

# LISTENING WITH ALL YOUR SENSES

Poor communication is the leading cause of breakdown in relationships. Either we are unable to convey our feelings or the other person doesn't understand what we are saying.

How can we alleviate this most common yet fatal issue? What other clues are being expressed that we have not been trained to notice?

Every aspect of our being is involved in our manner of connection with others. The way we stand, hold our head, the placement of our hands, our breath and our posture. Our body has its own very distinct and efficacious way of transmitting what words are so often unable to.

We can learn to become the observer; to notice the silent yet clear language of the body. The way someone carries themselves speaks volumes about who they are, how they handle life and the experiences that have shaped them.

Eyes that are unable to meet yours reveal a lack of confidence or honesty.

Slumped shoulders can be an indication of feeling overburdened, depressed or grief stricken. We tend to collapse inward when we are stressed or fearful. This is the body's natural means of protecting the heart.

Poor posture can also indicate a person who is fatigued by life, weighted down by burdens that feel overwhelming.

A head cocked more to the right can imply a tendency towards reacting to life rather than taking the time to consider and respond. This arises from the flight/fight or freeze response being continually activated.

When I meet with a new participant, I attune my inner ear to articulate the nuances regarding how someone speaks about themselves. Is their language kind, loving and supportive or is there a tendency to put themselves down? Are they confident or plagued by a lack of faith in their potential?

How do they treat their body? What are they consuming in terms of nutrition? Is food revered as fuel for the body, mind and spirit? Or is it something to fill up an empty space, quell a stomach full of worry or a vain attempt to kill a hunger that can never be satiated?

The way a person maintains themselves shares much about their motivations. Genuine self care arises from a deep, inner place of recognising one's innate self worth. It is not an attempt to fulfill the whims of society's ever fleeting fancies nor the desires of another.

Our body is the vessel through which our lives are experienced yet many of us scarcely notice it until something goes *wrong* or it doesn't represent what we feel it should.

Love is key ingredient to all goodness, health and healing. How do you think your body might respond to deep reverence and care as opposed to self abuse or admonition?

Our words may betray us but the body never does. As you learn to listen to the world with your heart, you will hear the silent whispers of all. You

will gain an ability to communicate clearly and openly with all life, cultivating genuine relationships with love and care as their foundation.

