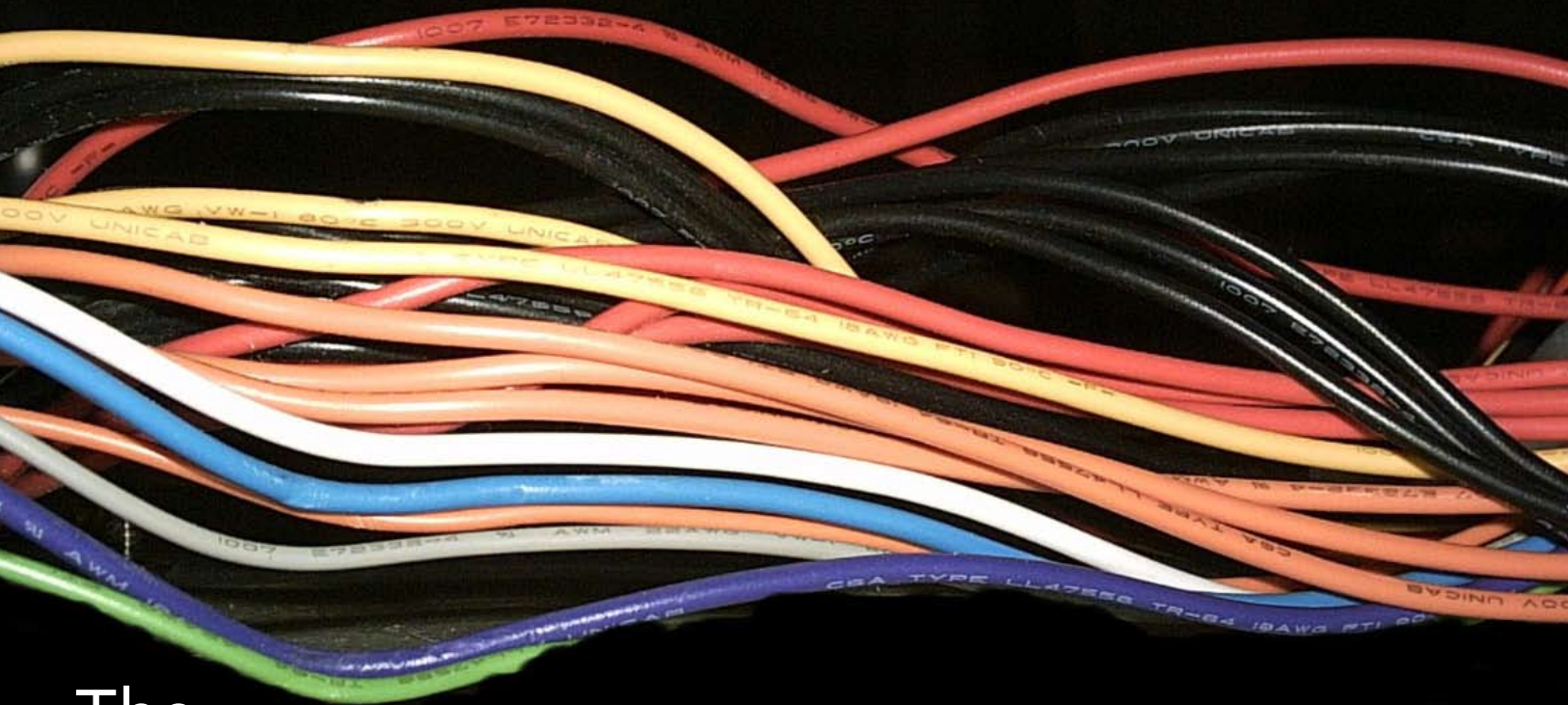


# Lightworker

March 2010

3

MAGAZINE



The

# Communication

Issue



*Hello. Bonjour. Hola. Parev. Aloha. Goddag. Namaste.*

This month's Lightworker scratches the tip of the Communication iceberg. It's a subject that affects every moment of our lives, so the articles in this edition delve into our sleeping dreams as well as our waking thoughts, speech and behaviour.

I was fortunate to spend most of the past month in Thailand, whose beautiful people and scenery never fail to inspire me. Being unable to speak a word of Thai myself, the challenges of communication were vividly highlighted, but at times like those there is one language that is universal to all – that of a warm, friendly smile!

I was also guided to communicate with more channelled messages, so head to my blog at [lightworkermag.com](http://lightworkermag.com) for daily wisdom.

Welcome to our new readers, more and more of whom are discovering Lightworker every day, and thank you to our global community for your continued support and praise over the past month.

Love and light

*Rachel.*

Rachel Willis

Editor

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# Contributors

**Michael Sutherland**



Russell Brand once sat on Michael's knee without asking permission, before recruitment he worked as a games tester on the Grand Theft Auto series, and he has just returned from a short sabbatical travelling across South America but the tan was gone by the time he reached the luggage carousels at Heathrow Airport.

**Sylvie Roy**



The way to new columnist Sylvie's heart is with rocks (literally) as she's collected stones and crystals since childhood, she was hugely excited when recently taught - at the age of 29 - how to do a cartwheel, and loves Cheerios so much she has been known to eat them several times a day.

**Dr. Judith Orloff**



Judith Orloff MD was raised in Beverly Hills, is renowned for coining the term 'energy psychiatry', and was honoured to speak at Fortune Magazine's Most Powerful Women Summit on the subject she is passionate about - blending traditional medicine with advanced knowledge of intuition, energy, and spirituality to achieve physical and emotional healing.

# The power of the spoken word

by Michael Sutherland



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Michael is a part-time writer, part-time basketball player and full-time people-watcher. Originally from the Highlands, he now lives in Bristol where he helps global businesses with talent acquisition in the IT and Telecoms arena.

The power of the spoken word is immeasurable. How can we quantify the power of a war poem on Armistice Day, or a defiant speech on the picket line, or a passionate call to arms in the half-time dressing room? The simple answer is that we can't. However, we can be sure that verbal communication is important; it is empowering, inspiring and vital.

Today, there are more ways to spread our message than ever before. On an information landscape bisected at every angle by communication avenues, with myriad lanes and byways, how can we be sure we're expressing our message in the most effective way? With access to streams, feeds, blogs and updates day and night - in more formats than you can shake a dongle at - it's unsurprising that in many quarters quality has taken a backseat to quantity.

## But how do we make ourselves heard above the omni-din?

Bill McLaren, the legendary 'Voice of Rugby', as he was known, died in January this year. For those of you not familiar with Bill McLaren, his commentary skipped, sauntered and chortled its way over the BBC transmitters and into the front rooms of millions for over half a century, with a warmth and neutrality

that endeared even the most ardent rugby-hater.

During the Second World War, Bill McLaren fought in Italy and North Africa, witnessing unspeakable human suffering. On returning to Scotland, he took to the rugby field again, but on the eve of what would have been his first Scotland cap, was diagnosed with tuberculosis and spent 19 months in a sanatorium. However, he was lucky in one respect and opted to trial a new drug called streptomycin. Its effects were deemed miraculous, and X-rays of McLaren's healed lungs were sent around Europe as proof of the medicine's worth. It was whilst recovering that Bill began commenting, going as far as setting up a makeshift putting green so that he could commentate on patients golfing competitions over hospital radio.

Later, during his time at the BBC, his knowledge was unrivalled. Before a match he would assign a playing card to each player and memorise various facts and key points, all ready to be brought to life by his memorable turn of phrase during the game.

For me, as a young man, he was the only commentator worth listening to. Indeed, and perhaps tellingly, the only commentator I can remember.

I've since begun to understand what made him great: McLaren was a seemingly effortless communicator. He beautifully balanced the ability to be informative without condescension, and passionate without bias.

Commenting to millions of people over one of the world's oldest and most respected airwaves may not have an obvious correlation to how we communicate each day in a social or business setting, but taking the values of McLaren is a great starting point for anyone looking to make an impact on their audience.

### **How to communicate with impact**

The key to McLaren was that that he was utterly engaging. And what made him engaging was that he loved rugby, and knew everything there was to know about it. He possessed many other qualities, but knowledge and passion made him great: as people committed to living positively, we can embrace this in our daily lives. When communicating with people - whether it's about our business idea, our brand, our cause, or a newly opened café - there can be no substitute for the spoken word delivered with knowledge and passion.

You are the one that drives your ideas and no one believes in your

project more than you do. That's very valuable, so why not use it? Would prospective customers and partners be more likely to understand your vision and want to be a part of it if you brought them closer to the spark by talking directly with them? No one is a better advocate for your idea or more knowledgeable than you are.

In my professional field - recruitment - communication is important for many reasons. High on that list is the fact that candidates must be able to trust their consultant, and to do this there must be clear lines of communication and conviction in the message. Granted, there is more to it than this, but these are the cornerstones and if you are passionate and knowledgeable then trust can be established and a strong business relationship the fruit.

### **Only use Social Media as a springboard**

In a disposable world there is scope for confusion and mixed messages through Social Media, and nobody likes to be misunderstood. Being misunderstood, in either a business or social context, is more destructive than not being heard at all. Social media is a wonderful thing, but it is not an end in itself. It is a tool that should be used to open up direct conversation. If your rela-

tionship with a contact begins and ends with a tweet then its value is forever limited. In my professional life, all the best business relationships have grown from the kernel of a shared joke or a connection from a conversation. Perhaps I've given away a piece of myself and received something similar in return, or we've stumbled across a common interest that would never otherwise be uncovered. These are the little moments on which relationships are anchored.

Three weeks after his death, Bill McLaren's wife stood in front of a full Murrayfield stadium in Edinburgh and broke down during a moving one-minute silence, whilst at Twickenham the previous day, 82,000 fans joined together in applause to honour the great man.

Bill McLaren was an articulate and knowledgeable ambassador for his passion. If, like Bill, you're lucky enough to find yours, then share it with the world. People will listen.

# Second Sight: How to remember and interpret

by Dr. Judith Orloff



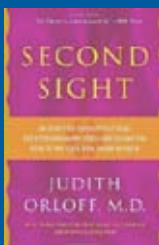
Judith Orloff, M.D is author of the new updated bestseller *Second Sight*, an inspiring and controversial memoir about coming to terms with her intuitive gifts, upon which this article is based. Her other books are *Emotional Freedom, Guide to Intuitive Healing*, and *Positive Energy*. She is assistant clinical professor of Psychiatry at UCLA and an international workshop leader.

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## Dates for your diary:

24th May 2010 talk and book signing  
29th May 2010 workshop  
Saint James Church  
Piccadilly, London  
Contact:  
Alternatives at +44 (0) 207 287 6711  
[www.alternatives.org.uk](http://www.alternatives.org.uk)

5th June 2010 Ireland workshop  
Second Sight Book Tour  
Spirit One Seminars  
Dublin, Ireland  
Contact:  
087 7468583  
[maireadconlon@hotmail.com](mailto:maireadconlon@hotmail.com)



At different times in my life, I am a physician, a teacher, a friend and an author, but being a dreamer is what I value the most.

Whatever I am doing, I always hear my dreams echoing in a distant underground chamber beneath my thoughts and feelings, attuned to the rhythms of my body and the very substance of the earth. They are my compass and my truth; they guide me and link me to the Divine. They call out to me in an intimate whisper, always knowing how to find me. They speak my real name.

For me, dreaming is a direct line to a place where magic abounds and nothing is without meaning. It is a pristine state of awareness, unpolluted and clear. Direct guidance for healing lies in our dreams, the natural territory of intuition. Here, time and space are non-existent and anything is possible. Like a blank, white canvas, our dream world is a spacious medium where intuition can freely express itself. We have only to listen.

You are in partnership with your dreams. Initiate an ongoing dialogue with them. It's like consulting the wisest doctor you can imagine who knows you inside out. You can ask your dreams anything. No question is trivial if it is meaningful to you. Expect answers. Some will be direct. Others may require interpretation.

Your dreams can reveal many truths about your life. They can provide extraordinary intuitive insights, and give you information that can help your health, love life and career. You'd be surprised at the straightforward advice that your dreams give, either spontaneously or on request.

Dreams can keep you well. Dreams provide answers. But first you must retrieve them. Here are my four strategies to help you remember your dreams:

Keep a journal and pen by your bed.

Write a question on a piece of paper before you go to sleep. Formalize your request. Place it on a table beside your bed or under your pillow.

In the morning do not wake up too fast. Stay under the covers for at least a few minutes remembering your dream. Luxuriate in a peaceful feeling between sleep and waking, what scientists call the hypnagogic state. Those initial moments provide a doorway.

Open your eyes. Write down your dream immediately; otherwise it will evaporate. You may recall a face, object, colour, or scenario, feel an emotion. It doesn't matter if it makes perfect sense-or if you retrieve a single image or many. Record everything you remember.

When you're finished, refocus on the question you asked the previous night. See how your dream applies. One, two, or more impressions about the who/what/where of your solution may have surfaced. Get in the habit of recording your dreams regularly. Be assured I've never met anyone who can't be taught how to remember. Keep at it. Remember to practice. Soon it will become second nature to you!

In addition to the practical aspects of remembering dreams, there's an intuitive level to understanding dreams. Reliable intuitive information stands out in very specific ways. Watch for these clues:

Statements that simply convey information

Neutral segments that evoke or convey no emotion

A detached feeling, like you're a witness watching a scene

A voice or person counselling you, as if you're taking dictation from an outside source

Conversations with people you never met before who give instructions.

I've found that my most dead-on intuitions either come across as compassionate or have no emotion at all. Develop a careful eye as you practice separating the content of your dreams from your reactions to it. Soon you'll be able to tell the difference between unreliable guidance and truly reliable guidance.

Be aware that your dreams go by different rules than your waking life. Get ready for a mind shift. Physical laws no longer apply. Gravity changes. In dreams you can fly!

continued....

I agreed to an intuitive session with Dr Judith to sample for myself the 'Second Sight' she talks about in her new book.

Despite the inevitable telecommunications challenges provided by the thousands of miles of ocean between the pair of us, the connection that she formed could not have been stronger. Within only moments of talking, Dr. Judith was immediately sharing insights into the next best steps for Lightworker Magazine, providing welcome consolation regarding recent family upsets, and one or two other juicy snippets that I shall choose not to share with our masses of readers!

Needless to say, I shall be buying copies of her book in the hope that these gifts – in both the literal and figurative senses of the word - can help others to enhance their lives by learning to communicate with the unspoken language of intuition.

Rachel Willis - Editor

Advertisement



*A hands-on charity: eye surgeons curing the blind in India's forgotten areas*

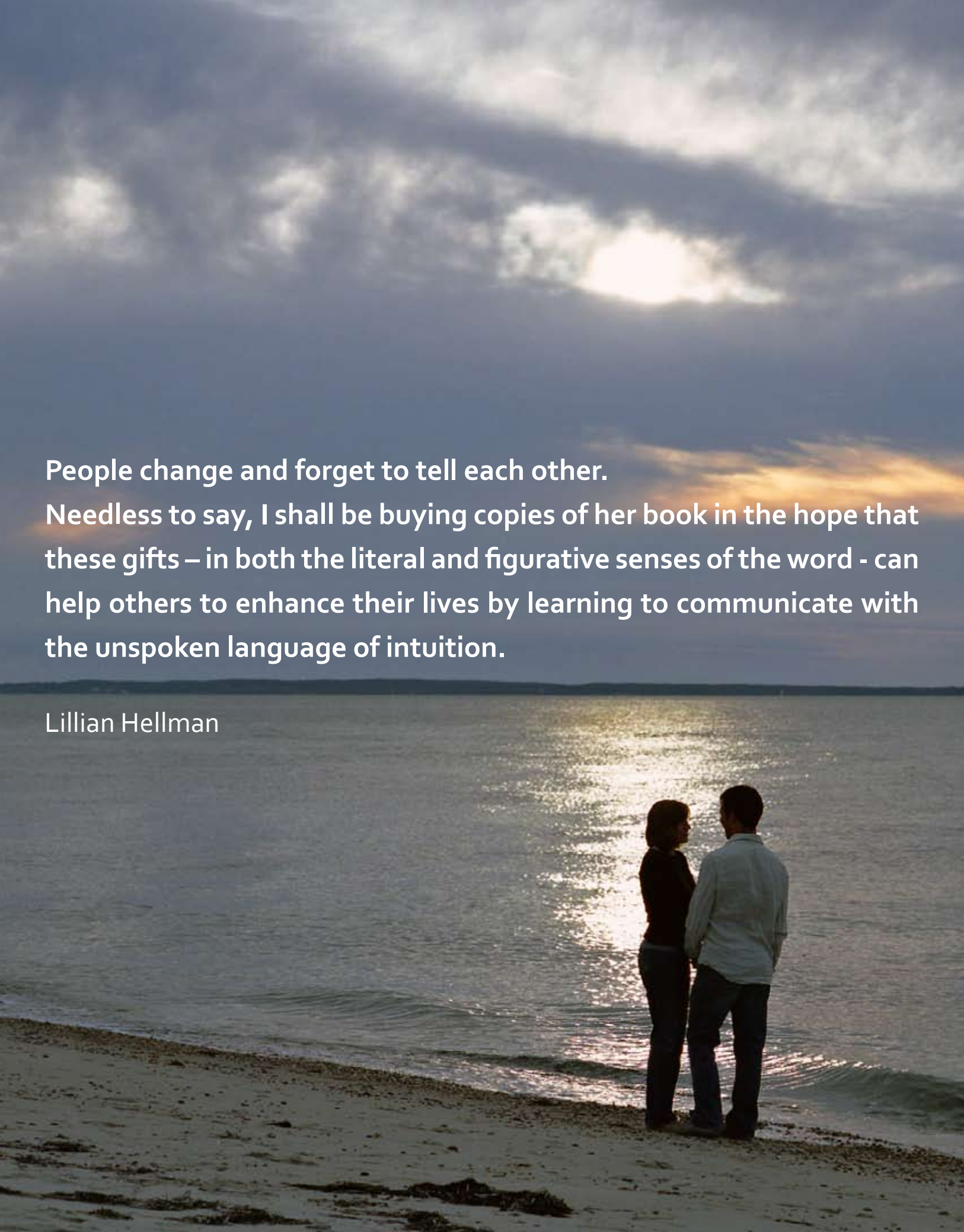
*At least two million people who are blind from cataract in India live in the rural areas of India.*

*They are part of the 'other India' that has reaped no benefit from the country's phenomenal economic growth.*

*Up to half the population lives on less than 15pence a day.*

*Second Sight provide both experienced eye surgeons and money to fund the sight-restoring surgery that they offer free to the blind.*

[www.secondsight.org.uk](http://www.secondsight.org.uk)

A couple stands on a sandy beach at sunset, looking at each other. The sun is low on the horizon, casting a golden glow over the water and sky. The sky is filled with soft, white clouds. The water is calm, with gentle waves lapping at the shore. The couple is silhouetted against the bright light of the setting sun.

People change and forget to tell each other.  
Needless to say, I shall be buying copies of her book in the hope that these gifts – in both the literal and figurative senses of the word - can help others to enhance their lives by learning to communicate with the unspoken language of intuition.

Lillian Hellman

# Once upon a time...

## Jamie's Farm

by Jamie Feilden



Jamie Feilden is passionately committed to improving the lives of young people. He founded Jamie's Farm as a unique way to empower vulnerable young people from urban areas by improving their capacity for personal and social achievement, and in turn their capacity for engagement with school.

### Connect with Jamie

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The year was 2005 and I was a teacher and participant on the innovative Teach First programme, teaching at a large comprehensive in South London.

Having grown up with a passion for farming - and upon discovering that the pupils I taught lacked experience of agriculture - I had the brainwave to bring two sheep back to the school from our family home in Bath.

We housed the sheep next to the playground so they could become part of the school community, and I noticed an instant impact on the students, who relished the responsibility of feeding and caring for the animals. My colleagues also saw a remarkable change in the attitude of these individuals towards their school life, which in turn led to a noticeable drop in the number of playground fights.

On the back of this success, I hosted ten separate school trips at the farm in Bath between 2005 and 2008, and soon realised that the experience of living and working in the countryside was giving otherwise de-motivated

and disengaged students a new purpose and direction in their lives.

In October 2008, I returned to live in Bath full-time and established the charity Jamie's Farm, with a view to positively impacting as many young people as possible through this unique offering.

I believe that the combination of physical activity, a plethora of opportunities for achievement and therapeutic element are the ingredients that make Jamie's Farm a resounding success.

Jamie's Farm is now at a pivotal point in its development. We recently purchased a new farm and I am so excited about creating a buzzing community that will become the headquarters for the charity.

By the end of 2009, over 350 young people have visited us at Jamie's Farm, and over the next few years we will look to impact more young people through our unique blend of caring for both people and the land.



## Young people speak

*Ed aged 16: "I never understood what the teachers meant when they talked about motivation. Now I get it."*

Ed was referred to Jamie's Farm for behavioural difficulties and truancy leading to him becoming at risk of permanent school exclusion last year. Ed also has additional learning needs that had led to his disengagement and lack of self-esteem. Since his return his attendance and behaviour improved immediately, and have been sustained. Ed has since initiated and led the building and use of a communal outdoors area, pond and nature reserve within the school grounds. He has also become a paid groundsman for the school to improve its physical space. This year Ed has won the Jack Petchy award for service to the school community. Ed is no longer at risk of school exclusion and promotes access to nature among his peers.

*Archie, aged 14: "From the minute I left your home, my life started."*

Archie had over 150 instances of poor behaviour and 4 internal exclusions, and was at risk of permanent exclusion in January 2009. Since his visit to Jamie's Farm this has drastically improved, contrary to predications he is still in school and is studying for his GCSEs.

## What we do

Jamie's Farm is a traditional mixed working farm producing high quality produce that is marketed locally. We do not create tasks for the young people to do. The farm has been carefully set up so that visitors can participate in its seasonal, day to day running.

All of the farming activities which the young people take part in on Jamie's Farm are real jobs with a real result. Activities include:

### **Feeding and caring for livestock**

We rear cows, sheep, pigs, chickens and ducks and there are horses, dogs and cats for the young people to interact with. Close interaction with animals is one of the most important elements of our provision because regular contact with animals allows young people to experience encounters that are instantly successful and not emotionally threatening.

### **Animal Welfare**

On Jamie's Farm, we model and promote high standards of animal welfare. The young people who visit help to ensure all animals on the farm are cared for to the highest standards. This develops their appreciation for the importance of food provenance.

## **Cleaning and maintaining the farm and its surroundings**

This is a healthy physical activity for the young people, which provides a visible result and real benefit to the farm. Activities include hedging, clearing brambles and weeds, fencing and keeping the farmyard clean and tidy.

### **Visiting a large-scale sheep farm**

Young people visit a large-scale farm run by a family of seven. During the day, students have extended interaction with animals and are invited to join the family for a traditional farmhouse lunch. This experience also provides the opportunity for young people to develop relationships with adults they trust

### **Horticulture**

Working on the vegetable patch provides the opportunity to harvest and tend to seasonal fruit and vegetables. The food that is produced is then used to provide healthy meals for the young people. Due to the high staff-to-student ratio, much of the gardening is undertaken one-on-one with an adult. This provides an excellent opportunity for extended dialogue and relationship building.

# Glow with Health & Wellbeing

## Communication is key

by Stu Gatherum



Stu is a passionate and focused Strength and Conditioning specialist who is committed to delivering outstanding results in fitness, nutrition and total health and wellness.

By now, into early March, you are well underway with your fitness journey. The habits are formed and you're enjoying the fruits of your labour. More restful sleep is being zzzz'ed, more productive workouts (monitored and modified by your own watchful eye – see [February's issue](#)) are keeping your mind and body challenged, and everywhere you go people are commenting on your fantastic new body!

### Now what?

Well, March is Communication month here at Lightworker, and as your resident fitness authority I want to show you how important communication can be in all your fitness endeavours.

To do this, I'm going to talk about 3 lines of communication that are key:

#### 1. You and your Personal Trainer

If you don't already work with a Personal Trainer, you may be missing the boat as far as maximising your exercise results. I know what you're thinking, too expensive/not necessary/no time. As a trainer myself, I've heard all of these reasons as justification for not taking on a few sessions directed at your goals and needs. Ah-ha! Needs. You see, that's the value in PT. A good trainer looks at your goals and incorporates your needs as well in order to get you there faster. This is a valuable investment in yourself that will have you enjoying injury-free workouts for years to come.

It doesn't need to be multiple weekly sessions or even a long-term commitment, but spending a little money on a trainer now could make sure you are working in the right way to ensure you pro instead of regress. Alternatively, lots of trainers provide personalised exercise programs for a fraction of the price of a 1-2-1 session.

#### 2. You and your workout buddy

If you workout alone, kudos to you! Well done for having the discipline and motivation to keep on track with your sessions when others are succumbing to friends' invitations to the pub.

#### Connect with Stu

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If that last sentence rings true in your circle of friends you might use it to become something of a Lightworker yourself. Why not tell your friend how great it feels to be committed to your training and seeing fantastic results, and invite them along. There is nothing to say you can't enjoy a drink together following a good gym session. (Note: A drink! You've worked so hard!) This will enrich his or her lives, make the training more social (and less of a chore) for you and, let's face it, no one likes to let a friend down. Making an appointment together at the gym means less chance of skipping it.

Additionally, it makes you work harder when someone is watching your technique, helping you complete those last couple of reps and brings an element of competition to the workout.

### **3. You and, well, you!**

Everybody is different and every body is different. It is important for you to figure out your own sustainable routine to guarantee you get the most from the effort you put in.

I'm talking about rest. This is equally as important as the exercising you do. See, when you rest you allow your body time to repair from the damage you do to it in the gym. You need to start listening to your body. There are days when you have a few aches and pains that are simply a 'nice feeling' resulting from going to the gym a couple of days ago. There are other days - and they happen to us all from time to time - when your body feels like it aches all over (usually after trying a new program). These are the times we need to take a step back and give ourselves some additional time before our next venture into the gym.

This is not to say you can't do anything at all. Getting your body moving and the blood flowing is an excellent way to kick-start the recovery process as blood carries the vital nutrients our muscles need to repair. Take the dog for an extra-long walk or enjoy a gentle bike ride. These things do wonders for the mind as well as the body.

Good luck this month and feel free to let me know how you are doing in the fitness journey. My [Tweet](#) is always open!

# Lightworker Challenge

## The blocks of silence

by Rachel Willis



Rachel is one of the country's leading spiritual business specialists; with one eye on the bigger picture, she advises clients how to achieve abundance – both individually and collectively - within the realm of heart-based living. She is also an inspirational writer and Editor of Lightworker Magazine.

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How often do you find yourself smiling through gritted teeth when your boss dumps another task on your desk at 5.29pm on a Friday afternoon? Adopting selective hearing when your family member chooses to tell you in no uncertain terms how you 'should' be living your life? Or, calling your best friend for a rant when your lover decides that the new bedroom chair is the perfect place for them to dump their dirty washing?

Then, a few weeks, months or even years later, how often do you find yourself pulling a sickie when your boss has lined up an important meeting? 'Accidentally' not buying the favourite jam that you know your Aunt Agatha so adores? Or, having a headache for a whole 7 days?!

We all do it, and these are classic examples of the 'blocks of silence' in action.

Each time you resist saying whatever really bothers you, you lay a brick between you and the other person. And guess what, after laying enough blocks, a whole, thick and impenetrable wall of resentment builds up between the two of you.

It is this wall that causes the most number of problems in relationships, and triggers the passive-aggressive behaviour highlighted above.

But the good news is, there is a very simple, free and effective solution – communication!

Some of you may be groaning at this point, so the choice is quite simply yours. Do you want to improve the quality of your relationships, or to continue simmering on past irritations? It is entirely up to you.

If you choose the former, then take a moment to consider what the nature of those blocks are. What forms them?

It is likely that there is a primary theme to focus on e.g. disrespect, invalidation or distrust. So get clear on the theme (or themes, if there is a lifetime of silence and a very large wall to dismantle!).

Then, choose a couple of distinct examples of incidents when you felt this way, and what changes you feel would improve the situation. It is important that when you speak to the other person, you can cite specifics.

Armed with these bits of information, choose a suitable moment to approach the individual involved – when they are likely to be calm and receptive, or even just as they are about do the exact thing that bothers you so much - and explain a) how YOU feel about it and b) what new behaviour you would like from that person in future.

At this juncture, it's important to emphasise that we are looking for solutions and ways forwards here, not the chance to vent a decade of frustration and anger. So refrain from getting too personal. The purpose of the conversation is not to point the finger, and it will be very clear if you do verge into this territory because your sentences will increasingly start with "YOU do/say...." rather than "I feel/think...".

Be prepared for a less-than-positive response in the short-term. On the whole, people do not react well to feedback about their behaviour, nor a change in the dynamics of a relationship that comes from someone being forthright with them. However, be firm but fair in what you say, and in the long run the situation will likely ease, paving the way for a marked improvement in your relationship.

What's more, they in turn may want to air some of their 'blocks' themselves!

Good luck, and remember the wise words of Harriet Stowe, "the truth is the kindest thing we can give folks in the end."



# Warrior of the Light Online

## Paulo Coelho

### In front of the cathedral

I was feeling very lonely when I left Mass in Saint Patrick's Cathedral right in the heart of New York.

Suddenly I was approached by a Brazilian:

"I very much need to talk to you," he said.

I was so enthused by this meeting that I began to talk about everything that was important to me. I spoke of magic, God's blessings, love. He listened to everything in silence, thanked me and went away.

Instead of feeling happy, I felt lonelier than before. Later on I realised that in my enthusiasm I had not paid any attention to what that Brazilian wanted.

Talk to me.

I tossed my words to the wind, because that was not what the Universe was wanting at that moment: I would have been much more useful if I had listened to what he had to say.

### Whom do we love?

Ever since we are children, we are asked: do you love daddy? Do you love auntie? Do you love your teacher?

Nobody asks: do you love yourself?

And we end up spending a good deal of our life and energy trying to please others. But what about ourselves? Jesuit Anthony Mello has a fine story on this subject.

Mother and son are at a snack-bar. After taking the mother's order, the waitress turns to the boy:

"And what will you be wanting?"

"A hotdog."

"Nothing of the sort," says the mother. "He wants a steak and salad."

Ignoring the comment, the waitress asks the boy:

"Do you want that with mustard or ketchup?"

"Both," answers the boy.

And then he turns to the mother in surprise:

"Mother! SHE THINKS THAT I'M FOR REAL!"

### Nobody believes

Legend has it that right after his Enlightenment, Buddha decided to go for a walk in the country. On the way he came upon a farmer, who was impressed at the light shining from the master.

"My friend, who are you?" asked the farmer. "Because I have the feeling that I am standing before an angel, or a God."

"I am nothing of the sort," answered Buddha.

"Maybe you're a powerful sorcerer?"

"Not that either."

"So, what makes you so different from the others that even a simple peasant like me notices it?"

"I am just someone who has awoken to life. That's all. But I tell everyone that, and nobody believes me."



**Connect with Paulo**

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**The umbrella**

As tradition dictates, upon entering his Zen master's house, the disciple left his shoes and umbrella outside.

"I saw through the window that you were arriving," said the master. "Did you leave your shoes to the right or the left of the umbrella?"

"I haven't the least idea. But what does that matter? I was thinking of the secret of Zen!"

"If you don't pay attention in life, you will never learn anything. Communicate with life, pay each moment the attention it deserves – that is the only secret of Zen."

# Studying at the university of life

## The first day

by Sylvie Roy



Sylvie is a full-time free spirit who gave up her job to follow her intuition and discover her life's true purpose. She resides in Toronto, Canada and currently writes a blog to document her experience and share with readers her trials, triumphs and more than a few laughs along the way.

### Connect with Sylvie

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Here we are, you and I – classmates at the University of Life. What? You don't remember enrolling? No need to worry about that; your spot is here waiting for you; in fact, you've been sitting in it all along, whether you've been paying attention or snoozing during lectures. It's ok to snooze, I've done it too. But now that I'm awake, I see how much more fun it is to sit up and pay attention.

Whether we realise it or not, life has so many lessons for us no matter which courses we choose. Selecting them can get a little tricky sometimes though. Each of us has an optimal curriculum – the one that will be the most fulfilling and joyful – but we're never forced into it. In fact, we can choose any course that we want, but when they're not quite

right for us, that's when the lessons seem most difficult and slow. However, pick one that your soul has highlighted in the prospectus, and it's a whole different story!

During my academic career at The University, I've been guilty of not picking my own classes. I sometimes just chose the same as my friends; if they were doing one thing, surely I must be meant to do the same? What I learned during those years, though, was quite simple: PICK YOUR OWN CLASSES! Basic? Yes, but also vital.

### My first class

That's when I enrolled in Soul Communications 101. I was so busy following friends and studying topics nowhere close to my heart that I forgot what I truly liked and replaced it with the expectations of others. I was chasing the white-picket-fence, 2.1 kids, super-wife-career-woman dream without sharing a heartfelt, one-to-one chat with myself to determine if it's what I really wanted. Somehow, it was coming together yet falling apart all at once, and I couldn't figure out why. Feeling lost

and confused, I asked the Universe aloud one night "if this isn't my path, please, show me where it is, because I can't find it." This is one of my favourite things about the Universe (AKA The University Lecturer). It always answers me back.

And boy did it answer! Yes, I was now in the middle of the Communications course and my soul was bubbling over with so much enthusiasm! It started off slowly; for instance, it asked me to join a gym. I'd entertained this thought many times and put it off, but since communication is a two-way street, I thought I would give my soul a chance and try it out. Then it asked me to cut my hair. And buy a trendy new outfit I maybe felt a little too old for. One by one, my soul told me about things to do that would make me happier, and when I followed its advice, more and more light kept shining into my life.

Within a year of starting the Communications course (and simultaneously taking Physical Education, Image Consulting, Singing for the Tone Deaf and How to Meet New People), my situation was com-

pletely different: I was single, living in a small apartment on my own, dating a wonderful guy and working in an interesting job. Surely, this crash course was worth extra credit? Couldn't I take a little snooze now? Oh, how I smile at the Me of two months ago who didn't realise her next exciting and massive module of classes was just ahead of her.

### **The Advanced Module**

My lovely little soul had reminded me - for quite a few years in fact - that I was better suited to some other line of work. I listened, but all it would tell me is "you just need to be doing something else." Don't get me wrong, I treasure my soul and value all the nudges it gives me, but how could I call "something else" direction?

Luckily for me, my soul meant business, and it started speaking louder. Finally, I asked it what I was to do instead of working at my job. For about a year, I had been keeping a blog of various experiences in my life, and my soul liked this - it was Soul Communications 202, and it wanted to me continue. My body

had also become so much healthier since I began exercising, and my soul loved this too! But it thought we could kick things up a notch and enrol in Vegan Cooking 101. And finally, it wanted to do something about the noise-levels in my mind, so suggested we enrol in yoga classes and learn meditation.

This was all fine and dandy, but I asked my soul "How will we pay the bills?" And that's when it pointed out the scholarship waiting for me. A scholarship? It seems that what I call a savings account, my soul calls a scholarship. Yes, I did have a savings account, but was it wise to use it this way? After much internal debate, I felt the soul was right and am so grateful for its imagination and resourcefulness. Plus, the idea of living on a scholarship makes me feel like I'm 19 again!

And there it is, I'm registered! I quit my job, and over the next few weeks I'll be starting actual formal classes to learn vegan cooking, yoga, Reiki, Angel Therapy and anything else my soul asks. The most important course though? It's always Soul Communication, whether it be 101,

202 or 404!

### **Your University of Life Curriculum**

So, what is your lovely soul telling you? Is it gently asking you to pick up a paintbrush and re-connect with your artistic abilities? Does it coax you to sing in the car or help a stranger to carry groceries from the store? It might be asking you to change jobs, see a new country, meet new people, or even call your Mom. Do yourself a favour, show your soul a little love, and let it pick a class for you. And believe me, when you do, you won't ever want to snooze.

# Repairing breakdowns in communication

by Sarah Briggs



For Sarah, her life's work has evolved into sharing with others the ideas that she has found so useful, drawn from ideas under the wide umbrella of humanistic psychology. She is an accredited coach and counsellor and a certified NLP practitioner, practising in both in Wiltshire and in London's West End.

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Whenever a couple or individual comes to see me for therapy to discuss relationship difficulties, usually the conversation involves looking in detail at their communication. In my experience, this tends to hold true whatever the source of the hurt or conflict; regardless of the cultural background or sexual orientation of the relationship.

It seems like effective communication is the foundation from which a more solid and substantial relationship can be built. Or, worryingly, that without good communication there will be less possibility to address and resolve any other material issues in the relationship. So I focus first on communication.

I would say the biggest communication skill deficit that I encounter is in the ability to listen. Often, couples become so hurt and disappointed in repeatedly damaging interactions that many conversations descend into blame and frustration, or escalate quickly into anger and recrimination.

A useful approach can be to bracket off your own feelings and really hear what the other person is saying, then repeat to them their statement:

"What I'm hearing you say is that . . . , you feel . . . , and that this is important to you because ... "

This doesn't mean that you are agreeing with them or committing yourself to anything, you are merely listening and checking that you understand their point of view or feelings.

Paraphrasing what the other person has said can leave them feeling really heard and understood, taking some of the heat and hurt out of the conversation.

Following Stephen Covey's maxim from his book *The 7 Habits of Highly Effective People*: 'seek first to understand, then be understood', once you clarify the other person's point, the way is then clear for you to make your own statement. You may want to disagree with them, you may want to

state your own alternative view, or you might want to say how you felt when hearing their own statement. A really useful formula can be:

*When you said/did [the words or actions], I felt [insert your emotional response, using feeling words such as angry, sad, betrayed, hopeful]. What's important to me about this is [describe your values, meaning, process]. What I'd prefer instead is [describe the type of communication or behaviour].*

Another exercise is to agree that the other person will speak for up to 2 minutes, without interruption. Then the other person has the same amount of time, also to speak without interruption. Notice how you feel when listening to the other person (maybe frustrated, outraged, surprised, hurt). You can use these reactions during your response airtime, if you wish.

These techniques may seem deceptively simple, yet can be revealing and transformative. The level of empathy and trust in a relationship can be heightened considerably through using this kind of communication.

One trait that often appears is for each person in the couple to try to give the other one what they themselves would like to receive – in their communication style. For example, a wife who preferred to know all the detail and background on a topic before making a decision, usually gave her husband the full back-story. Whereas this really frustrated him, because he preferred to get the main headline or recommendation from her with all speed, with the ability to ask supplementary questions if he felt he needed more detail. But when he adopted his approach in giving her information or answers, she became really upset because she felt that she lacked information and validity. By highlighting this trait in their sessions, they started to understand better each other's communication style and adapt their own input into a format that the other could more easily absorb.

There can often be a balancing act in communication between offering support, and making constructive challenge. The other person may want support in areas where they experience difficulty. At other times, individuals may benefit by being stretched into new understanding and

# continued....

behaviour, thus the opportunity for constructive challenge is encouraged.

If you are going to ask your partner to act or speak differently, you are asking for a change. Inevitably, making changes in communication style entails some level of risk – which is to be appreciated and supported in order for constructive change to occur. If you adopt an approach that acknowledges this and if you pledge your own involvement, the level of support increases and the level of risk decreases, which can serve to persuade the other person to try out your request. For example, you might say something along the lines of:

When you have a criticism, I'd prefer you to be more direct and specific, so I can be clearer about what's upsetting you. My pledge when you do this, is to listen fully to what you have to say, without interrupting.

Clearly, there's a limit to how much breadth and depth on communication skills can be covered in a short article. However, I hope that you've found something useful in the things that I find most insightful and propelling in the work that I do, which you can use yourself and with those around you.

## Tips for enhanced communication

Accept that the other person has the right to be seen, heard, respected and understood – even if you disagree with them.

Understand fully the other person's perspective before emphasising your own views.

Be clear and specific, even if you know it is a sensitive subject.

In a disagreement, highlight areas where you are aligned, before moving forward again into more controversial territory.

See each other as allies rather than adversaries – how can you get the best out of each other?



**Join in, stand out.**

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# Lightworker in training

by Hetta Rogers



Hetta's background is in Art History and Literature. She spent the past 7 years training and working as a lawyer before quitting her job to find greater fulfilment, and now her days are filled with riding horses and trying not to get thrown off...

I sat down to write this article feeling full of inspiration, only to find that every word I chose seemed to be the wrong one. I think one calls it Sod's Law, but it certainly amused me, given this month's theme of Communication.

There is so much I could say about communication that I risk filling the pages of an entire book. Instead, I have chosen to focus on some of the key skills a good communicator must acquire and how we all could use these to improve how we communicate. It would be wrong of me to say that in any given situation there is always a right and wrong way to communicate. Communication and how we interpret what is communicated to us is often highly subjective. That said, there are better ways to communicate and rules that we can follow to make all our lives a little easier.

## 21st century communication

In this age of social-networking with the vast majority of us owning a mobile phone, there are seemingly

endless ways for us to get in touch with our friends and family or tell the world what we are doing and thinking at any one moment. I am not opposed to Facebook or Twitter or their fellow social sites (and at times have been known to be surgically attached to my own mobile phone) but I am doubtful that having all this technology at our fingertips helps us to promote good communication skills (particularly amongst children) or indeed encourages us to improve upon those skills we've already acquired. Yes, our lives are hectic and there are many demands on our time, but are these valid reasons to rely on "text speak", or to email our friends rather than try to see them in person when we are able? My grandfather will be 91 years old next month; he can navigate his way around the internet as well as anyone and, short of being a member of Facebook, uses email to correspond with family members as far afield as Australia, Africa and Canada. But he also likes nothing better than writing – and receiving – proper handwritten letters; he tells me they often mean so much more. It's about time I take a leaf out of his book and strike the right balance.

## Two ears, one mouth

As children, most of us were taught

several valuable lessons about communication: firstly, to listen to what others have to say, and secondly, to be polite and courteous (you might recall that "I want doesn't get"). These same valuable lessons are still relevant to us in adulthood.

Search the internet or look through any 'how to' book for guidance on good communication skills and you will often find the ability to listen very near the top of the list of desirables. After all, effective communication is a two-way process. How many of us appear to be listening but are instead really thinking about what we will say next; how many of us fail to listen to others' opinions altogether or, worse still, close our minds off completely to what others have to say in the (unfounded) belief that we are right (and then struggle to acknowledge when we are wrong)? I know that I do all these things on occasion, and it gets me nowhere other than often leading to misunderstandings.

## Communication tips

Hand-in-hand with the ability to listen well is the ability to think clearly and to articulate one's thoughts and opinions well (both in writing and verbally). It may be a cliché, but standing tall when you speak, main-

taining eye contact rather than looking at the floor or into the distance and speaking clearly, will help you to appear more relaxed, confident and in control. Being courteous and polite – even in the face of rudeness – can be a disarming tool, since shouting at the top of your voice will not necessarily get you heard.

When communicating in writing, take the time to read and re-read what you write to ensure the words you use and the tone you use them in are appropriate. Sending strongly-worded emails might feel satisfying for a split second, but you can rarely take back what you said once you hit “send”. Furthermore, never underestimate the importance of good spelling and grammar.

### **Conflict communication**

When one needs to take someone to task or have a serious discussion, good communication skills are particularly important. A common tool for managers in the workplace is to praise in public and berate in private. This principle can often work well in the home, too. In such a situation, one’s choice of words can be vital – speaking in an accusatory tone is bound to intimidate and cause relations to fracture. Where possible, resist the temptation to rant

or shout, and focus on the positives rather than just the negatives.

A valuable lesson I learnt in my last job was the importance of picking up the phone or arranging a meeting rather than relying solely on emails and letters. Not only can you say what you need to say more quickly, but it also adds a personal touch that is often missing on paper.

In all, taking more time to think before we speak or write can pay dividends. If you want people to listen to you, you need to listen to them; if you want people to be polite and courteous to you, you need to do the same. This is not to say that we should all tread on eggshells when dealing with other people – speaking with conviction and assertiveness is equally important. Bad communication breeds misunderstandings and can give the wrong message. Good communication will help you achieve what you want more easily. With a bit of time and effort, it won’t be long before you see the difference.

# 5 steps to ensure your communication isn't painful

by Ryan Pinnick



Ryan is a passionate, inspirational and wise speaker and writer in the fields of personal development and wealth creation. Born in Cape Town, Ryan is now based in London and a leading light in the social media scene.

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One of the challenges (and joys) of life is communicating. I remember when I moved from Cape Town to London that I had to learn new words, and sometimes I would inadvertently use words meaning one thing in Cape Town but something different in London. For example, 'pants' in Cape Town is 'trousers' in London, and 'pants' in London are 'underpants' in Cape Town. Now you can imagine how weird people thought I was when I used to say that I ironed my pants every morning or when I gave people compliments about their pants!

If you consider that communication influences people's thoughts, decisions and ultimately what action they take, you can start to fully appreciate how important it is to master the art of communication.

With the recent explosion of Social Media, communicating with a global audience has never been easier. I am going to share with you a five-step process that will separate you from the noise in our society, and open a clear communication channel between you and your global audience.

## Step 1: Create a clear message

Did you know that we are exposed to thousands of messages every day via advertising, media and who knows what else? It is vitally important that you transmit a crystal clear message amongst all that noise. If you don't, then you don't stand a chance of opening a communication channel with anyone other than yourself.

## Step 2: Make connections

Once you have determined what your clear message is, you must make connections. The conventional way of making connections is networking - speaking and making telephone calls. Nowadays, you can use a multitude of free tools like YouTube, Facebook, LinkedIn and Twitter, to name just a few. Find out which tools you enjoy using, as this will make your message more compelling and energetic for the audience.

### **Step 3: Relate**

Now that you have made connections through communicating your clear message, you must build a relationship with your connections. When I was working in the corporate world I used to do this by making phone calls, holding meetings, lunches and other activities. Now with Online Media you can build relationships with people across the world without leaving your home. I am not suggesting that you stop having face-to-face meetings, but Online Media has given us a way to build relationships with people who we previously would not have been able to communicate with. It also means we can communicate more often with those people you do see face-to-face, thereby building a stronger relationship.

### **Step 4: Deliver**

Once you have built a relationship - especially in business - you will be expected to deliver. Because of Online Media, it has never been easier to deliver products to a wider audience. Most of the tools are either free or charge a minimal fee, which means that as a lightworker you can now deliver your work to people all over the world, from the comfort of your home. My work has been delivered to 35 countries across the world, and I regularly ran live trainings from my home to a worldwide audience.

### **Step 5: Review**

Once you are delivering, do not rest on your laurels because one of the most important components of communication is reviewing. You may think that you have a great product or a great website, but if people aren't interested in what you have to offer, or you aren't communicating effectively what it is that you are offering, then you will not have anyone to connect or build relationships with, and no one will buy your product. Some of the ways that I review are by asking for honest feedback, publishing questionnaires, or launching a poll during a webinar. This ensures that I am always fine-tuning my message and services to better suit my clients. Why not ask your clients what else they would like to buy from you? Or if they know anyone who may be interested in your products too?

If you follow this simple 5-step process, you will communicate a clearer message, make more connections, build better relationships, create a growing business, and this ultimately leads to happy clients. And, if you think this model only works in business, then think again – it can be applied to any area of your life where you wish to communicate more effectively.

## Are you Communicating using Online Media?

- *Would you like to get more clients?*
- *Would you like to increase your revenue very little or no cost?*
- *Would you like to expand your business internationally?*
- *Would you like to earn money while your not working?*
- *Would you like to maximise your profits?*

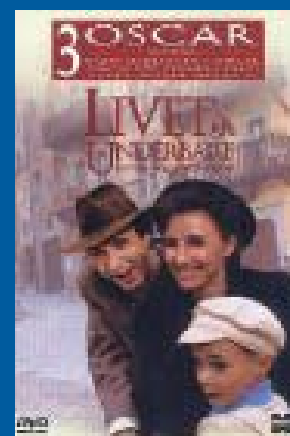
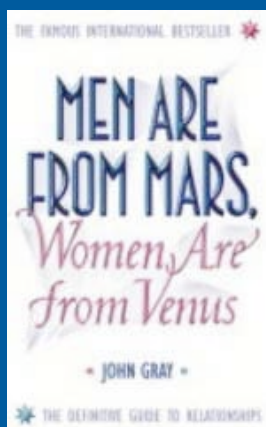
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## Lightworker Loves...





## Words of wisdom

“When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say.”

Abraham Lincoln

“When people talk, listen completely. Most people never listen.”

Ernest Hemingway

“Communication leads to community, that is, to understanding, intimacy and mutual valuing.”

Rollo May

“Think like a wise man but communicate in the language of the people.”

William Butler Keats

# Intuit calls for small business owners to add their voice to the Small Business Britain campaign

by Mike Porcaro

Mike represents the Global Small Business Division at Intuit, the company committed to creating new and easier ways for small businesses to tackle financial chores.

The launch of the Intuit [Small Business Britain](#) campaign last month highlights the importance of the UK's small and independent businesses as the nation starts its recovery from recession. The campaign is based on research undertaken with YouGov, in the course of which we spoke to more than one thousand small business owners around the country to find out what they consider to be the key factors to help them prosper in the new decade.

The message we received was clear: small businesses are determined to succeed. They are not asking for handouts, but they do need support to be able to achieve their goals.

Based on the results of the research, we created the Intuit Small Business Charter, designed to give small businesses across Britain a channel through which to call on the Government, elected bodies, banks and the wider business community to support their success and prosperity.

The Charter highlights the key issues that the businesses we spoke to named as their major concerns and focus points, including customer service, payments, cash flow, work place, tax and the relationship with the banking system. Results were solid when it came to the support that small businesses feel they need to prosper:

- 45% feel banks need to offer better rates for small businesses
- 35% want interest cuts to be passed on in full
- 84% feel their ability to provide a more personal touch with customers is a key advantage over their larger competitors
- 40% call for a reduction in employers' national insurance contribution

The aim of the Charter is to demonstrate the depth of support for the ideas outlined by the original research, and to create a community where small businesses can share their thoughts and concerns, as well as find solutions to the challenges they all share. We are asking small businesses to show their support for the campaign by signing up online and joining the debate.

Pledges incorporated within the Charter include:

- Small Business Britain is dedicated to committed and personal customer service
- Small Business Britain is dedicated to getting paid for the goods and services it provides
- Small Business Britain will help all members manage a positive cash flow to support and facilitate their business success
- Small Business Britain will provide a great place to work for its employees
- Small Business Britain needs dedicated and specific tax policies
- Small Business Britain requests specific policy changes from the UK banking industry
- Small Business Britain requires more dedicated customer support from the UK banking industry

The run up to the General Election will be a critical time for the future of UK small businesses; now, more than ever, business owners need the support of the Government, the banks and their peers to take advantage of the economic recovery. The campaign gives these businesses a voice and a channel through which to share experiences and build success together.

We welcome all feedback and input into the campaign and the Charter; please visit the [Small Business Britain site](#) and let us know where you stand on the issues facing Small Business Britain today.

**SMALL BUSINESS BRITAIN** 

# The connector

by Alistair Banks



Alastair Banks is Director of Exeter-based Optix Solutions, a leading web design & online marketing agency. A great believer in the value of on-going dialogue with like-minded people, Alastair's blog is comprised of articles and advice covering all aspects of starting up and growing a successful business.

One day, a very wise person told me to become a 'Connector'; the person that everyone goes to in order to find something or someone. From there, they said, I would achieve great things.

That was probably 8 or 9 years ago when the dotcom bubble was just bursting and social media was something that probably meant getting together with friends and reading newspapers! But since that day I've strived to become that person, and they were correct, it has certainly paid off.

## The role

If you're in business, The Connector is a role that I would strongly recommend trying to position yourself as. So let's look at what a connector does. You've heard of the phrase "it's not what you know, it's who you know", right? Well I'd like to turn that on its head and re-phrase it as "its not who you know, it's who knows you".

What do I mean by that? I mean that if you can position yourself as the person everyone comes to when they want answers - or be put in touch with someone else who can help their business - then work will naturally come your way. People will use you for connections, and when successful, this will help build your relationship with them. This in turn will subconsciously prompt them to want to help you in return.

However, all this relies on one thing: communication. In order to position yourself as The Connector, you need to hone your communication skills. How do I communicate? Quite simply, in as many ways as is possible.

## Connecting

In business, I'm present on many platforms, and here are just a few of the many ways that I make myself available and position myself as The Connector:

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YouTube: @optixsolutions  
Facebook: @optixsolutions  
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- **Networking** - There aren't many networking events locally that you won't catch me at!
- **Twitter** - You can find me on twitter, which I use for personal branding and relationship building. It's my online networking, if you like.
- **Facebook** - I use facebook personally, to connect with my close friends.
- **LinkedIn** - I use this to connect and refer business between colleagues in the business world.
- **Phone** - I am contactable on my mobile and office phone at most times of day.
- **Email** - I am always contactable via email.
- **Blog** - I write a blog, which people can comment on.

I make it my business to understand others' businesses and work out who they can add value to. I then network my contacts. Soon, people learn that I'm someone who might know the person they need to get to. This has been incredibly valuable in the ten years since I started my web design business.

When you're communicating with others in business, make sure you're looking for the opportunities for other people. Don't just consider what you can get out of the conversation. In my opinion, being unselfish is vital to success in the business world. The art of communication is paramount to everything we do in business; master it and you'll be a success.

# I am Indigo, hear me ROAR!

by Mel Diamond



Mel is a passionate advocate of the Indigo cause. She wants to speak out to help and inspire other Indigo adults to become aware of who they are. Mel is a Reiki healer and teacher, sound healer, writer, singer, neo-pagan and a student of the shamanic arts.

*"... You need only live your truth. Be true to yourself in everything, even if it makes you stand out in the crowd. This is the time to stand up and be counted, for your opinions matter. This cannot be stressed enough - your MUST make yourselves heard."*

ourselves, retreating to a safe space within. It's a comfort zone, but one that we are not supposed to occupy forever, because now, as the energy of the planet changes, people are starting to listen. Our vibration is different; therefore our words would go unheard in the same way that a dog whistle goes unheard by human ears! This is less and less the case as time goes on. Thankfully, the gap between 'them' and 'us' is decreasing.

Now we must speak. Indigo adults are part of a dialogue of change, and it is vital that we come into our own individual power in order to start communicating who we really are and what we believe. We may have lost our voices along the path to awakening, but now it's time to find them again. Some of us will be louder than others but it is not necessarily the volume that matters (in spite of what the title of this implies) – it's the integrity and conviction behind the expression.

## **Effective, appropriate communication**

It's important to communicate effectively and appropriately. Indigos can have issues assimilating to the current social energies; we can be obviously different and stand out; we have a presence about us and

This is an excerpt from a message I received recently. I was handwriting a piece about Indigos, and I became aware that the words coming through my hands and pen were not just mine. A Being of Light whose words you can see above was aiding me. That, however, is another story... the meaning of the message is my concern here - the importance of communication. This is part of the Indigo remit, and as you can see from the above, our opinions matter.

However, communication is a learned skill for a lot of Indigo's, especially as we may have spent years suppressing our true thoughts, feelings and opinions in order to blend in. Many of us may also have grown up feeling that we were not being heard if we did speak up – a challenge I certainly faced over the years!

## **Stepping out of comfort zones**

In order to survive a society that is at odds with us, we can hide within

### **Connect with Mel**

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[www.TheIndigoNetwork.ning.com](http://www.TheIndigoNetwork.ning.com)

our ability to express the truth of a matter can startle some. Our ability to see everything, as it really is - the truths behind the masks that people can project as defense or survival mechanisms - presents us with an on-going challenge, for we know what's underneath them without even trying. In this way we have a very real power, but one that must be tempered with humility and compassion - knowing when to speak the truth and when not to is another learned skill, and you must listen to your intuition, not your ego.

It is not up to you to make other people see things as you do, simply express yourself with conviction and not arrogance, and you will cause sparks of resonance and recognition in others. Be detached from what other people think. Express yourself without judgment. Not everyone was born on this planet to live as we do, in what we define as awareness and truth. Some souls chose to completely forget their origins and identity in order to learn certain lessons, and although this may cause frustration for those with a broader awareness, do not force your opinions on others. As the message above states, it's enough to live in your own truth. You are a portal through which the new energies flow, so allow them to. Follow your own path, and you will leave a subtle

but powerful trail in your wake.

So, here are a few tips to help with finding your Indigo voice:

- A simple but effective tip is to wear something blue close to your throat chakra; a necklace or scarf, for example. Blue relates to this chakra (your communication centre, connected to your inner truth) and will stimulate the flow of energy here.

- We carry a lot of emotional blocks in this area. Ever felt emotional when talking about something you thought was long forgotten? It's the emotional memory bubbling up, so give it some attention and release it. This will help clear the blocks and aid with more effective communication in future.

- Try working with affirmations, they're so simple and do work wonders. For example, affirm "I express myself with clarity, confidence and conviction. I am heard and understood".

- Find your niche – what's your passion, your cause? What resonates strongly with you? You will find that when you start talking about it, you will speak with such conviction you may even surprise yourself. You might also feel that you start to tap into a wisdom you were previously

unaware of. Trust, and go with it.

- Find a balance – don't be fearful of what other people think, but do be aware of your audience. If you get too esoteric, your listeners might not resonate with what you say.

- Don't let your ego get in the way. It's not for us to say that we know better, we just think differently.

We must get in touch with the deep courage we were born with and be proud to be different. It's this difference in us that is contributing to the shifts of human belief and perception. The fact that we 'MUST' make ourselves heard emphasises the importance of expressing ourselves, and now is the time to do it. Indigo's have a message to share individually, and collectively, as part of the group consciousness of change. This group includes a lot of different soul groups who define themselves in different ways – Indigo, Crystal and Lightworker are a few of these. These soul groups all have slightly different energies and fulfil different purposes, but work together as kindred spirits; a united consciousness ushering in a New Age. We are all the Children of the Revolution.



**Next Month's Issue**





## Diversity

Embrace your uniqueness and you shall become more accepting of others. Appreciate the diversity of our world and the role each person plays in the bigger picture.

Including:

Part II of the Whole Mind Not-Thinking series

Indigo Ventures

What does your child's hand tell you?

Available at [lightworkermag.com](http://lightworkermag.com) from 5th April

# Whole mind not-thinking

by Tom Evans



Tom is an author, catalyst and mentor. He is a specialist at removing writer's block and teaching authors how to channel. He runs regular workshops and has just published *Blocks*, *the Enlightened Way to Clear Writer's Block* and *Find Your Creative Flow*. He is also a Master Trainer for Tony Buzan's iMindmap software.

## Connect with Tom

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We use maps and models every day to make sense of our complex world. For example, imagine you landed at Narita Airport outside Tokyo and I told you the cheapest place to buy electronic gadgets is a place called Akiabara. Armed with this information, the metro map and a credit card - but without being able to speak Japanese - you would be able to both find Akiabara, and a bargain.

The model of the brain we have been using, and the one that most neuroscientists seem to concentrate on, is based on its physical structure.

In the 60s and 70s, the Nobel Prize winning neurobiologist Professor Roger Sperry discovered that different functions seem to reside on different sides of the brain. It has now seeped into popular psy-

chology that there are left-brained people and right-brained people. The left-brain is logical and controlling - the hemisphere of reason. The right hemisphere is creative and intuitive.

## Whole Brain Thinking

When you use both together, it is described as 'Whole Brain Thinking'. Devices such as Mind Maps, going for a good walk - and simply looking upwards - are brilliant ways of engaging both sides of the brain.

The dicing and slicing of physical post-mortem specimens and tomography of the living, using MRI scanners, has resulted in great leaps in our understanding of the brain. The areas concerned with our five senses and our motor and autonomic functions are well known, as is the chemistry linked to both mood and the 'good' and 'bad' functioning of our psyche.

What is missing from this model though, is the location of the mind and the mechanisms that generate self-awareness. Some neuroscientists shy away from this topic and leave it to the philosophers to debate.

So, in lieu of a scientific explana-

tion for our consciousness and self-awareness, we are left somewhat to our own devices to understand how the mind works.

To move forward in our understanding therefore, it's necessary to use a model for the mind that only has a loose scientific basis. What is amazing about adopting this model is that, especially in the field of creativity, great strides forward seem to be achievable.

Instead of slicing through the physical brain to look at its function, let's analyse the brain from a mindful perspective.

## The conscious mind

At the surface layer, is what we call the 'conscious mind'. This gives us the illusion of reality, and also seems to have an in-built narrator that sometimes doubles up as an inner critic. As you are reading these words and hopefully making some sense of them, try to identify who exactly is reading them and who is making sense of them?

To add a little further mystery, stop reading for a moment and listen to your inner voice. In what accent is it speaking to you?

Apparently it's been measured that the conscious mind can process about seven plus or minus two 'things' per second. This is probably why you can remember seven digit phone numbers and, if they are any bigger, you remember the area code as a chunk, like 020 or +00 31.

For much of the time, our conscious mind seems to be either idling or running an internal commentary of what we are thinking. Occasionally, we can also be replaying a previous encounter or previewing or planning something we are about to say in the future.

So it is your conscious mind that is probably reading these words to you. If so, consider who is reading what and to whom. If you have met me and know my voice, you may even superimpose it on the words as you read them. So in some ways, by me writing these words and you reading them, we are engaging in a form of telepathy.

### The unconscious mind

While all of this is going on, what is also feeding the conscious mind is the 'unconscious mind', which is sometimes referred to as the sub-conscious mind. It is by definition everything we are potentially able to be conscious of but aren't particularly paying attention to at that time.

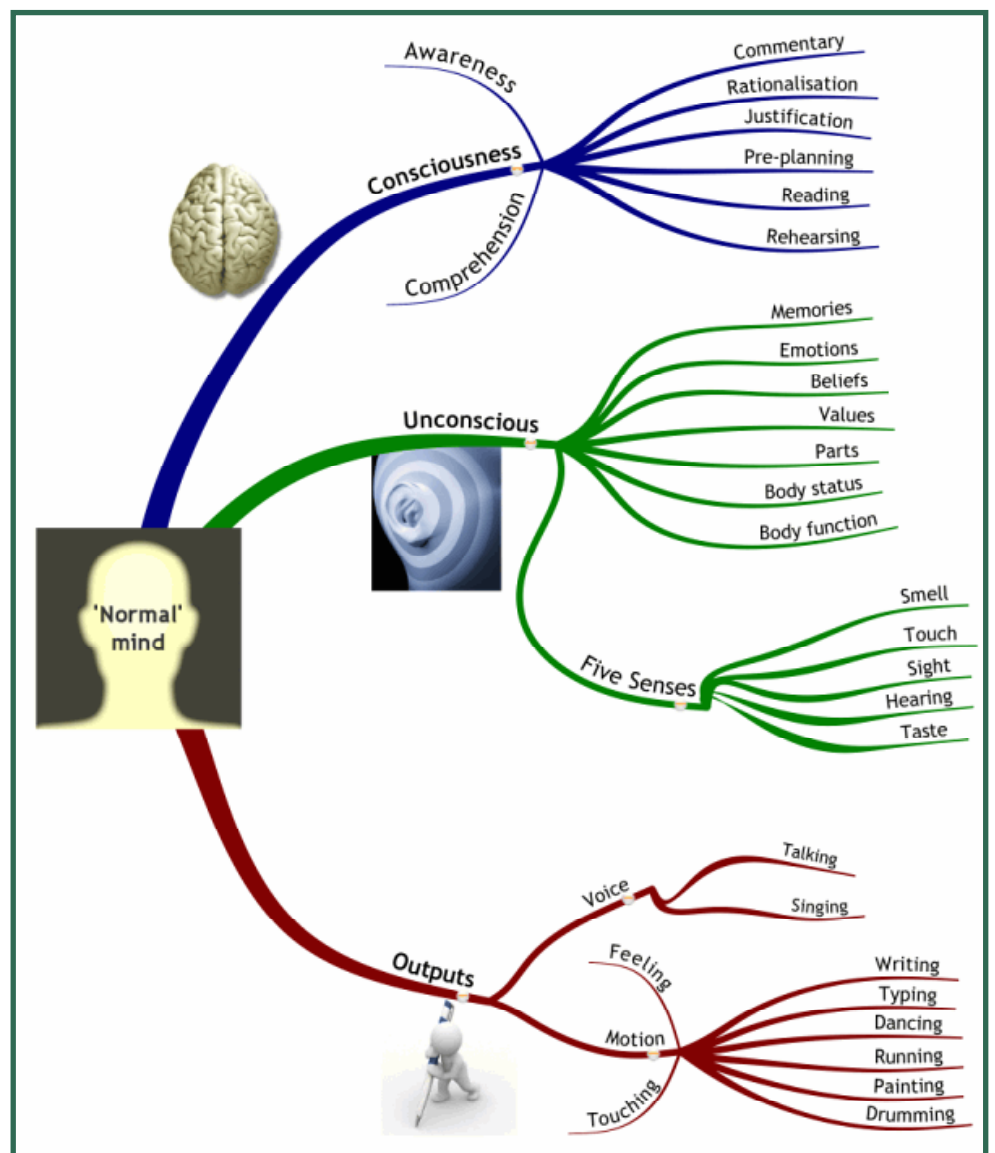
The unconscious mind primarily takes its input from your five senses

of sight, hearing, taste, smell and touch. You will see later that this is not the limit of its inputs.

To show yourself how the unconscious mind works, think about your little finger. This will remind you that you have one. Or, have you ever noticed how you can pick out your name, or that of your favourite football team or rock band, from the background hubbub at a party?

The unconscious mind also conveniently regulates automated lower level functions such as breathing and your heart beat; you have to work a little to become aware of them and then to control them. Some functions such as blood sugar and hormone levels, for most, always remain in the subconscious domain.

Your unconscious mind is also both



the seat of your emotions and the route to accessing all memories. It is said that it processes approximately two million bits of information per second – a huge number, but still probably a gross underestimate.

Whatever the number, there is a huge gap between what the conscious and unconscious minds process.

### Blocks

What is clear is that certain types of mental activity block both the conscious and unconscious minds.

Try this. Get a piece of paper and a pen and start thinking of something. Then write it down and notice that at the point you start writing, the thinking seems to stop. When

you stop writing, the thinking can start again. This demonstrates how we flip between thinking and doing. It's like you can only do one or the other. In fact, when you are writing, you almost become a reader.

Can you also remember the last time you were pretty livid about something? Perhaps you had some road rage or a colleague did something to upset you at work. Imagine then if you had to write a chapter of your book or a sales presentation, your thoughts would keep flipping back to the source of your anger and away from the task in hand.

To be creative, your conscious and unconscious minds have to be not only uncluttered but also interacting in such a way as to give clear access to your memories and inspirations.

What is actually happening is that our minds are constantly moving from one state of awareness and consciousness to another.

### Whole Mind Not-Thinking

At the cusp between being conscious and unconscious, you are in a mode called 'Whole Mind Not-Thinking'. The trick to being fully creative is to get into this not-thinking state where the two minds are perfectly poised so that creativity can flow.

What takes Whole Mind Not-thinking to another level again is engaging with our vestigial mind centres and the minds that exist outside our physical bodies. This will be the subject of the next article in this series.

## Top 20 Most Popular words of the English Language

the for as you  
of to  
and was a his with  
he is it  
on I that they are

# Featured Lightworker - Richard Branson

## Inspire

Richard Branson campaigns extensively for charity, and set up the Virgin Unite arm of his business as an independent charity that pools volunteering efforts from across the Virgin Group and its hundreds of subsidiaries and associated companies, and uses the funds to grow the efforts of smaller grassroots charitable organisations, with the aim of helping revolutionise the way businesses and the social sector work together – driving business as a force for good.

For a man whose personal fortune is estimated at over £3 billion, he is sure to send a grounded, worthwhile and inspiring message that *"ridiculous yachts and private planes and big limousines won't make people enjoy life more, and it sends out terrible messages to the people who work for them. It would be so much better if that money was spent in Africa - and it's about getting a balance."*

## Educate

As an ardent entrepreneurial spirit, Richard is keen to offer others the opportunity to follow in his footsteps. He recently introduced Pitch TV on board all Virgin Atlantic flights, whereby entrepreneurs in search of investment and exposure for their business ideas can upload short video pitches for the online Virgin community to vote on. Their favourite, winning video pitches each month then feature as part of the airline's onboard flights – gaining exposure to the thousands of business professionals who regularly fly with them.

This idea was created because Richard appreciates that *"when I was starting out, I wish I could have had the chance to pitch my business ideas directly to people who could help make my ambitions a reality. We can now make that happen for you."*

## Challenge

He created a global brand with a business named Virgin, dressed up in drag for the launch of the group's Brides venture, and in 1991 made a world record crossing of the Pacific from Japan to Arctic Canada in a balloon – challenge is Richard Branson's middle name, and these examples are testament to his belief that *"the principal challenge is a personal challenge."*

He was knighted for "services to entrepreneurship" and is fiercely proud that the business he founded is still run on the principle belief of *"making a difference"*. Richard states that part of the longevity and success of the Virgin brand over more than four decades is that it continues to stand for value for money, quality, innovation, fun and a sense of competitive challenge. In addition, the diligence of the group diligently in committing to delivering a quality service by empowering employees and facilitating and monitoring customer feedback to continually improve the customer's experience through innovation.

