

# The Science and Art of Relational Intelligence

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# A few thoughts on format

- Our purpose today is to have a ***conversation-dialogue on this topic of the science and art of relational intelligence.***
- My role is to put several issues on the table for dialogue. (some will be more developed than others)
- Clarification questions are welcome, but disagreements, alternate points of view etc. will be best placed in the small and large discussion

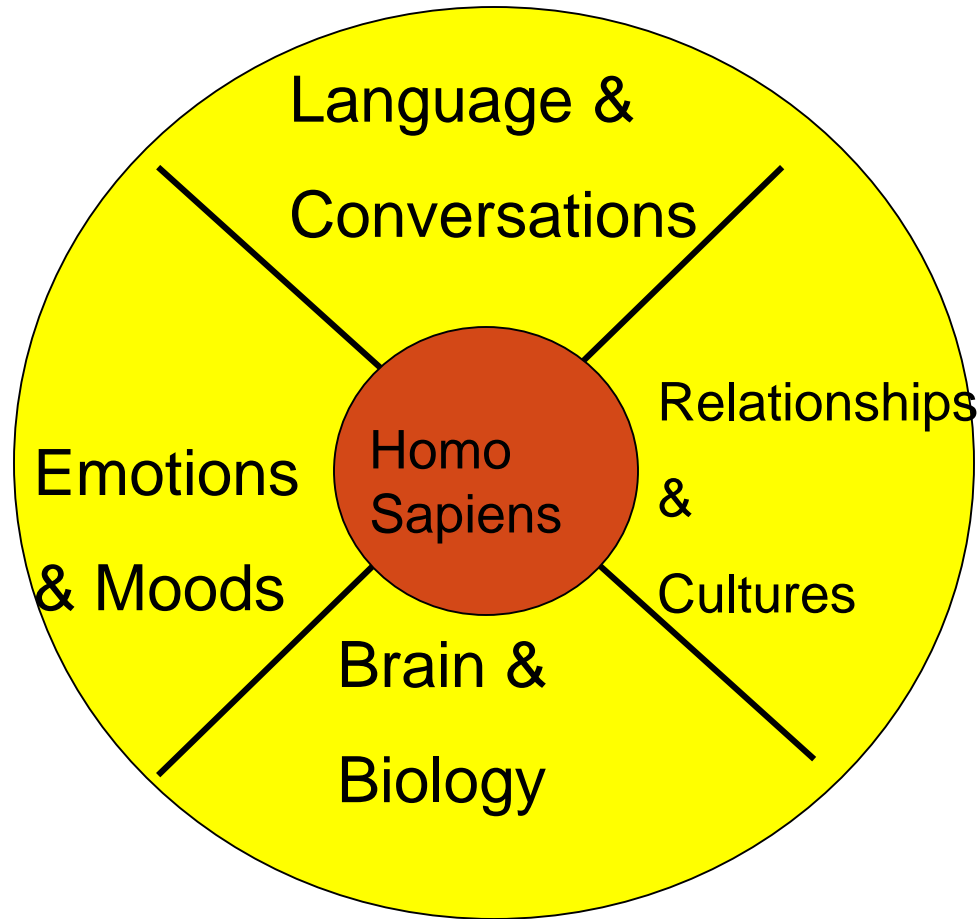
# Objectives for this Conversation

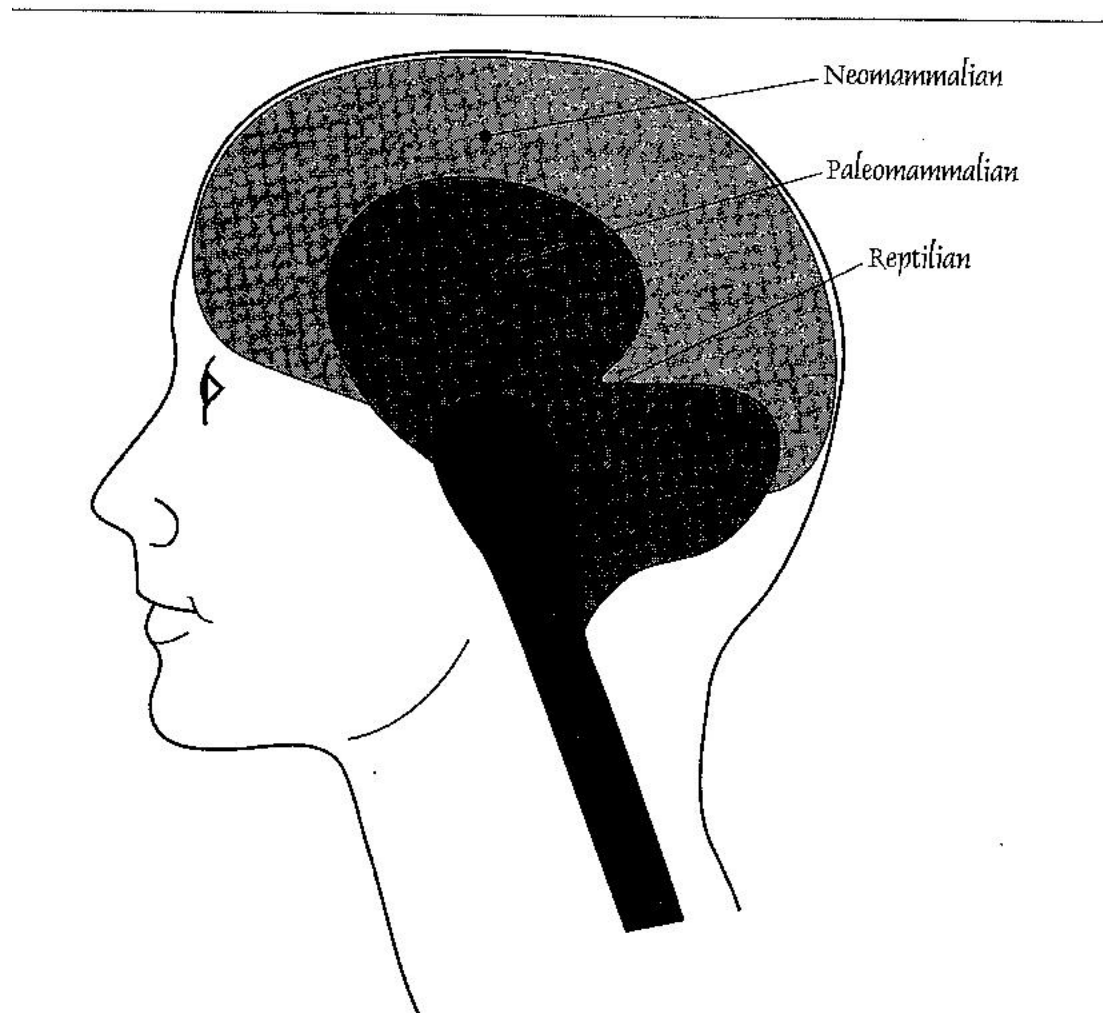
- To understand the science of our evolving brain and its impact on our relationships.
- To understand an ontology of human beings as a foundation for building our relationships.
- To develop Relational Intelligence as an artistic discipline.
- To approach our relationships as works of art.

# Seven relationships that can transform your life.

- Your Relationship with yourself.
- Your Relations with others.
- Your Relationship with time..
- Your Relationship with the world.
- Your Relationship with objects.
- Your Relationship with nature.
- Your Relationship with evolution-earth.

# An Ontology-Understanding of Human Beings as Biological-Systemic Beings



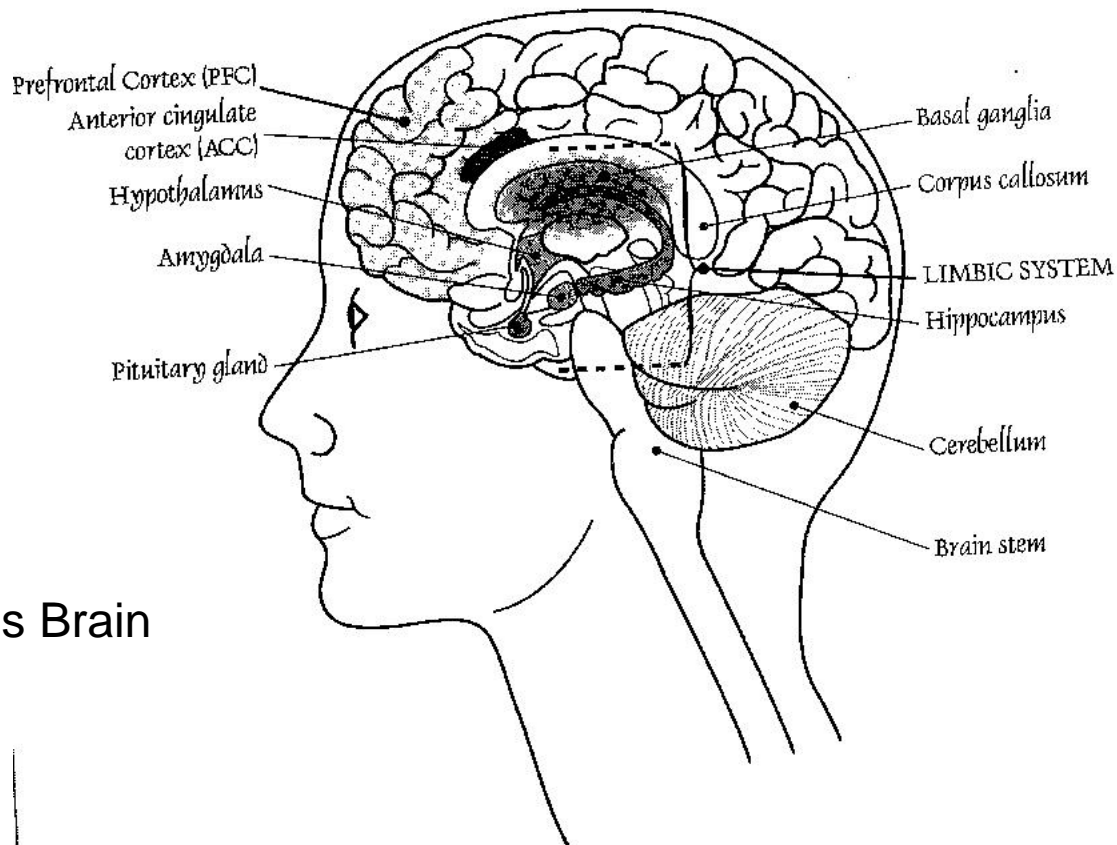


Source:  
Buddha's  
Brain

**Figure 2**  
The Evolving Brain

**Cerebellum**—regulates movement

**Limbic system**—central to emotion and motivation; includes the basal ganglia, hippocampus, amygdala, hypothalamus, and pituitary gland; sometimes also considered to include parts of the cortex (e.g., cingulate, insula), but for simplicity we will



Source:  
Buddha's Brain

**Figure 6**  
Key Parts of Your Brain

# Our Brain and Body

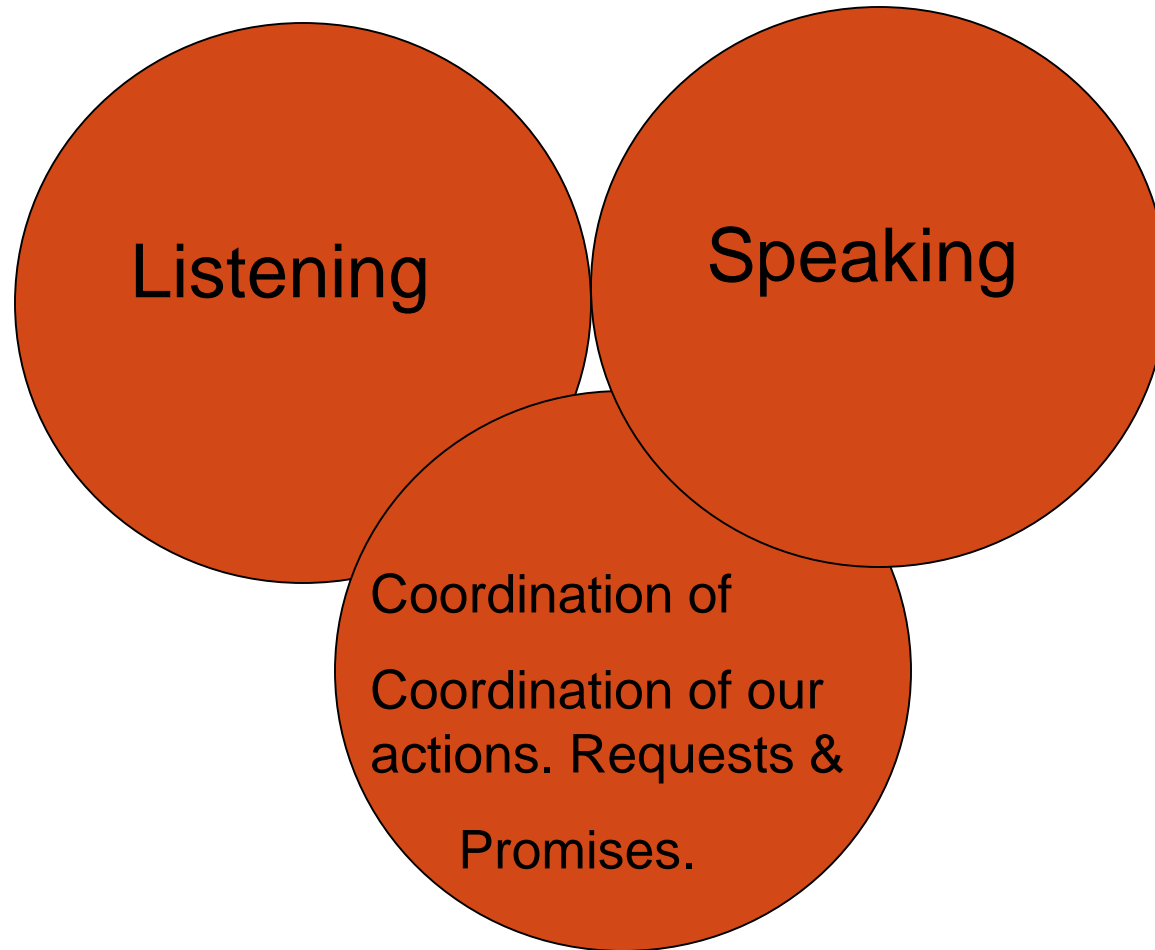
- Neuroscience tells us that our human brain is made to connect with other human brains and other relationships.
- Out of this systemic relationship between brains , language, and relationships, the human mind emerges.
- Each human interaction has an impact on the configuration and operation of our brain.
- Each interaction, conversation, words that we tell ourselves has an impact on our brain, could be positive or negative.



# The emotions.

- Our emotions are predispositions for actions and for relating with others.
- Our limbic brain is the source of our emotions.
- Our emotions are intertwined with our conversations.
- In our modern culture we give preference to reason over the emotions. We are not educated in emotional intelligence.
- The foundation of our relationships is the emotion of love, the capacity to see the other as a legitimate other, to confer survival and developmental support to the other. To behave ethical with the other.

# Language & key dimensions



# Language and Social Reality

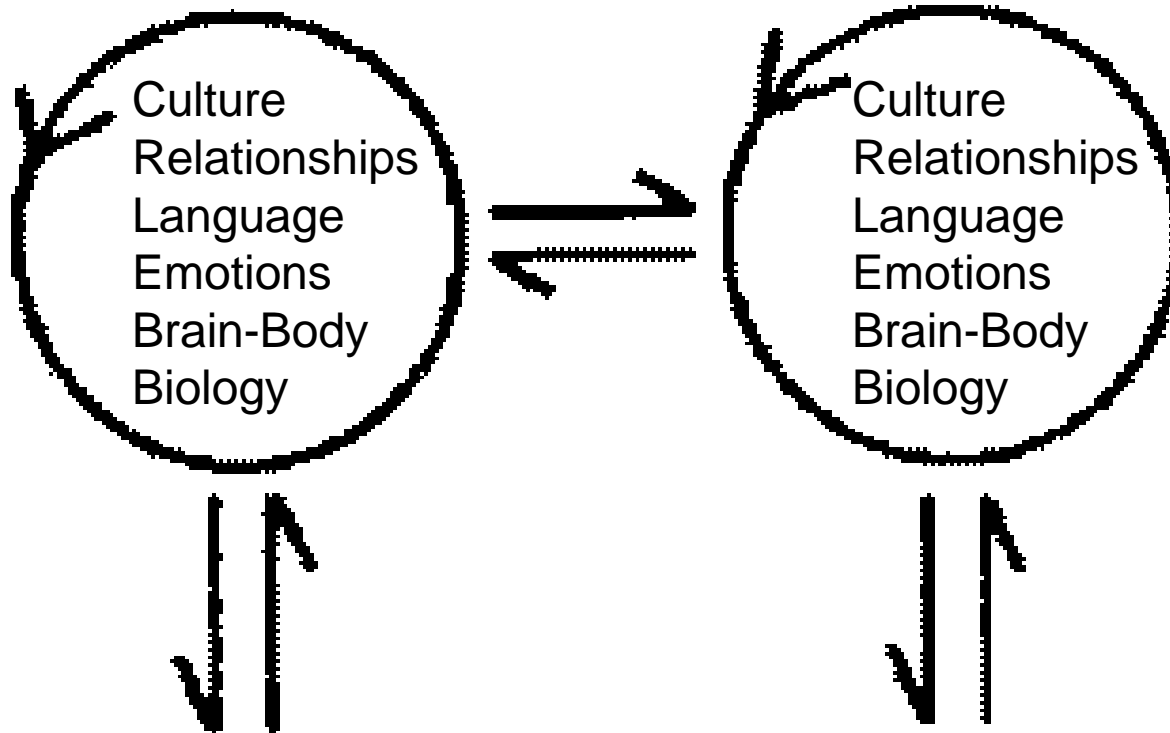
- Each person sees- perceives a unique world, through their mind, assumptions, language and culture.
- Each person creates their worlds through their emotions, language, words, conversations, and relationships.
- Each human being interprets a world and their worlds.
- Language and conversations open-disclose worlds and also conceal worlds.

# Relationships & Cultures

- Human beings are social animals, we are tribal.
- Our brain and mind are relational systems.
- Human beings develop their potential in conversations, relationship, and cultures.
- Human beings are wired for tribal groups, and for creating cultures. We love to belong to groups.

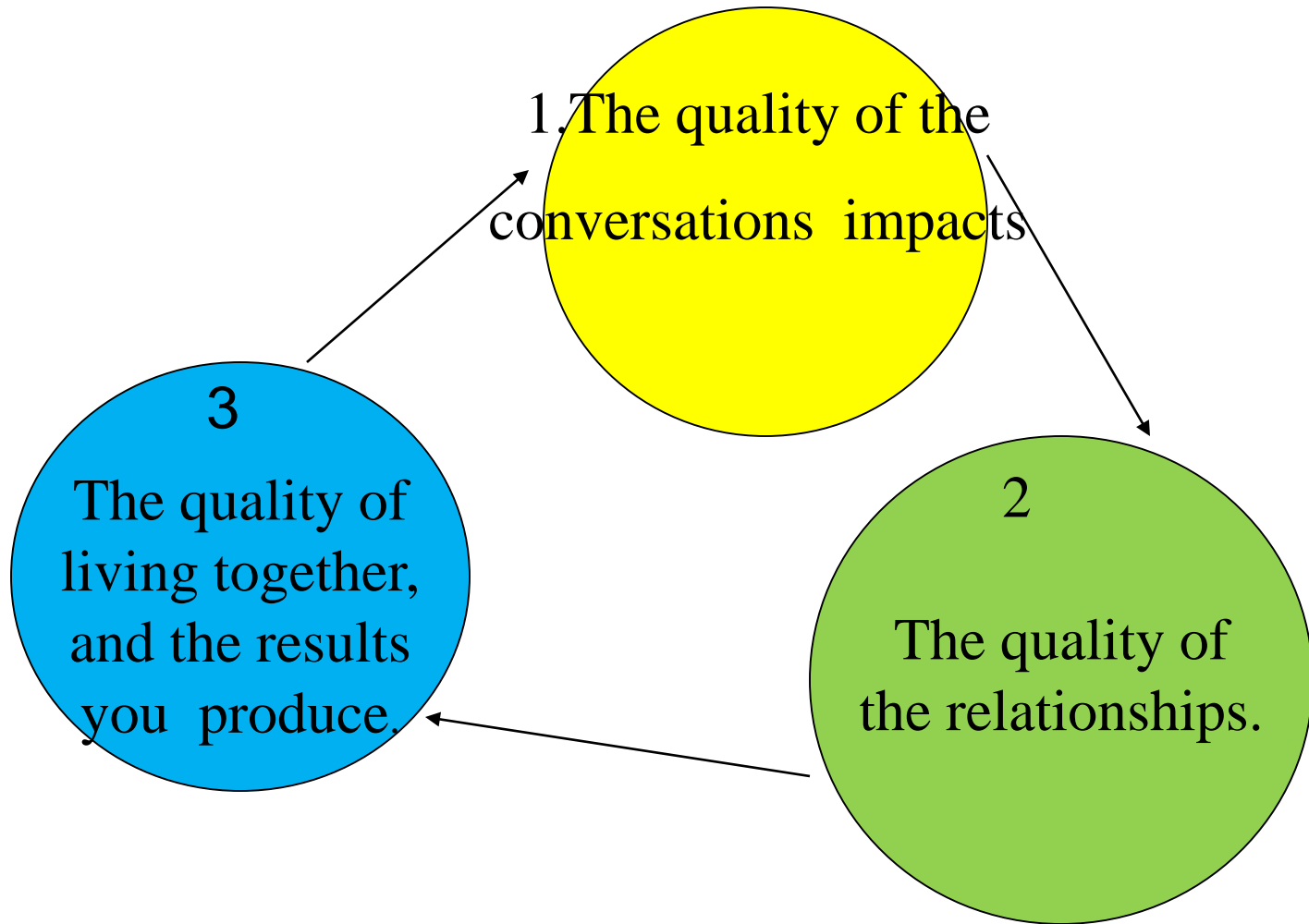
# The Foundation of Human Relationships

- The emotion of love: seeing and listening the other as a legitimate other in co-existence with oneself. Providing the other with survival and developmental support.
- Trust: making the assessment that the other person is sincere, reliable, competent, and cares for the other.
- Dialogue: the persons are committed to listen to the other, to understand the other's worlds, and to co-create a future that works for all.



Natural & Social Systems

# How conversations impact relationships



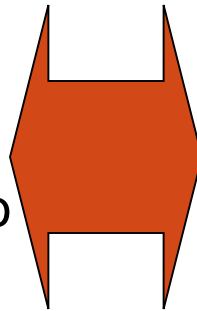
# Five Key Conversations:

- The conversation for creating affective and effective relationships. For getting to know the other.
- The conversation for dialogue. to understand the other deeply, and to understand the other's reality, assumptions, worldviews, and to be able to co-create a common future.
- The conversation for exploring possibilities. To look for better options, to design better futures, explore better alternatives.
- The conversation to coordinate effective action, through effective requests and promises.
- The conversation for feedback. Giving and receiving feedback to improve the relationship, to make adjustments and learn new actions.



# Practicing Dialogue between Two People

- Ask to have a dialogue.
- Declare the topic or conversation.
- Inquiry /questions
- Listen to understand, do not interrupt.
- Share a short paraphrase of what you listened, so far.
- Give thanks for the conversation.



- Declare your willingness.
- Share your thoughts, feelings, concerns.
- Take your time to express yourself.
- Listen to what the other listened from you.
- Acknowledged the other person's paraphrase, clarify, explain if needed.
- Give thanks for the conversation.

## Conversation for Relationships- Getting to Know the Other.

- What do you want to know about this person ? vision, values, purpose ?
- What are some of their talents ?
- What are some of their aspirations and or concerns about life ?
- What does this person bring to the relationship ?  
What other conversations would you like to have ?

## Getting what you want from a relationship.

- Have a dialogue around your expectations, aspirations, goals, projects, what is missing , the actual state of the relationship.
- Make your needs known, your requests, your offers, say what you want and say what you offer / bring to the relationship.
- Explore possibilities, negotiate, design and create together.
- Have a structure for the ongoing development of the relationship.

# Creating a structure for an affective and effective relationship



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