

**Communication Did You Hear What I Think I Said** – there is a saying, "My words fly up, my thoughts remain below.." (Hamlet, Shakespeare). Perplexed!! Do I really not know what I mean? Do I really say one thing and mean another? I wanted to ask michael, "How do you think you know more about me than I know about myself?" I didn't ask, but I learned this day that my speech is a reflection of what's inside and all michael was doing was "listening" to my words. For example, I said, "they did thus and so but I don't have any bad feelings toward them." If I am blaming someone else for what I feel then I am in denial and am suppressing the issue. I still see them as the cause instead of the trigger. I am not taking responsibility for my own reality (what I see and feel) and by my words I am saying that I really do still hold onto the bad feelings. I did not realize that there was a buried frequency within me that was driving my words and my life. My physiology does not distinguish who my thoughts are about but produces what is asked for – so I receive the bad feelings – my dis-ease. My denial actually puts more energy into the issue – michael explained it is like pushing down on a spring; the potential energy to fly off is greater when suppressed. I need to change ALL the frequencies that are in me that are less than Love. What a process! The frequencies can be weakened, and eventually be gone, through the process of forgiveness (not pardoning, see my notes on Why Is This Happening to Me..AGAIN?!). The key is to catch myself through my speech and acknowledge where I am and then change the words that I use as I forgive. When my focus (my goal) changes then I will see the change in my physiology and the change in the direction of the flow of my life. I stop and think before I speak now and I frame my statements positively. At least I am working on it and I still have a way to go on this one. It takes practice and awareness – not a job for the wimp.