



Embracing the Truth of Your Divinity

Healthy Communication



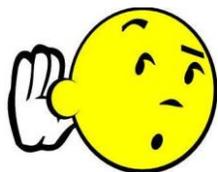
By
Jackie Self

**Healthy Communication will transmit the energy of LoveLight
and lead us into NEW states of Harmonious Conversations.**

Mental health, physical health, and spiritual health are all being challenged at these times because many humans still continue to search outside of themSelves for answers to personal and collective dilemmas.

When we begin to understand that we are all evolving and are being guided to embrace change with new ways of thinking, believing, and acting, perhaps we can stop long enough to be more conscious and cognizant of what we are communicating. Anger, fighting, and frustration are internal communications, that stem from not knowing *how* to communicate to ourselves and others in ways that release fear long enough to make necessary connections.

Moving into new realms and beginnings is a process, and we are being called to join together with like-minded others and discover viable ways to proceed. One of our biggest challenges seems to be learning HOW to communicate with others in a clear, respectful, and honorable manner.



Communication is information transmitted energetically. We are not always receiving the full message due to the ways we are communicating, especially now through cell phones, home phones, email, text, twitter, etc. Messages are going out and messages are coming in... is anybody really LISTENING?! Our personal emotional energy, and our sensory capacity to read body language is left out of the transmission. We are often left unfulfilled emotionally and feeling incomplete.

Speaking our truth is effective and more fulfilling when we speak from our Heart and Trust who we are.

According to David/LE: *“The effectiveness of your communication is the response you get from others and the Universe.”* Looking at the following percentages we can see how important it is to develop healthy communication skills through a form that involves all of ourSelves.

Communication effectiveness:

Words (7%) Tonality (38%) Body Language (55%)

What if we relied less on technology for our communication and made an effort to communicate more person to person?

We will most likely ENJOY communicating and have a more SATISFIED feeling as CONNECTION will be made including our mental, emotional, and physical levels.

What if we make a commitment to speak from our heart versus our mind?

Quieting our minds long enough to allow thoughts to spring from our heart may take practice. Below I have listed various methods I have used to prepare my mind so that it is quiet enough to let my heart speak.

- Breathing
Take deep and long breaths and allow your thoughts to flow through your mind uninhibited.
- Candle Gazing
Focus on the stem of a candle flame for five to 15 minutes at a time.
- Journal Writing
Have a notepad by your bed so that you can write out your thoughts upon awakening. Write quickly and do not try to decipher... this is only to clear your mind. You do not have to read it... just let it flow.
- Loving Your Thoughts
Send love to your thoughts no matter what they are.
- Lighting Your Thoughts
Send light to your thoughts no matter what they are.
- Thought Streams
Allow a beginning thought to flow and connect to the next thought creating a story until completely played out with no desired outcome.

May we all strive to improve the effectiveness of our communication with others through meaningful Connections, Clear/Quiet Minds, and Loving Hearts.





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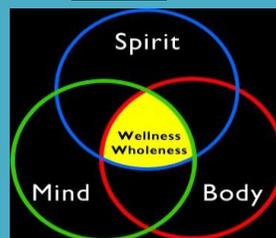
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*"The night is young... the trees are full...
the birds are on high... the tunes are ringing...
The Time is NOW..."*

~ Zientah ~

