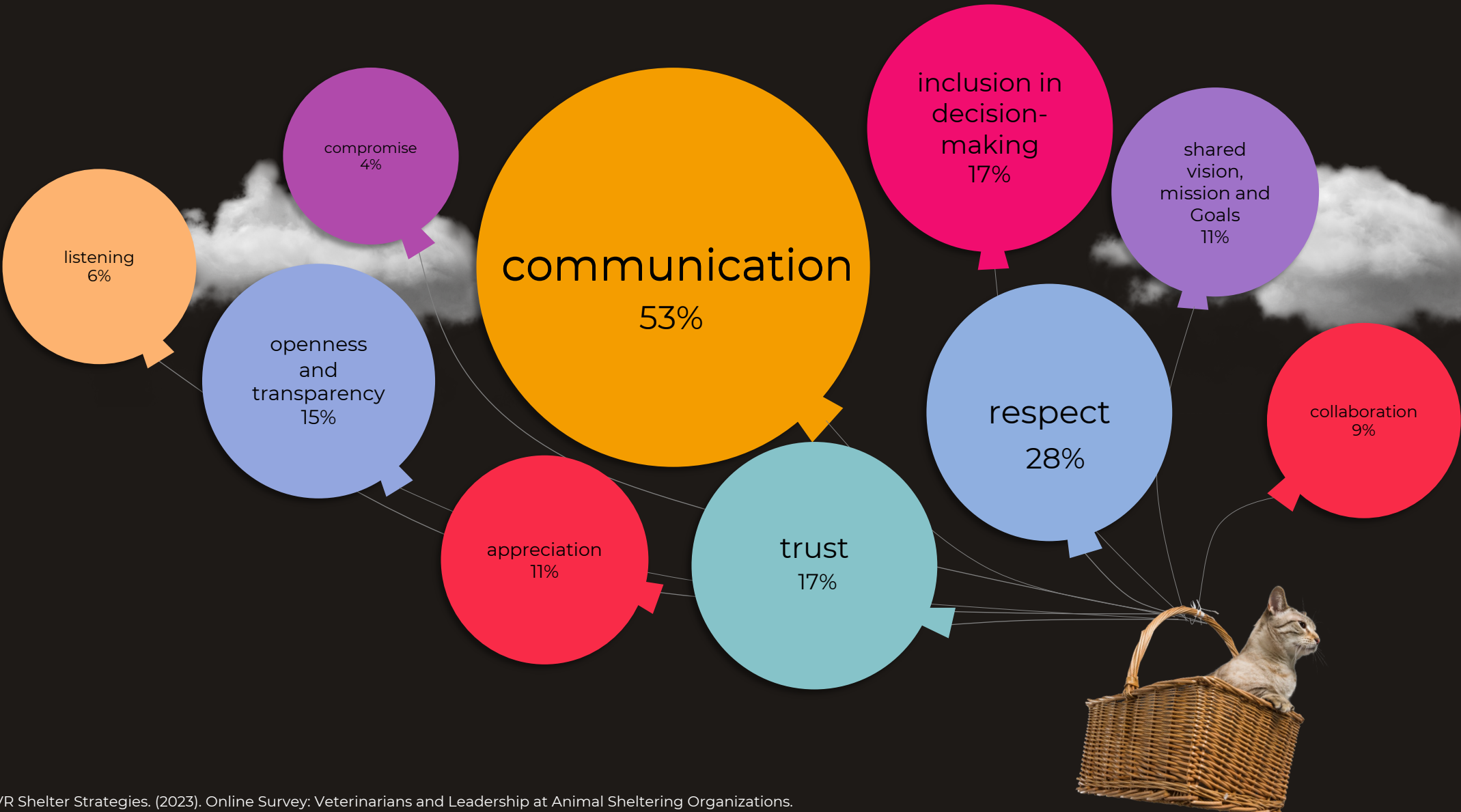




speaking



In your opinion, what contributes to a **successful working relationship** between a Veterinarian and Leadership?



Reference: JVR Shelter Strategies. (2023). Online Survey: Veterinarians and Leadership at Animal Sheltering Organizations.

# Defining Communication

The sharing of thoughts, ideas, concerns

For what purpose

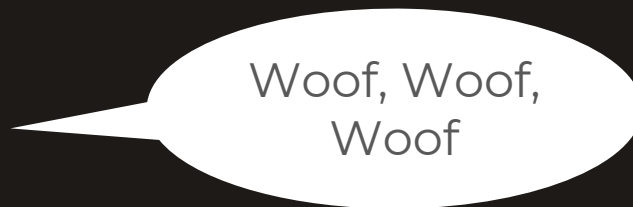
- Coordinating action
- Informing
- Questioning
- Declaring

In what medium?

- Auditory
  - Speech as conversations
- Visual

We are co-creators of our world through communication and conversation.

A conversation assumes an engaged speaker and a committed listener.





# Structuring Communication

We coordinate action through requests

## Committed Speaker

1. What is it they want done?
2. Is able to articulate what successful completion looks like
3. By when?
4. Assumes the listener is able to complete what is being asked (has the competency for the task requested)

## Committed Listener

1. Understands what is being asked of them
2. Has the skillset and means to meet the request
3. Agrees to the deadline
4. Has the ability to counter-offer or ask questions

### QUESTION TO PONDER



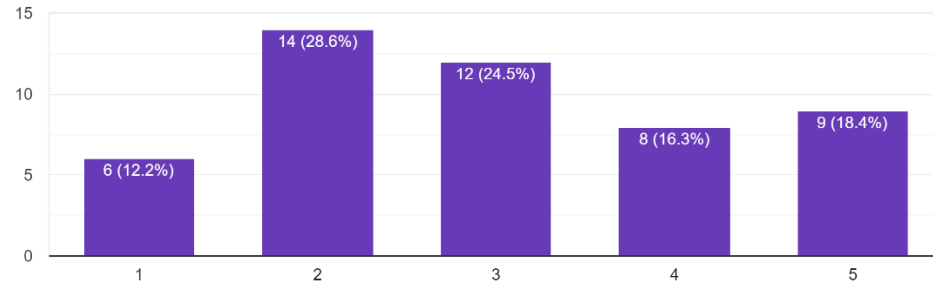
Reflect upon a time you might have had a breakdown in communication. Were any of these steps missed?



There is a **quality** to communication that leads to **co-creation** and a **successful working relationship** and is distinct from frequency of communication.

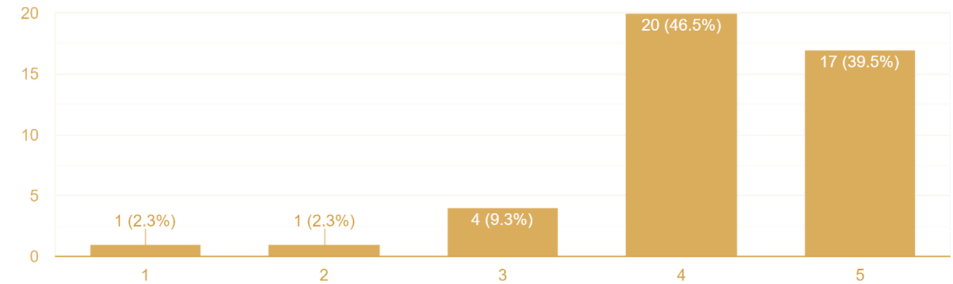
How often does Leadership solicit feedback from veterinarians?

49 responses



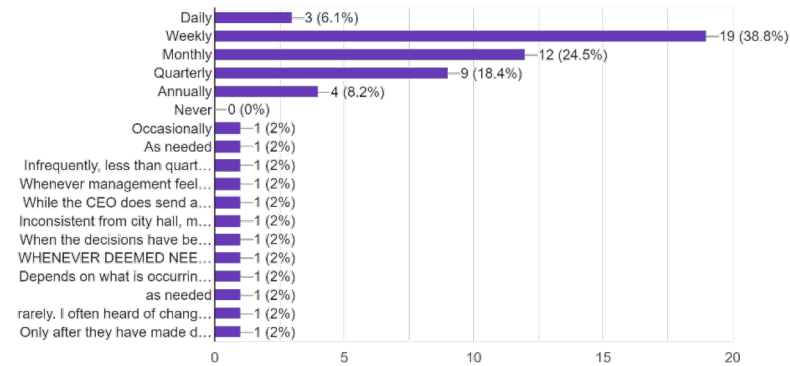
How often does Leadership solicit feedback from veterinarians?

43 responses



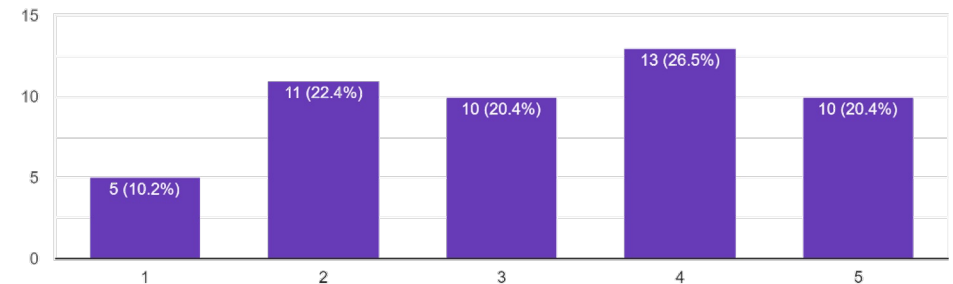
How frequently do you receive updates and information from leadership regarding organizational changes, decisions, and important matters affecting your work as a veterinarian?

49 responses



How would you rate the clarity of Leadership's communications to you regarding organizational goals, policies, and expectations?

49 responses





Co-creators are **responsible** for **conversations** that generate action and are willing to hold others **accountable.**

Bhavana Learning Group, 2023



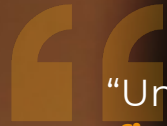
**unlearning**  
**contemplation**  
**reflection**

# unlearning

Breaking down the origins of our thoughts, attitudes, behaviors, feelings, and biases

# unlearning

Unlearning involves breaking down the origins of our thoughts, attitudes, behaviors, feelings, and biases.<sup>1</sup>



“Unlearning involves a level of awareness that cultivates a **first-person inquiry** to question, examine, identify, and distinguish concealed assumptions that form **our relationships with concepts and views**. Over a period, such an inquiry ultimately results in the experience of releasing, **letting go** or altering the relationship to any concept or view.

As it progresses, the unlearning process cultivates an openness for something new to emerge, to be distinguished and realized, and then to be integrated into one’s being.”

-Bhavana Learning Group





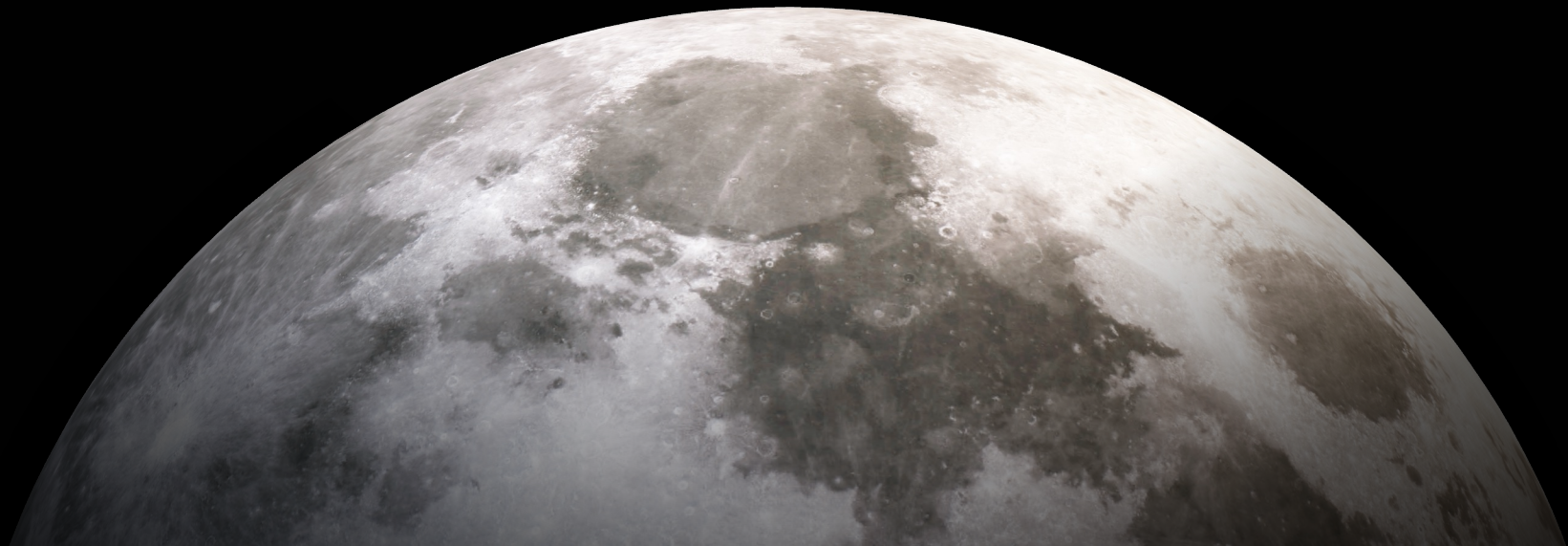


# We choose to go to the moon.

We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too.

John F. Kennedy











# Expansion of vision





**Growing to  
meet the vision**





# Expanding view





# Redefining Vision





Where are we now?











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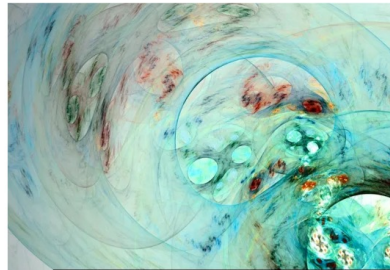
Values Alignment

Productivity

Communication in Action

### What do we mean by space?

Do you ever feel like you don't have enough time to do the things you want or need to do? Like there are always more tasks than fit your available space? What is space and what does it look like when we have enough? What are some ways that we can increase our space and be more productive, creative and grounded?



INTRODUCTION TO CREATING SPACE

WHAT DO WE MEAN BY SPACE?

### Types of space

Space shows up in all sorts of ways in our lives. This section looks at various forms of space in our day-to-day activities and offers tips on how we can allow ourselves to release from feelings of overwhelm and open up a window of opportunities.

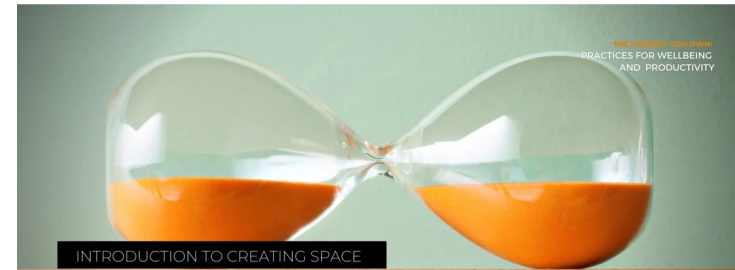


INTRODUCTION TO CREATING SPA

TYPES OF SPACE

### Cultivating space

Are you feeling overwhelmed? Too stressed to think? The presence of space in your life is what allows for opportunities of creation to exist, without which you cannot be productive. Noticing even small bits of room in your day can make your life easier. Pausing is one way to create moments of space in your life.



INTRODUCTION TO CREATING SPACE

CULTIVATING SPACE THROUGH PAUSE

## Creating Space

Contemplative Practices

Values Alignment

Productivity

Communication in Action

Today, let's explore

# SPACE

Space as a **possibility**.



## Embracing Space

Space as a **possibility**.  
 Space as a **commitment**.  
 Space as a **contemplation**.



## Review of Next Steps on Your Journey

Set an intention for how you want to show up for the world at the beginning of the week for the next four weeks. Reflect on it each Friday (using a sticky note on the computer with the phrase so you see it).

Think of some lingering items in your life. Commit to “completing” two to three items before our next session.

Practice the spaciousness meditation and see what arises for you.



Creating Space

**Contemplative Practices**

Values Alignment

Productivity

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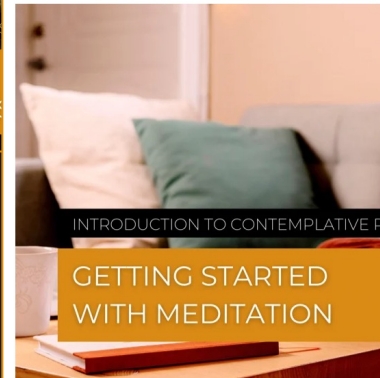
## What are contemplative practices?

Chances are you've heard the phrase "contemplative practices." What does it mean, and what effect do these practices have on those who incorporate them in their daily lives? In this section of the course, we present some examples of contemplative practices that you may consider incorporating into your routine.



## Getting started with meditation

Have you ever considered meditation but then backed away from trying it because it seems too difficult or too "out there"? In this lesson we share a few simple ways to get started with meditation.



## Common misconceptions about meditation

What's stopping you from meditating? Are you hard on yourself when you meditate because you don't think you're doing it right or you think it might not be working for you? Check out these common misconceptions about meditation.



Creating Space

**Contemplative Practices**

Values Alignment

Productivity

Communication in Action


THE JOURNEY YOU OWN: A DEEPER DIVE SERIES | CONTEMPLATIVE PRACTICES

Today, let's explore

# CONTEMPLATIVE PRACTICES

**What are contemplative practices?**

Contemplative practices are activities that help us stay present in the moment, and get out of our thinking minds and into our bodies.



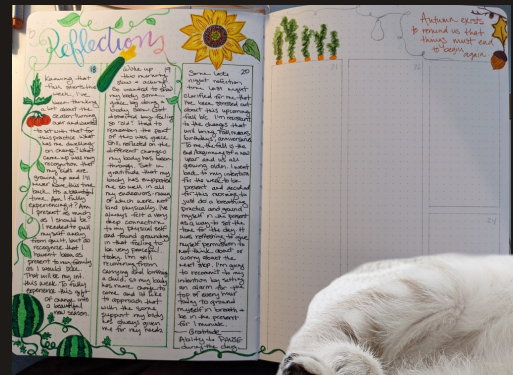
**Closing Out - Challenges when meditating to stay with the practice**

- Sleepy or drowsy**  
Open your eyes, count breaths, choose a focus point
- Too distracted**  
Close your eyes, count breaths, create a visualization that engages the mind
- Clinging to thoughts**  
This is the practice - when you notice, it's coming back. Keep coming back - to breath, to anchor.
- Anxiety or spiraling thoughts**  
Open eyes, set an anchor such as your hands - one resting on the other, consider a visualization practice or stop the practice



## Review of Next Steps on Your Journey

- Choose your anchor.
- Notice which sensation you feel most connected with.
- Notice where you hold tension in your body.
- Notice your thoughts. See if you are drawn to a particular visualization practice.
- Capturing your experience through journaling. Notice what arises daily or weekly for the next four weeks.





Creating Space

Contemplative Practices

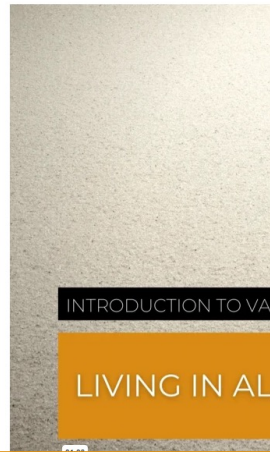
**Values Alignment**

Productivity

Communication in Action

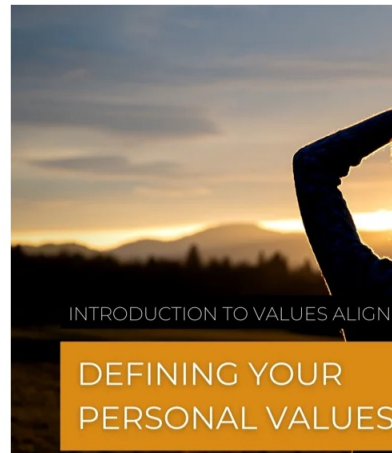
### Living in alignment

Have you ever thought about what really matters to you – the things that drive you to take action and shape who you are? Your personal values are at the core of all that. But it's not uncommon to feel like your values don't align with your job or daily routine. Whatever is important to you and what motivates your actions ultimately shapes your personal values and, vice versa, your personal values impact your motivations and actions. In this section, you'll explore your personal values to see which are the most important to you.



### Defining your personal values

We all have personal values, but we don't always stop to name them. This is the first step to living in alignment.



### Crafting your personal mission and vision

You probably have seen mission and vision statements on corporate walls and lobbies, but did you know they aren't just for big organizations? You can have a mission and vision for yourself, too! In this lesson, you'll hear more about personal mission and vision statements and how you can use them as your guide and motivation to accomplish your goals.



Creating Space

Contemplative Practices

**Values Alignment**

Productivity

Communication in Action

Today, let's explore

# VALUES ALIGNMENT



**Values**  
are fundamental beliefs and principles that deeply influence the formation of our daily life's ...

**Intention**  
which supports the conscious decisions that fuel our commitment and determination to achieve our goals, driving our ...

**Motivation**  
which points to our underlying why ...



## Review of Next Steps on Your Journey

Take a moment to reflect on your values. Consider what it looks like to live with this value.

Reflect on how we can seek alignment between personal values and organizational values.

Reflect on aligning our values with our personal mission so that the actions you take align with who you are.





Creating Space

Contemplative Practices

Values Alignment

**Productivity**

Communication in Action

### Defining productivity

Productivity is a word that we hear often in our work. We talk about increasing productivity, improving productivity, and supporting productivity, but what do these concepts really look like and mean? In this section, you'll learn more about productivity and how it relates to contemplative practices.

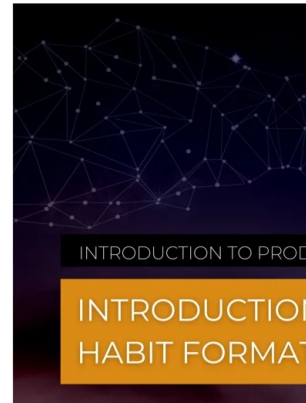


INTRODUCTION TO PRODUCTIVITY

DEFINING PRODUCTIVITY  
CONTEMPLATIVE PRACTICES

### Habit formation

Creating space in your life, where previously there was none, requires conscious effort. Chances are you've spent your brain and body that taking rests and pausing to drive need to go, go, go is deeply ingrained in your life. The habits that allow for you to create space will require time, energy, and intention.



INTRODUCTION TO PRODUCTIVITY

INTRODUCTION TO HABIT FORMATION

### Space, productivity and routines

You've learned how the brain forms habits and that setting intentions is a vital part of creating space. Now let's look at how we can become more productive by creating space through implementing routines.



THE JOURNEY YOU OWN:  
PRACTICES FOR WELLBEING  
AND PRODUCTIVITY

INTRODUCTION TO PRODUCTIVITY

SPACE, PRODUCTIVITY  
AND ROUTINES

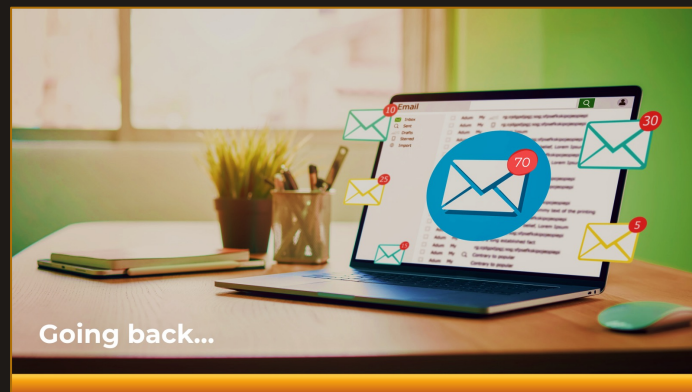
Creating Space

Contemplative Practices

Values Alignment

**Productivity**

Communication in Action



## Review of Next Steps on Your Journey

What steps can you take to consciously unlearn habituated patterns to create space for adopting healthier, more effective practices?

Notice your space and what fills it.



Creating Space

Contemplative Practices

Values Alignment

Productivity

**Communication in Action**

### The power of language and conversation

We bring productivity tools and contemplation into our lives to help us be more mindful and live happier, more fulfilling lives. We utilize language practices to become more present with our moment-to-moment experience in our bodies. These practices shouldn't remain practices that we do in the silence of our homes or the quiet of nature. We need to engage in these practices in our day-to-day lives, and one of the best ways to do this is through our speech and conversations.



### Using language to support our work

For many of us, a large part of our day is spent talking do things and being asked to do things. These types of done. We work together in teams and communities wh the requests we make and receive. So, what happens w want or need well?



### What is unlearning?

As you uncover your enemies of learning, you get to the deeper root of unlearning - where you dive into the assumptions, thoughts, and biases that led you to learn and think the way you do. One of the best places to see these habitual patterns and learning that we have is in meditation. These are the thoughts that will come up in sitting practices. As you dive more deeply into why these thoughts are arising, you will be able to uncover and unlearn.













# Your Next Steps on Your Journey

[Follow Dr. Jyothi Robertson on Insight Timer](#)

[Join the Journey You Own Monthly Meditation Gathering](#)

**Insight Timer**

**Jyothi V. Robertson, DVM**  
SAN MATEO COUNTY, CA, USA  
55 followers

Home Tracks

All tracks Popular Newest

- 4.8 - guided (16 MIN) **Shamatha Meditation Or Peaceful-Abiding Practice** by Jyothi V. Robertson, DVM
- guided (23 MIN) **The Power Of Labeling Thoughts For Mindful...** by Jyothi V. Robertson, DVM
- 5 - guided (15 MIN) **Sound Awareness Meditation for Open...** by Jyothi V. Robertson, DVM
- 4.5 - guided (18 MIN) **A Guided Breath and Light Visualization** by Jyothi V. Robertson, DVM
- 4.6 - guided (29 MIN) **5 Senses Meditation** by Jyothi V. Robertson, DVM
- 4.3 - guided (17 MIN) **Smile Meditation For Generating Kindness And...** by Jyothi V. Robertson, DVM

About: Jyothi is an internationally recognized veterinarian boarded in shelter medicine who has been practicing meditation for over 40 years. Her passion project is the Journey You Own, a nonprofit platform read more

1 language: English

Joined in Jan 2023: Teaching on Insight Timer for 9 months

**Online Meditation Gatherings**

The Journey You Own Online Meditation Gatherings are free sitting meditation sessions held online via Zoom. See below for our current offerings.

**BIPOC MEDITATION GATHERING**

Create a safe, supportive space for BIPOC individuals to practice meditation together.

1 hour  
7am PST | 9am CST | 10am EST  
Every first Saturday of the month

Our hour together will typically follow this structure:

- 15 minutes - Setting the view and intention
- 15 minutes - Guided meditation highlighting different types of meditation monthly
- 15 minutes - Group sharing of the experience
- 15 minutes - Group sharing of other practices we find helpful in our lives or how our own practice is evolving

[REGISTER TODAY →](#)

**MONTHLY MEDITATION GATHERING**

Create a shared, supportive space to explore grounding practices.

1 hour  
5am PST | 7am CST | 8pm EST  
Every last Thursday of the month

Our hour together will typically follow this structure:

- 15 minutes - Setting the view and intention
- 15 minutes - Guided meditation highlighting different types of meditation monthly
- 15 minutes - Group sharing of the experience
- 15 minutes - Group sharing of other practices we find helpful in our lives or how our own practice is evolving

[REGISTER TODAY →](#)

**MORNING MEDITATION PRACTICE**

Explore the meditation practices introduced during meditation gatherings.

30 minutes  
6:30am PST | 8:30am CST | 9:30am EST  
Every 2nd Tuesday of the month

Here's how the morning meditation practice works:

The first 5 minutes of the session will be spent in quiet contemplation as people enter the call, and then we will begin the guided portion of the meditation.

We will not include any introductory lesson or conversation. These guided sessions will be recorded and shared later on our website.

[REGISTER TODAY →](#)





The Journey You Own

# Thank you!

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Jyothi Robertson, DVM DABVP (Shelter Medicine)

Founder, The Journey You Own

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