

RESPONS-ABILITY/HEALING COMMUNICATION

EVERYTHING LINKED TO FEAR AND/OR HOSTILITY IS BASED IN CORRUPT DATA AND IS FRAUD. IT DEFILES THE MIND AND THE SELF. TO HEAL WE MUST END OUR ACCEPTANCE AND ADDICTION TO LIES AND RESTORE THE MIND TO THE ABILITY TO HONOR AND PERCEIVE TRUTH WHICH, IN TURN, UNCOVERS THE AWARENESS OF OURSELVES AS ETERNAL LOVE.

UNCONSCIOUS THOUGHT DISORDERS, WHICH ARE AT THE ROOT OF ALL PAIN, DISEASE, LACK AND SUFFERING, ARE DISSOLVED WHEN THEY ARE ADMITTED IN/TO A MIND WHERE LOVE IS CONSCIOUS, ACTIVE AND PRESENT!

Each word and behavior expressed and impacting an energy field is a frequency that is vibratory in nature. In a sense, each is an extension, a reflection, and an actual energetic appendage of a thought which most profoundly alters the field (my words impact my body - I get the original) it is expressing from or through. A word, and the thought(s) it reflects, conscious or unconscious, are flip sides of the same coin - "You can't have one without the other!" ONLY disintegrative energy, introduced as thought but reflected as words and held within a human system, can create the distortions called dis-ease, suffering and death within that system! In the ability to own, correctly see, understand and change my thoughts and therefore my language and behavior, which continuously produces organ-izing activity in my Energy System and the fields of others it resonates with, lies the power of Life and Death.

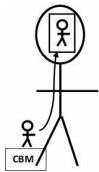
My human Energy System has a mechanism called emotions. These reflections of thoughts entering a cell, create what we call "chemistry" and are designed to inform me of the quality and impact on my physiology of the thoughts/words/patterns I entertain or use. My emotions are strictly internally caused and tell me *nothing* about the "external" world. They simply inform me whether my thoughts will destroy me or lift me up. Pain signals internal destruction. Love and joy signal upliftment. If you have been taught the lie that your emotional states, happiness or pain, are caused by another, you have been taught a system of thought that is insane (sanity means "soundness of mind.") ***Joy is not an emotion. It comes for no reason except that Love is Conscious, Active, Present Love.***

The world of Perception is purely a product of the mind. My mind converts and organizes its energetic patterns, literally, into pictures which we have been taught tell us about the world when, in fact, they are void of worldly meanings, but fraught with truth about their source - my mind. If I am in pain or disturbance, especially if blaming another, there is much I, and my generations, have hidden and lied to myself about. The purpose of Respons-Ability Communication is to learn about myself and what I have hidden in my mind. I think I "see," what is "out there" but am looking at my own patterned thinking, what is stored in Carbon Based Memory, projected into the false, graven images my mind shows me.

If there is pain, I have been betrayed by my own words, by my own mind and my mind has projected its pain causing content by painting a picture I call "you!" Hostility and/or fear, present in any form, defiles perception and indicates my mind is using corrupt data to guide my speaking! WHO'S IN THERE WITH YOU (PP)? Language that reflects the Presence of CONSCIOUS, ACTIVE, PRESENT LOVE is healing language which restores the mind to Love and Truth!

The source of perception for any mind that does not honor Truth and is not steeped in Love!

The Lie - what most people believe is the source of their perception.



THE SEVEN STEPS OF RESPONS-ABILITY COMMUNICATION... An Event Happened... My Perception overrode that event with my story...



1. **COMMITMENT** - my goal is to UNCOVER the roots of my Perception - (rather than winning, overpowering, abusing or convincing you). Admission and invitation - "I have an issue I would like your help in processing." 🙏👉 RECEIVER- Be the space!

TIP - If feeling disconnected, afraid, sad, etc. acknowledge that feeling and physically reconnect.

2. **OBJECTIVE OBSERVATIONS** - Accept responsibility to identify **the event** and make sure both are speaking of the **same incident** - not my perception of it. Identify mechanical facts ONLY! **"Just the facts, Mam! Short, Sweet, Simple and Neutral!"** (free of judgement/blame/perceptual content). Make it a "WE" event - **include Myself in the description of what happened.** - Describe ONLY what a camera can take a single picture of, and/or what a tape recorder can record.

TIP - If your communication partner becomes defensive you probably have not remained objective but have described your reality in a way that attempts to force blame onto them.

Quick Example of the core of the process... We tend to attract people with matching bags of garbage, the people who can resonate our most deeply hidden pain. When they do my mind transparently integrates my unresolved pain into my brain's image of *them and reflects as my story*. The **Projection Communication** story, from the mind in denial looks like, (frustration and anger fueling the mind, breath held) **"Here I was, excited as I usually am, and asked a question about a project we were discussing. You, as you usually do, rained on my parade. Your negative comment was a put down as though nothing I say has value, and your regular negativity came in as usual. You make me so angry."**

Responsibility Communication, in the same circumstance, would sound like, (taking a breath, listening deeply within, moving past the anger that has been aroused, **"When you said what you just said, I stopped for a moment and realized that old issue of being put down really came up in me. I realize My Dad always had a comment that indicated he was displeased with me and, no matter what, h would never be happy with me. I realize I have allot of old hurt to own and heal. Would you take a breath with me and hold the space of Love? I need it!**

3. SUBJECTIVE OBSERVATIONS - Perceptions based in fear and/or hostility are reflections of a *dis-eased mind* and based in *corrupt data* - in this condition my mind is *always* lying - this mind does not hold to the truth - it blames - and life would be so much easier if I could just keep blaming **you!** (Then, if I send you away, my pain will be gone! NOT!) There is *no truth* in a blaming mind - it is the father of all liars. **The objective here is to identify, own, and isolate these false perceptual constructs, the parts of me in need of healing.** At this stage it can be helpful to identify the goals driving dis-eased perceptions and the thought disorders and emotions being activated by that need and **engage in Forgiveness.**

I must learn to language in a way that reflects my awareness that I am describing my reality, the Perceptual Construct of my mind, MY THOUGHTS, MY FEELINGS and am 100% responsible for that content! However, I have a story about what you did and how what you did is the cause of my pain. I have been telling that story all my life. I must, I want to face my core issue. I realize I need support in owning and healing my pain! If I am never honest with myself, and get the courage to tell the Truth hidden underneath my story, if I maintain my story, my lie, that you are the cause of my pain, rather than a reflection of my pain, I will live forever in my mind's, "Why Is This Happening To Me...AGAIN?! experience! With my lie, I have held my pained content below the threshold of awareness in my unconscious mind - in Carbon Based Memory. I have used false perception and blame to keep that hidden. I now choose to communicate - to transfer, to share, in fact, the reality in need of healing in my mind. I remind myself that I am identifying *the thoughts and feelings* at the root of my pain! For me to feel it, it must be inside of me. If I am externalizing with my language, I will not perceive correctly. It is a challenge to remember that this *perceptual construct is of MY mind* and has nothing to do with the event in step two, except as it has triggered. MY ISSUE, MY REALITY... is.....! TIP - (Your issue = your offspring). The goal is to own AND admit you have an issue! To own Your reality, not to prove THEY are the problem OR that your reality is true about them! (Have your partner read this step to you, using your tone of voice and attitude.)

4. What I want FIRST is to heal! Remembering the distorting power of the way 'I want it to be!' I **CANCEL all other GOALS!** My request always relates to receiving support in HEALING MY ISSUE in #3. I let go of problem solving, figuring it out, or trying to get them to change! Am I willing to be supported? If this tool is used to manipulate them into change it WILL backfire. The more specific I am in identifying my painful reality the more powerful each step will be in creating healing. TIP - Remember to be responsible for what surfaces if you don't get the support you want. It will give you another opportunity to deal with your issues and heal.

5. Ask, "Do you have any ideas?" Actually listen to them as if they were intelligent and let go of the solution - changing them - that *my* brain has. If I am in pain, I have a thought disorder and am in Blockage if Truth. I need healing! ASK THIS QUESTION WITH AN OPEN MIND AND LISTEN - I quiet my mind and actually listen to their feedback - they probably have, energetically, the solution I need! Listening is an important component of communication - it dissipates the energy of upset. TIP - Give yourself the space to at least temporarily think and act AS IF what is being offered is totally true and will work!

6. "What I can see that would help is _____."
After I receive their ideas I offer any other thoughts on what I see that might support MY healing.

7. If necessary, now that healing is underway, use problem solving to handle the effect aspect of situations. I choose to make sure to continue my healing work if it is appropriate to use this step.
TIP - If you truly choose to heal your life - heal first - problem solve last!