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Waska aka Perry Finkelstein

HOW TO CREATE CLEAR, BALANCED & HARMONIOUS COMMUNICATION IN ALL of YOUR RELATIONSHIPS

COMMUNICATION IS DEFINED AS:

THE IMPARTING OR EXCHANGING OF INFORMATION OR NEWS.

... **Effective Communication** is so much more than merely the transmission of information when the intention is to foster healthy relationships; to express feelings; when sharing that which is important to you and to truly be heard and acknowledged by those who you are in dialogue with.

Achieving effective communication is pretty simple when applying certain practices and at the same time it can be quite challenging to land at the place where all parties involved feel satisfied with the interaction.

Have you ever experienced being in a conversation with your partner, family member, work associate or anyone for that matter where you felt frustrated after trying to convey your thoughts to someone who just didn't seem to be understanding a word you were saying?; a time when it seems as if you were speaking a completely different language or the other person was speaking in some foreign tongue and the conversation kept going round and round getting nowhere; when speaking calmly turned into an argument and maybe even tempers started to flare and then absolutely nothing was being received and certainly not being acknowledged? ... and how many times have you or the other person just walked away out of frustration, leaving negative feelings including anger, resentment, hurt, etc hanging in the air - Sometimes never to be resolved? How many times have you gone to sleep angry after a heated argument with your partner? We have all been there... it does not have to continue to be that way.

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APPLYING THESE TRIED AND TRUE GUIDELINES WILL HELP TO ENSURE SUCCESSFUL COMMUNICATION AND BUILD HEALTHY RELATIONSHIPS ~ PRACTICE AND PATIENCE = REWARDS

Some of these guidelines may feel natural while others counterintuitive and some may even tweak your ire a bit and that's ok. The goal of practicing a new or 'upgraded' way of listening and speaking will aid in being a good and healthy communicator. It will take commitment and consistent practice as well as having patience with yourself and others.

We have one mouth and two ears!

~ **Listen.** Truly listening is an art. It requires **presence**. Being fully present for the other person is a wonderful gift. By modeling such behavior in your relationships, those in receipt of this gift will likely soon respond in kind after experiencing your presence on a continuous and reliable basis. Presence in listening means that we are not formulating a response in our heads, nor are we being distracted with other tasks that take us away from being fully engaged and present. To hearing what is being said.

~ **Create Space.** It is not necessary to fill every silent moment with words. Allow room for reflection and consideration; ask for the same after you have shared your words.

~ **Repeat what you've heard.** Mirror back what you heard to gain clarity and understanding. Ensure accuracy before moving further if there is any doubt.

~ **Do not make assumptions.** Assume the best of the other person. We often do not fully know what another is thinking or feeling and not taking things personally and assuming the best, goes a long way.

~ **Be Open.** We are all entitled to our feelings. There is no right and wrong in that regard. Staying open to a viewpoint that doesn't necessarily reflect our own beliefs shows empathy. Empathy for others breeds compassion, trust and so much more.

~ **Let go of the need to be right.** There are no winners when ones focus is on proving their point and is bent on 'being right '. Take the high road and recognize that our differences are the diversity that makes us all unique and wonderful beings. Do you want to be happy or do you want to be right?!

~ **Acknowledge** what the other person has said and is feeling. This doesn't necessarily mean that you are agreeing with the content of what was said; it does show respect and respecting another viewpoint and opinion even when vastly different than our own puts us on a high vibrational road to good communication and balance in relationships.

~ **Agree to disagree.** Best intentions do not always result in everyone feeling heard and respected. For those times when the atmosphere gets heated; emotions run hot and and the engagement is not moving in a productive direction... being willing to adjourn and revisit the conversation at a later agreed upon time or agree to let it go and move forward Sometimes an agreement to disagree can be the best outcome.

These tools again, require diligent practice, patience and commitment. This information alone may be very helpful on your journey to clear communication and relationship building AND if you are called to delve deeper into a committed practice, then you are invited to apply for **COMMUNICATION RELATION** Coursework. Email for more details: waska@illuminatedwarrior.com

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