

## SHUVA Blessing - See, Hear, Understand, Value, Appreciate

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### Overview

SHUVA is a concept developed by Patty Beach, author of [The Art of Alignment A Practical Guide to Inclusive Leadership](#).

You can give SHUVA to the people around you by making them feel **Seen, Heard, Understood, Valued, and Appreciated**. Offering SHUVA to everyone all the time helps us become committed to the same goals and ideals in humane and productive ways. And it feels terrific!

It's especially useful when we engage in conversations about contentious topics with those we may not always agree with. You don't have to agree with what somebody says to offer them SHUVA. It provides psychological safety when we must step outside our comfort zones.

Below is a SHUVA Blessing written by Dr. Laura Chris Green Read through this blessing to tap into the power of SHUVA to breathe life into yourself and others.

We recommend that you read through it once, with someone in mind that you want to work with better, then again imagining blessing yourself with SHUVA.

### A SHUVA Blessing by Dr. Chris Green

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May you be **Seen**.

May how hard you try your best be recognized.

And your strength, wisdom, and worth be visible to all.

I will look you in the eye to let you know I truly see **you**,

Not just who you appear to be, but how you are on the inside.

Such that your precious soul is **Seen** and cherished.

May you be **Heard**.

Your story, your point of view, is unique and valuable.

I may not always agree with you, but I know you know things that I do not.

And so I will listen carefully to every word you say, without interrupting,

For you deserve to be fully **Heard**, not dismissed out of hand.





May you be **Understood**.

May my careful listening capture the essence of what you say  
I will listen to you with an open mind, seeking to understand your truth.  
And if I feel confused or uncertain, I will ask you to clarify.  
Not because I question you, but because I wish to completely understand.  
May the valid points you make be clearly **Understood** by me.

May you be **Valued**.

May you see that I have been changed by your words,  
That you unveiled something new to me that I would never have considered if not for you.  
I will tell you what I've learned from you so you can hear exactly what you've given me.  
May you see that I **Value** what you have added to my life.

May you be **Appreciated**.

May you feel that the time you gave me was worth while  
Because it is clearly evident that I think it was.  
I will sincerely thank you for your ideas and for how open and honest you have been.  
And we will plan together how we will continue to go forward.

