

Letting go of old tension for good.

By learning to communicate the difficult stuff.

Have you realized yet, that not communicating is by far more stressful than communicating? If you don't communicate something, does it go away....? No. On the contrary. It grows inside of you like a snowball rolling down a long mountain pass.

Communicating a breach of trust or integrity, a lie, a fear, a concern or insecurity is difficult. It is difficult for you to imagine how it may be received. How the person you are sharing it with will re-act.

What you share you can own – what you don't own – owns you.

Sharing differs from chatting, in that your speaking is powered by the *commitment to having an unoccupied mind* that allows you to be fully present to the moment of here and now. Learning to create a "safe space" and then communicating fully and completely is key to de-stressing your life.

There are four types of sharing. Presence sharing, heart sharing, encounter sharing and vision sharing. Starting with the most beneficial of these, encounter sharing is used to support you in removing all the unshared and unresolved conversations between you and anyone else in your life. The unshared stuff is the space that divides you from them. The more stuff unshared, the wider the distance between you. It helps you to get real with the other person, get a situation unstuck and get something off your back in a constructive way.

Firstly, look for and identify areas in your life where there are unshared unresolved questions and commit to having an encounter sharing. Who do you feel distant from and would like to get closer to? In which areas of your life do you lack freedom, power and self expression? Where in your life are you not saying (owning) what you really think and feel? Where in your life would you like to say something to a friend or family member but feel you can't?

Decide to have these conversations and follow these four simple rules. Remember the objective of the conversation is to share your thinking and feeling in order to remove the distance between you and the other person.

1. Don't use "you" in an attacking sense, always use "I". Make it about how you are feeling and not what they are doing. Eg: When you, it makes me feel.....
2. Direct your emotional energy (or charge) sideways and not forward towards the other person.
3. Don't be attached to their reaction.
4. Embrace your fear and act in the best way you can.

You can start the conversation with "Would it be okay for me to share something with you?" or "May I share something with you." Any sharing is getting your stuff out of your system and into the open space of renewed possibility. Because it is no longer inside of you, you feel instantly changed. And being willing to acknowledge that you want to change is the first step towards becoming more empowered.

When I let go of who I am. I become what I might be. – Lao Tzu

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