Heart-Centred Communication (HCC)

A living model for loving, honest encounter: speaking from the heart, listening from the heart, and really feeling the other.

Heart-centred communication is a simple, practical model of relating that begins with breathing through the heart centre, shifting awareness from ego to shared presence and inviting honest, vulnerable, loving dialogue in any conversation.

Communication is often viewed as a technical skill that can be learnt and applied. However, heart-centred communication does not begin with the spoken word, but with breathing 'through' the heart centre. Rather than a system of rules, it is an inner attitude: loving, honest, open and vulnerable. In this atmosphere, the ego loses its edge, and authentic connection becomes possible.

Heart-centred communication has evolved step by step from Nils Klippstein's lived experience, including his work with heart-chakra breathing, conscious presence and honest encounters, as well as his writing and his accompaniment of people. Free e-books and supporting content from Nils Klippstein can be found here: www.sanuela.org.

Benefits of Heart-Centred Breathing

- It calms the nervous system. Fear, stress, and tension soften.
- It brings attention into the body – from the mind and ego into our feeling.
- It opens our heart. We feel a closer connection to ourselves and others.
- It supports honest, caring communication – with more clarity and less fear.
- It helps us stay emotionally grounded. It's hard to harm others when we breathe with the heart.

Why "Nonviolent Communication" Does Not Go Far Enough

Nonviolent Communication (NVC) according to Marshall Rosenberg has achieved something significant. It has helped millions of people to recognise destructive communication patterns and to handle conflicts more mindfully. But the very name of the model already reveals its limits. 'Nonviolent' is defined by what is to be avoided – it is a negation. The goal is the absence of harm.

Heart-centred communication starts from a different place, inviting active LOVE. It is not a technique, but an attitude. As it says in the book *The Confident Heart. From Fear to LOVE* (chapter 10):

The greatest barrier to speaking the language of the heart is not a lack of technique, but our ego's fierce resistance to being honest with ourselves.

NVC provides us with a tool. Heart-centred communication first asks: 'From what state am I speaking?' As long as our consciousness remains anchored in the head, in the ego, in the protective reflex or in the need to be right, every technique will be a mere façade. It is only when we breathe through the heart centre that our awareness shifts. As described in *Hooray, I am Human!*:

Heart Chakra Breathing takes us from an ego perspective to a we perspective in seconds, because by focusing on the heart chakra, our consciousness simultaneously shifts to a higher vibrational level.

Finally, NVC assumes that both parties in a conversation are familiar with the method and wish to apply it. Heart-centred communication begins with you. Anyone who breathes through their heart centre and speaks from there changes the energetic field of the conversation without the other participant needing to know the technique. This concept is explored in chapter 2 of *Soulfamilies. Living, Loving and Growing Together*:

We speak while breathing through our heart centre. This keeps us honest, but also gentle. It helps us stay connected.

A Heart-Centred Conversation: From Preparation to Check-Out

Step 1 – Preparation: Arriving In Yourself

The work begins before the conversation starts. Anyone who speaks from an agitated or distracted state quickly ends up in the head, in the ego, or in a mode of justification. This is why it is important to allow a short pause before speaking.

For example, you can spend a few minutes in silence before entering the space for the conversation to gather yourself and become receptive. If you wish, you can place a hand on your heart chakra as a physical signal of your intention. *I am here to speak and listen from the heart.* Deep breathing exercises, a short walk or simply sitting quietly can also help calm the nervous system and shift your attention from your head to your heart.

Step 2 – Check-In: What Is Alive Right Now?

A heart-centred conversation begins with a conscious arrival in the present moment. Everyone briefly shares what is emotionally or physically going on for them in that moment – unfiltered and honest. This enables us to connect with each other without sharing full stories or drama, and to focus on the authentic truth of the moment.

Step 3 – Heart-Centred Breathing: The Foundation of Everything

Every heart-centred conversation is founded on heart-chakra breathing. It is the simplest spiritual exercise in the world: we imagine breathing in and out LOVE through our heart centre. The effect of this simple practice is powerful because it shifts our awareness from the ego to the heart space, bringing us into a 'we' perspective.

If you wish, you can enhance the breathing practice by holding hands, which is the simplest form of physical connection. Both people sit close together, holding hands, and breathe through their heart centres. Holding hands is like a 'mini-hug', creating a deep energetic connection and promoting trust. It is an invitation, allowing the body to experience closeness without the pressure to do anything, and it creates a safe space for what follows.

Step 4 – The Heart-Centred Conversation

At the heart of the conversation, those involved speak openly and honestly about what is truly moving them. This approach encourages authenticity and builds trust in communication.

A few simple guidelines apply:

- Speak only for yourself. Not *You always...*, but: *I feel… I notice... I need...*
- Curious questions instead of statements of certainty: *Can you help me understand what is happening in you right now?*
- Name your fears. *My fear of closeness is…* – because fears that are spoken out loud lose their power.
- No advice, no fixing. The one listening from the heart holds the space without commenting or judging.
- When triggered: pause and breathe. Anyone who notices they are slipping from the heart into the ego places a hand on the heart chakra and breathes from there.

Step 5 – When Things Escalate: The Reality Check

Heart-centred communication does not shy away from difficult moments; rather, it provides tools for navigating them. Anyone who feels triggered, angry, sad, or anxious during a conversation can follow a simple internal process:

- Reality check: Am I actually in danger – or do I only feel vulnerable?
- Heart-centring: Immediately direct your attention to the heart chakra and breathe through it.
- Gratitude for the ego: Acknowledge the feeling inwardly: Thank you. I can feel you. I know you want to protect me.
- Curiosity instead of judgement: What is the worst that could happen? – and bring this shadow into the light, where it loses its power.

Step 6 – Check-Out: Grounding and Integration

The end of a heart-centred conversation is a conscious, shared arrival. A simple sentence is enough: *What am I taking with me right now? What do I feel now?* Afterwards, everyone takes a few conscious breaths together in silence, focusing on the heart centre.

If you wish, you can finish by holding hands and expressing gratitude in a trusting way. Showing gratitude is a great way to open your heart further and raise your vibrational frequency.