

1: TY Thursday: I Thought You'd Be Interested in This - Communicate!

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I met my twin flame last year and we became a couple few days later. We lived two weeks of unbelievable magic, and we had our first discussion because suddenly he stop talking to me. Things were coming better, I thought we would get back together but in november he stopped talking to me, and that lasted three months. I fought him and deleted him from my contacts and thought of giving up, but now I am so sure he is my twin flame and I want him back. But I dont know if I can do energetic work while he is with someone else or if I must wait. Anyway, reading such similar story has encouraged me and given me faith, cause I was destroyed!! Thank you very much!! I actually feel that would maybe help me get my life back. However I have a lot of people I need to talk to on there I enjoy it over all.. Hmm kim Yes I deleted fb to cleanse myself and my spirit. I am also reading A Course in Miracles and I have an online spiritual counselor. He made his decision a long time ago but disnt fill me in. Anyway, I dont hate him. I in fact have to forgive my ex and 2 of his female friends who slighted a very long time ago. I want to abolish many connections spiritually, my twin included. We are better off apart me and him. Things do not need to be this way full of negativity. What if you stepping away from anger is the one thing that will open your journey up again? Telepathy is a very real part of the Twin Flame connection I have had hundreds of emails from Twins who have experienced it but anger and other negative energies shuts down communication. I would absolutely recommend you look into the Vibrational Alignment course you can begin to clear out all this negativity and move on with your journey in freedom. I used to actively resent and be bothered by people and events, whereas now I feel light and in control. Have a look at the vibrational alignment course, it also gives you easy audio tools to clear karmic patterns that keep you in a loop of relationship experiences. And how can I be so fixed on this connection without being able to control it, and he seems to have it down, and is happier, the farther and farther away we get from one another in life? Probably but the the connection hurts whether I accept it or not. Make me wanna break the heart communication, if it even exists since it seems sooooo one-sided. Cassady Hi Jasmine, I understand this must be challenging for you. If you look at the Vibrational Alignment course there is a class included with answers to this very issue advice from spirit regarding the situation where your Twin is married to someone else class 9. Amy Everett I have a crazy story for all. I hope this is not long. I met someone 3 years ago when I met him I knew things about him before I knew his name! Things about his past it was crazy. I knew he was the one. I could read his soul. He was separated from his wife. We were together 2 years. We never had sex. Because he was still married. He did go back to his wife he felt it was his duty. But I feel him every day. I thought I was crazy , but I hear him , I heard he was going to be in a certain state for work one night before I was going to sleep and I saw on Instagram a week later he was there. I try to send him messages telepathically. I feel soon I will hear from him. I just know in my heart he loves me. Some days I lose hope though. Katelynn Kasia Everything happens for a reason every obstacle teaches you something i was very hurt at one point and now when I look bawk on it its a part of growth.. Hes teaching you to let go n accept what is at the moment focus on you n make yourself better n itll all work out. From the moment I met him 3 years ago, I have been very drawn to him. I was married to another man at the time, so, I ignored him as best I could. Now, I am getting a divorce, and I have been talking to my twin for about 10 months. There are numerous parallels in our lives, even down to working in the same field and the age of our children. We get one step forward, and ten steps back! I love this man like I have never loved anyone before. He is forever on my mind, and i truly want happiness for him above my own! The crazy thing is, he has almost every trait in a man that usually drives me away, and, yet, i know hes the only one for me! How do I get past this brick wall of his??? Gabriel Thank you, Cassady. Yes, that was exactly what happened, and I know very well what her biggest fear is the fear of imprisonment. It happened just as we were taking the final measures to begin living together. The fear seemed to have subsided, her energy was a lot

closer to what I knew initially, and we began meeting again, once or twice per week, as friends, although the quality of our interactions increased each time. Then, about three weeks ago, we met for dinner, and she was again very close to the mess of fear that she was before. I know that this time it was nothing personal against me, just issues on her side, but I felt intuitively right then that she was going to run again. Since then she has ceased all contact again. For the first week it took me a lot of effort to recenter myself. Then starting from the second week, I began using your vibrational alignment technique daily, and saw big improvements. I even managed to get myself into the same feeling of bliss that we had in the beginning. My intuition even told me she was going to contact me again yesterday. May I ask how long you were in separation prior to union with your twin and the level of physical communication during that time? What do you think?? This post on Twin Flame separation has answered a question I have been asking for a few weeks now. Before my birthday we hadn't spoken for almost 1 month and then I had heard from him on the day, and he sent me flowers. Then we had some amazing moments of cuddles and hugging that felt like I never wanted them to end whether it be standing cuddles or moments after waking in bed.. I always told myself I knew I could feel that there was still something in him that wanted a part of me.. I have been confirmed by a psychic that he is my twin flame. After so many people have told me to give up and move on from this person, I have never been able to as I always felt deep down it was more than what they believed and that I have never felt this way about anyone in my entire life! Sorry for the twin flame full on story from me.. Can I ask for an update? Thanks for your post!

Kim Russell I met a man and we dated six monthsâ€¦never have I felt so connected to someone on all levels. I was married 22 years and divorced 4. He was married 16 years, and a widower, his wife dying 2 years prior to meeting. In the end his daughter having a hard time at the depth of our relationship, and his fears of relationship getting so deep sent him away. I have dated a lot, but never had this type of connection. I have reached out a few times, he talks but now is dating someone else exclusively. Do I let it go and if so how? How do I know he is my twin flame.??? I have tried repeatedly to try and release this, but after over a year of not seeing himâ€¦. I have tried to move on and date but it doesn't feel right. I met with a intuitive, empathic counselor and she said I am not ready to let go. BUT, if he has moved on and isn't contacting me I feel I need to let go as it is hurtful to stay in this place emotionally. She said to let go of fear and love will hit me on the backside. Visibly sad after a yearâ€¦. Anna Keen I met a guy online and there was a connection straight away. We dated about 2 months. He continued to not tell the truth about it or was secretive and just shut down. The weird thing about all this is that when we were together, we were fun. Like none of that shit mattered. But we never really saw each other. Both of us knew we were supposed to be together from the second date although, it took me awhile to realise that but it never really progressed happily. It was just a mess. Xxx Jeffie Renee Dillard Never been so hurt in my life. I never hated someone so much.

2: How to Communicate by Telepathy with People who Can't Hear You - Metatech

Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.

Posted 30 May - First, It started a very young age. I normally close my eyes as I start to put them into the state. Doing this time I noticed that I was able to pick up energy if that is the best way to explain it. I was in the middle of the session and I opened my eyes. There standing behind the sofa was a young boy about He was wearing a light beige button down shirt with a tie and khaki pants. He was transparent and had his arms around the two ladies whom are also sisters. He faded into the air. I kept talking in my hypnotist face never missing a beat. So after the session I was just about to leave when one of the sister started crying. I have had this happen before. It usually happens because they have just have a realization or a spiritual experience of some kind. I was not ready for what was about to be said. The sister who was crying was thanking me. I told her she did all the work she is ready to move forward with her goals. She said she lost her son to a drunk driver last year. Then 2 weeks after his death she found out she had breast cancer. I felt moved to say something. I asked her if I could tell her something I experienced. I explained what happen and described him in detail. She was so happy, I explained he was there to let her know he was ok and she too was going to be fine. She agreed and she felt the same thing. The other sister also felt his presence on the room. She went to get a photo to show me. Yap, I said that is who I saw. She told me the clothing I saw him in was what he was laid to rest in. This has not been the only time that I have had this happen it is endless the times it happens. I felt lead to start excepting myself as a go between for the other side. I have seen some pretty scary things, and learning to stay calm is very important. I have most recently discovered that I have a spirit guide. I most recently contacted my spirit guide and in the middle of it the room became full of people wanting to make contact. It felt like a mad sale at Bloomingdales or something like that. Once strong female voice came in and said thank you we need you. Then it was gone. I was a little shaken and not telling my husband anything I went to sleep on the sofa while he watched TV. The next night I had a image appear to me. I felt they get very frustrated when I do not understand what they are saying. So with all that I have decided to work on my vibrations and trying to hold it to make contact to deliver messages. Has not been easy, I have thought I needed a mentor who has been there done that. My mother use to tell me it was my imagination, if I ever have children that would not be the case. Even acknowledge our loved ones who have passed, because they do listen and the are with us. Not in the physical scene. After loosing my grandfather when I was in the 5th grade, I understood that the hurt we feel is only a physical loss no longer having that person here physically , but life goes on outside of our human perception.

3: How to Communicate Effectively in 5 Steps

The third chapter describes the meaning-making approach to communication in which a listener's translation provides a speaker with immediate feedback about what the speaker's communication means to the listener.

Pinterest Have you ever wished that you could say something to someone who is no longer a part of your life? Though humans use words to communicate, we can also communicate with our thoughts. In other words, we can communicate telepathically. There are a number of reasons why you might want to do this: You can apologize to someone who is no longer in your life for a misunderstanding or a hurt that you caused. Call a truce telepathically and see how the tension in the relationship eases. You can forgive someone who has hurt you cutting the cords of anger or disappointment that bind you. You can send messages across a crowded room. Click here for some telepathic exercises to try in a crowded room. How to communicate telepathically So how do you communicate telepathically? Intention is a powerful thing, and intending to communicate telepathically is half the battle. You can also turn to tools such as crystals to help you forge a telepathic connection with someone. When you want to communicate telepathically with someone, it helps to get into a meditative state because that quiets your mind allowing you to more easily transmit thoughts and take in the thoughts of others. Then you want to use your imagination to create a scene in which you are physically with the person you want to communicate with. Create a scene that is comfortable to you. The idea is to set a scene that is comfortable for you so that you can relax and allow your thoughts to be transported. Finally, you simply begin to have the conversation in your head. In fact, the words are reaching the heart and higher self of the person. You can also use techniques to test your telepathic communication. Notice how the relationship shifts according to the conversation that you have in your head. If you really want to improve your telepathic abilities, consider taking a psychic development course where you will literally be taught techniques to help you transmit information and better pick up information from others telepathically. Click here to find one.

4: How to Communicate With the Dead - Spirit Communication - Ghosts - Supernatural Message Boards

We also communicate with ourselves all day, every day, through self-talk. Get to know someone else's preferred system, and you can establish rapport with them quickly. Get to know your self-talk, and you establish better rapport with yourself (your unconscious and conscious mind.).

For my new writing, visit [mikesententia](#). This post is about accurately communicating info to spirits and ethereal software. If you want to know how to contact a spirit in the first place, see this post. Spirits are not ghosts. A reader asked me how to learn to talk to spirits. This post is my response. First, what happens when you talk with a spirit: You think, and the spirit reads your mind. Then the spirit places his reply into your mind. For me, this message feels like thoughts in a different internal voice, though it may feel different for you. There are three main goals in beginner communication: Make it easier for the spirit to read your thoughts. Avoid mistaking your own thoughts and expectations for messages. But as a beginner, your goal is simply to get better at them. So, here are some tips and techniques. Communicating with spirits is the same as communicating with ethereal software. These techniques will also help your manifesting, psychic intuitions, and anything else you do with ethereal software. Focus on one concept, hold it in your mind for a second, then move on to the next concept. Second, pay attention to which part of your mind you think with. You can engage different parts of your mind as you think. So, you want to engage the parts of your mind that the spirit is connected to. To do that, quiet your energy and feel in your mind where the spirit connects to you. Just quiet your energy, notice how your mind feels, then have the spirit connect, and notice how your mind feels different. Try to engage the part of your mind that feels different. Quiet energy means that your energy is steady. Not low energy, just stable. If you visualize energy as a white light, visualize the light staying a constant level, and think about wanting to keep your energy steady. For more, see this post on quiet connections , which is similar. So keep at it. Once you can feel where the spirit is connected, keep that part of your mind engaged whenever you send a message. Learn how it feels to have a still mind, and learn to hold your mind relaxed, so you can hear whatever the spirit places in your thoughts. Yes, to truly develop a still mind takes years of meditation. See, to send you a message, the spirit needs to alter the signature of your mind. By the way, I just verified this, using beginner communication techniques: But when I relax my mind, the message is clear and easy to receive. Only Receiving Real Messages This is the hardest part of communication, especially for beginners. The message is more firm. With my own thoughts, I can easily shift images or change words. Note that, a few seconds after the message passes through my mind, I no longer have a message; instead, I have a memory of a message, and I can shift that memory as easily as any other. The message has a different voice in my head. Which means that this may happen for you, or it may not. Where does that leave us? Learning to quiet your mind will help, also, as will learning to relax your mind as you receive messages. With that in mind, I have one more tip: Verifying each message will 1 help you get more accurate messages, and 2 get you some immediate feedback on your communication techniques, which will help you learn. And if the spirit always says that yes, you received every message correctly, be suspicious. Summary Think slowly, quiet your mind, and ask for confirmation. Then practice engaging the right parts of your mind. I hope these tips and exercises help. And if you have questions, leave a comment below. If you liked this post, consider visiting my current blog at [mikesententia](#).

5: 8 Different Ways the Holy Spirit Will Communicate to Us in This Life

How we can communicate with such people and it takes years to fill the hurt which they cause, even closest relatives behave like they do not know us, even children avoid our presence in the house. How to cut these ties, it is a big problem not only for parents but children feel the same way.

MANY have a problem communicating that brilliance to others. Whether they are pitching something to their boss, getting a buy-in from their co-workers or making a case for their product or service with their prospects, they lose the listeners half-way and frustrate themselves. However, if smart people start believing this, the confirmation bias will ensure that they will get enough proof to support their assessment. One reason to blame others for their communication problems is the convenience it provides. If they put the responsibility of understanding what they are saying to the listener, they can simply run away from their responsibility for communication. It is easier to complain than to take that responsibility. OK rather than contemplating further, here are a few reasons for the communication breakdown: Smartness automatically does not make one a good communicator Smart people are smart in their field of work. That does not automatically provide a license to excel in communication. Communication is a skill. It simply involves two things – transmission and reception. A good communicator takes full responsibility for both these things. In other words, they have no time to listen. What has listening got to do? This means they lost the opportunity to frame what they are telling in a way that the listener will find relevant. They have thought very well about their idea. It is crystal clear to them in their mind. They are passionate about their idea and it is clearly demonstrated. He can see the enthusiasm and passion. There is no question about that. Now, the listener has a choice to request more details and try to make more attempts. They use the weapon of communication destruction: Jargon Recently someone I know pitched me an idea. In the first 90 seconds, he used four acronyms and at least two words that I am sure I thought were not part of English. I was busy decoding the puzzle than trying to understand the idea. By the time I figured out by googling for a few terms, the person had moved on. The train had left the station. Sometimes they forget about what else is required to execute the idea In the grand scheme, an idea is only a small part of the game. There it lot more to executing an idea than presenting it. When the listener does not see a well thought through execution plan or does not have the belief that the person with the idea can come up with one, there is a good chance that the listener will dismiss the idea also see the next point 6 related to this and move on. But there will be many people who will be ready to stop an idea whose time has NOT come. So why bother listening?

6: How Can I Communicate With My Twin Flame During Separation?

If you don't know the culture intimately, ask questions about the communication challenges you might face before you start to speak with (or to) people in an unfamiliar cultural context. 3 Communicate eye-to-eye.

But all too often, when we try to communicate with others something goes astray. We say one thing, the other person hears something else, and misunderstandings, frustration, and conflicts ensue. This can cause problems in your home, school, and work relationships. For many of us, communicating more clearly and effectively requires learning some important skills. What is effective communication? Effective communication is about more than just exchanging information. More than just the words you use, effective communication combines a set of 4 skills: Engaged listening Managing stress in the moment Asserting yourself in a respectful way While these are learned skills, communication is more effective when it becomes spontaneous rather than formulaic. Of course, it takes time and effort to develop these skills. The more effort and practice you put in, the more instinctive and effective your communication skills will become. Common barriers to effective communication include: Stress and out-of-control emotion. To avoid conflict and misunderstandings, you can learn how to quickly calm down before continuing a conversation. To communicate effectively, you need to avoid distractions and stay focused. Nonverbal communication should reinforce what is being said, not contradict it. Effective communication skill 1: Become an engaged listener When communicating with others, we often focus on what we should say. However, effective communication is less about talking and more about listening. Listening well means not just understanding the words or the information being communicated, but also understanding the emotions the speaker is trying to communicate. Similarly, if the person is agitated, you can help calm them by listening in an attentive way and making the person feel understood. If your goal is to fully understand and connect with the other person, listening in an engaged way will often come naturally. The more you practice them, the more satisfying and rewarding your interactions with others will become. Tips for becoming an engaged listener Focus fully on the speaker. You need to stay focused on the moment-to-moment experience in order to pick up the subtle nuances and important nonverbal cues in a conversation. Favor your right ear. As strange as it sounds, the left side of the brain contains the primary processing centers for both speech comprehension and emotions. Since the left side of the brain is connected to the right side of the body, favoring your right ear can help you better detect the emotional nuances of what someone is saying. Nod occasionally, smile at the person, and make sure your posture is open and inviting. However, you do need to set aside your judgment and withhold blame and criticism in order to fully understand them. The most difficult communication, when successfully executed, can often lead to an unlikely connection with someone. If there seems to be a disconnect, reflect what has been said by paraphrasing. Ask questions to clarify certain points: You can do this by singing, playing a wind instrument, or listening to certain types of high-frequency music a Mozart symphony or violin concerto, for example, rather than low-frequency rock, pop, or hip-hop. Nonverbal communication, or body language, includes facial expressions, body movement and gestures, eye contact, posture, the tone of your voice, and even your muscle tension and breathing. Developing the ability to understand and use nonverbal communication can help you connect with others, express what you really mean, navigate challenging situations, and build better relationships at home and work. You can also use body language to emphasize or enhance your verbal message—patting a friend on the back while complimenting him on his success, for example, or pounding your fists to underline your message. Improve how you read nonverbal communication Be aware of individual differences. An American teen, a grieving widow, and an Asian businessman, for example, are likely to use nonverbal signals differently. Look at nonverbal communication signals as a group. Consider all of the nonverbal signals you receive, from eye contact to tone of voice to body language. Anyone can slip up occasionally and let eye contact slip, for example, or briefly cross their arms without meaning to. Improve how you deliver nonverbal communication Use nonverbal signals that match up with your words rather than contradict them. Reading Body Language Adjust your nonverbal signals according to the context. Avoid negative body language. Instead of tentatively entering a room with your head down, eyes averted, and sliding

into a chair, try standing tall with your shoulders back, smiling and maintaining eye contact, and delivering a firm handshake. It will make you feel more self-confident and help to put the other person at ease. Keep stress in check How many times have you felt stressed during a disagreement with your spouse, kids, boss, friends, or coworkers and then said or done something you later regretted? Communicate effectively by staying calm under pressure Use stalling tactics to give yourself time to think. Ask for a question to be repeated or for clarification of a statement before you respond. Pause to collect your thoughts. Make one point and provide an example or supporting piece of information. Deliver your words clearly. In many cases, how you say something can be as important as what you say. Speak clearly, maintain an even tone, and make eye contact. Keep your body language relaxed and open. Wrap up with a summary and then stop. Summarize your response and then stop talking, even if it leaves a silence in the room. Quick stress relief for effective communication When things start to get heated in a conversation, you need something quick and immediate to bring down the emotional intensity. Are your muscles or your stomach tight? Are your hands clenched? Is your breath shallow? Are you "forgetting" to breathe? Take a moment to calm down before deciding to continue a conversation or postpone it. Bring your senses to the rescue. The best way to rapidly and reliably relieve stress is through the senses—sight, sound, touch, taste, smell—or movement. For example, you could pop a peppermint in your mouth, squeeze a stress ball in your pocket, take a few deep breaths, clench and relax your muscles, or simply recall a soothing, sensory-rich image. Each person responds differently to sensory input, so you need to find things that are soothing to you. When used appropriately, humor is a great way to relieve stress when communicating. When you or those around you start taking things too seriously, find a way to lighten the mood by sharing a joke or amusing story. Be willing to compromise. If you realize that the other person cares much more about something than you do, compromise may be easier for you and a good investment in the future of the relationship. Agree to disagree, if necessary, and take time away from the situation so everyone can calm down. Go for a stroll outside if possible, or spend a few minutes meditating. Physical movement or finding a quiet place to regain your balance can quickly reduce stress. Assert yourself Direct, assertive expression makes for clear communication and can help boost your self-esteem and decision-making. Being assertive means expressing your thoughts, feelings, and needs in an open and honest way, while standing up for yourself and respecting others. It does NOT mean being hostile, aggressive, or demanding. Effective communication is always about understanding the other person, not about winning an argument or forcing your opinions on others. To improve your assertiveness: Value yourself and your options. Know your needs and wants. Learn to express them without infringing on the rights of others Express negative thoughts in a positive way. Accept compliments graciously, learn from your mistakes, ask for help when needed. Learn to say "no. Look for alternatives so everyone feels good about the outcome. Developing assertive communication techniques Empathetic assertion conveys sensitivity to the other person. You become increasingly firm as time progresses, which may include outlining consequences if your needs are not met. Or ask friends or family if you can practice assertiveness techniques on them first. Recommended reading Effective Communication: Improving Your Social Skills — Learn how to communicate more effectively, improve your conversation skills, and be more assertive. AnxietyBC Core Listening Skills — Find tips on how to be a better listener and identify and improve the things that are getting in your way. University of Maine Some Common Communication Mistakes — Overview of common mistakes that get in the way of effective communication and how you can avoid them. Hear What People are Really Saying — Understanding active listening, particularly as it applies to the workplace, and the steps you can take to become an active listener. An Introduction to the Tomatis Method. The Mozart Center Press. Lawrence Robinson, Jeanne Segal, Ph.

7: Why can't I articulate my thoughts clearly? | Yahoo Answers

I know, that's a weird concept if you're new to communication, so let me explain. You can engage different parts of your mind as you think. The signatures that the spirit reads, (the signatures corresponding to your mind's state as you think your message), seem to wind up in whatever part of your mind you engage as you think the message.

Dreams Prophecies Again, I know some people freak out once you attempt to step into this kind of supernatural realm with the Holy Spirit. But this is where each Christian has to make their own choice as to whether or not they want to tread into these kinds of deeper waters with the Lord. You can either learn how to do all of this with the Holy Spirit, or you can choose to let this supernatural realm go and just stay on the path that you are already walking on if you have never had any of this kind of activity before with the Holy Spirit. Many of you will know exactly what I will be talking about below, as you have already stepped into this realm with the Holy Spirit and have learned how to play this kind of game with Him. However, if this is all new to some of you because you have never been taught any of this in the churches you have been raised up in, then you will need to make a decision with the Lord as to whether or not you will want this supernatural realm opened up for you by God the Father. If after reading the captions below you decide you would like God to open up this supernatural realm for you, then all you have to do is go direct to God the Father in prayer and ask Him to allow the Holy Spirit to become very active in any of these 8 different ways in which He uses to communicate to us. Tell God that He has a solid, green light from you to open up this realm if it will be His perfect will to do so at your present level of spiritual development with Him. If you put that kind of special request before God, then He will take you very seriously and He will then very gradually lead you into this realm and from there, the Holy Spirit will start to move in some of these different areas for you. The Holy Spirit will also show you how to discern when it really is Him communicating to you as versus when it is just your own emotions or imagination talking to you. Now I will take you into the 8 different ways the Holy Spirit will use to supernaturally communicate to us in this life. Here is the specific verse where this piece of revelation is being given to us by the Lord: And if the Holy Spirit can bear witness in our human spirits on that issue, then I believe He can also bear witness in our spirits with other things as well. And then the next verse will prove that to you. The apostle Paul gives us additional revelation when he says that his conscience was also bearing witness in the Holy Spirit. In other words, the Holy Spirit was bearing a good witness for Paul in his conscience, which I believe is part of our human spirit. Giving evidence, attesting, confirming, confessing, bearing record, speaking well of, giving a good report, testifying, affirming what one has seen or heard, presenting the gospel with evidence The first verse above where the Holy Spirit is bearing witness with our spirits that we are saved lines up with some of the above definitions from Mr. Hayford such as confirming, attesting, confessing, and bearing record. In other words, the Holy Spirit is confirming in our spirits that we are saved and that we are now children of God. All of a sudden you receive supernatural illumination, supernatural enlightenment on what a Scripture verse may mean. When the Holy Spirit communicates something directly to you through this inner witness, it will be a knowing without any shadow of a doubt. After you start to receive these kinds of inner knowings from the Holy Spirit, you will soon learn how to discern when one is really coming in from Him, or when one is just coming in from your own natural imagination and emotions. A true, inner witness from the Holy Spirit will come out of your spirit â€” it will not come out of your head, your imagination, or your emotions. If you get a strong, gut feeling not to get on a plane, and you then decide to heed that warning and hours later that plane ends up crashing, then you know that gut warning was coming in direct from the Holy Spirit since you do not have the ability to see into the future like He can. My take on the above two verses is this: What I have personally found out in this realm is that the Holy Spirit will communicate knowledge to you through this inner knowing, through this inner witness. When you receive this inner knowing about something specific, you will not hear an audible voice or hear any type of inner words coming up on you. For instance, say you have been meditating on a particular Scripture verse, but you just cannot seem to get the correct interpretation on what it may mean or how it can apply to your life. And then all of a sudden one day, the Holy Spirit gives you a strong, inner knowing as to

exactly what this verse means and how it can apply to your personal life. What the Holy Spirit will do is transmit the interpretation of that verse through the inner knowing. It is His job to actually open up the meaning of Scripture for you so you can understand what you are reading and from there, how to get some of these incredible spiritual truths worked into your daily walk with the Lord. And not only can the Holy Spirit communicate to you the meaning of certain Scripture verses through this inner witness – this inner knowing, but He can also do this on many of the other things in your daily life as well. He can give you strong, inner knowings on the following: Who you should be marrying in this life When you should take the next new job God will want to give you How to solve any problems you may be having in school or at work How to handle a problem or roadblock that may have occurred in your marriage How to handle all of the problems that will occur if you have just lost your job When to move in on someone to witness to them There is just an infinite number of things that the Holy Spirit can communicate to you on so you can try and get through this life in one piece and try to handle all of the problems that may come your way. And for the most part, we believe that a lot of these words of knowledge and wisdom will come to you through this inner witness, this inner knowing. That is why it is extremely important that each Christian learn how to receive these inner witnesses from the Holy Spirit, so they can then receive actual communication from Him as to exactly what He wants them to be doing with some of the specific issues that will be occurring in their daily lives. The ability to pick up these inner witnesses, these inner knowings from the Holy Spirit will only come to you through a process of trial and error. Your mind will receive the inner knowing out of your spirit. And if it is truly from the Holy Spirit, then you can totally depend on it and from there, act on it if any kind of action will need to be taken. The Word of God The next way that the Holy Spirit will communicate knowledge to you is sometimes by giving you a direct verse from Scripture. And when you see this particular Scripture verse, you will see the meaning of the verse and how it will answer the particular problem or dilemma you may be dealing with. And if there is a particular Scripture verse that will answer a problem you may be dealing with, then there is a very good chance that is how the Holy Spirit will help you solve the problem – by giving you the actual Scripture verse that will solve the problem. I cannot tell you how many times over the course of my life that the Holy Spirit will bring back up to my remembrance a certain Scripture verse that will solve or answer the problem I may be dealing with. I have actually come to the conclusion that if there is an actual verse from the Bible that will solve the problem, that will be the first thing the Holy Spirit will want to give you. This is why it is so important for each and every Christian to spend as much quality time as they can in loading up their mind with the Word. Again, here is the verse that will show us that it is the job of the Holy Spirit to lead us in this life, along with another verse showing us that Jesus Himself was also willing to be led by the Holy Spirit when He was walking down here on our earth in the flesh. When it comes to these basic leadings, some people have different terms to describe it when it does come in on them from the Holy Spirit. These leadings from the Holy Spirit can be anything from a very gentle nudging to something that could be much stronger. When you get a real strong leading to do something specific, it will feel like God has His big hand on the small of your back pushing you forward. You will feel the wind at your back to move in that certain direction. You will feel or sense a very strong unction, a very strong prompting to move in that direction. However, if God does not want you to move in that certain direction, then you will feel or sense no leading at all from the Holy Spirit. There will be no inner witness to move forward. You will have no peace to move in that direction. Again, being able to pick up these kinds of leadings from the Holy Spirit is something that you will learn through a process of trial and error with Him. After you have received quite a few of these leadings from the Holy Spirit, you can then become quite adept at being able to tell when a leading is coming in directly from Him or when it is coming in from your own natural desires and emotions. Check in Your Spirit In addition to the Holy Spirit leading you to go in a certain direction, He can also do just the exact opposite. He can tell you not to move in a certain direction, especially if there is going to be any kind of danger right around the corner. It is His way of telling you to stop right where you are at and not to proceed any further. For instance, many people will get a check in their spirit when they are about ready to board a plane that is going to crash. Some people will then heed that check and not get on the plane. Others will ignore it, thinking that it is their own natural emotions and fear and that it is not really coming in from the Holy Spirit. That is why it is so vitally important that each

Christian learn how to pick up these kinds of inner warnings from the Holy Spirit “so you can keep yourself from being seriously injured, if not possibly killed. How many people have died in car accidents and plane crashes” all because they chose to ignore that check in their spirit not to get in that car or plane that day. These checks in your spirit can also help prevent abductions, assaults, car accidents, plane crashes, taking the wrong jobs, marrying the wrong people, getting hooked up with the wrong people in this life, etc. As you can see, there can be an infinite number of situations where the Holy Spirit will tell you not to keep going in that specific direction. Here is a very good verse from the Bible where the Holy Spirit did exactly that for the apostles: And if the Holy Spirit was forbidding some of the apostles to move in a certain direction back in the beginning of the NT, then He can still do the exact same thing for all us in this day and age. And one of the ways that He will let us know not to move in a certain direction is by giving us that check in our spirits. The other thing the Holy Spirit can do in this realm besides giving you a good, strong, inner check in your spirit, is that He may take it one more step further and He may then start to churn your stomach. Your stomach will start to churn, and you will feel like you have a million butterflies swirling around in your stomach. You will get a very queasy and uneasy feeling about going any further in the direction you are looking to move into. If the Holy Spirit takes that check in your spirit and moves it into an actual manifestation where He is literally churning your stomach, then it would be my very strong recommendation that you heed this kind of intense warning from Him, and immediately stop and turn away from the direction you were initially going to take. I remember a girl I used to work with saved herself quite a bit of trouble as a result of heeding that check in her spirit when she was on vacation one day up in Canada. About 10 years ago, she went on vacation to Toronto, Canada. Her and her friend were getting ready to get on a trolley type train car. Right before they were getting ready to board the train, she said she got a very uneasy and queasy feeling about getting on this train. She said she had a strong check in her spirit not to board that train. Knowing that this could be a direct warning from the Holy Spirit, she chose to listen to it and decided not to board the train. When they got home about hours later, they turned on the TV and saw that the train they would have gotten on had been involved in a wreck on the tracks that were up in the air. Apparently, the train somehow had got derailed and had partially come off of the tracks. It took hours to finally rescue all of the people who were still on board. Several people were killed in the accident. These checks in your spirit can be major lifesavers depending on what the Holy Spirit is telling you not to do. Again, this is another one that you will learn through a process of trial and error with Him. As with the above other ways He will communicate to you, you can become quite adept in knowing when a check in your spirit is really coming in from Him, or when it is coming in from your own natural fear and emotions.

Quickenings Another very interesting way that the Holy Spirit will use to communicate something to you is through an actual quickening. For instance, if you are reading the Bible, you may find a verse or two that will jump off the pages at you and hit you right between the eyes. Whenever the Holy Spirit quickens something like this to you, this means you are to grab a hold of it and examine it to see exactly what the message is that He is trying to convey to you. If you are dealing with a specific problem, He may quicken a verse to you that will help solve your problem. You can also have words from preachers jump at you. You could be driving down the road in your car listening to a pastor teach on the radio when all of a sudden something he says jumps right out at you through the radio. Another area where this could occur at is at your local Christian bookstore. You will be in the bookstore browsing all of the books in there when all of a sudden a particular book will jump off the shelf at you. When that happens, there is a very good chance that is the Holy Spirit quickening that particular book to you. If that should ever happen to you, you should pick up the book to see what it is all about. There may be information in there that will help you in your walk with the Lord, and the Holy Spirit may want you to buy the book so you can add it to your storehouse of knowledge in the Lord. I cannot tell you how many times He has personally done this to me over the years. And every time He does it, I always end up buying the book because there is key information and knowledge in that book that I needed to have for my own personal growth in the Lord. I know many of you have had these kinds of experiences with the Holy Spirit.

8: Cool Hand Luke () - Quotes - IMDb

I knew by then that he was the man for me, because he scored so very high on my shopping list - which was particularly unusual because by that time I knew about the truth of aliens on earth, and could only be with a man who knew the same as I did.

Communication and Leadership No one would talk much in society if they knew how often they misunderstood others. Effective communication occurs only if the receiver understands the exact information or idea that the sender intended to transmit. It is the chain of understanding that integrates the members of an organization from top to bottom, bottom to top, and side-to-side. The Communication Process Communicating with others involves three primary steps: First, information exists in the mind of the sender, such as a concept, idea, information, or feelings. Next, a message is sent to a receiver in words or other symbols. Lastly, the receiver translates the words or symbols into a concept or information that he or she can understand. During the transmitting of the message, two elements will be received: Content is the actual words or symbols of the message that is known as language – the spoken and written words combined into phrases that make grammatical and semantic sense. We all use and interpret the meanings of words differently, so even simple messages can be misunderstood. And many words have different meanings to confuse the issue even more. Although paralanguage or context often cause messages to be misunderstood as we believe what we see more than what we hear; they are powerful communicators that help us to understand each other. Indeed, we often trust the accuracy of nonverbal behaviors more than verbal behaviors. I told Jim to do it. A message has NOT been communicated unless it is understood by the receiver decoded. How do you know it has been properly received? By two-way communication or feedback. This feedback tells the sender that the receiver understood the message, its level of importance, and what must be done with it. Communication is an exchange, not a give, as all parties must participate to complete the information exchange. Barriers to Communication Nothing is so simple that it cannot be misunderstood. Anything that prevents understanding of the message is a barrier to communication. Many physical and psychological barriers exist: Culture , background, and bias – We allow our experiences to change the meaning of the message. Our culture, background, and bias can be good as they allow us to use our past experiences to understand something new, it is when they change the meaning of the message that they interfere with the communication process. Noise – Equipment or environmental noise impedes clear communication. The sender and the receiver must both be able to concentrate on the messages being sent to each other. Ourselves – Focusing on ourselves, rather than the other person can lead to confusion and conflict. Some of the factors that cause this are defensiveness we feel someone is attacking us , superiority we feel we know more than the other , and ego we feel we are the center of the activity. Perception – If we feel the person is talking too fast, not fluently, does not articulate clearly, etc. Also our preconceived attitudes affect our ability to listen. We may listen uncritically to persons of high status and dismiss those of low status. Message – Distractions happen when we focus on the facts, rather than the idea being communicated. Our educational institutions reinforce this with tests and questions. Semantic distractions occur when a word is used differently than you prefer. For example, the word chairman instead of chairperson, may cause you to focus on the word rather than the message. Environmental – Bright lights, an attractive person, unusual sights, or any other stimulus provides a potential distraction. Smothering – We take it for granted that the impulse to send useful information is automatic. Too often we believe that certain information has no value to others or they are already aware of the facts. Stress – People do not see things the same way when under stress. What we see and believe at a given moment is influenced by our psychological frames of references, such as our beliefs, values, knowledge, experiences, or goals. These barriers can be thought of as filters, that is, the message leaves the sender, goes through the above filters, and is then heard by the receiver. These filters may muffle the message. And the way to overcome filters is through active listening and feedback. Active Listening Hearing and listening are not the same thing. Hearing is the act of perceiving sound. It is involuntary and simply refers to the reception of aural stimuli. Listening is a selective activity that involves the reception and the interpretation of aural stimuli. It involves decoding the sound into meaning.

Listening is divided into two main categories: Passive listening is little more than hearing. It occurs when the receiver of the message has little motivation to listen carefully, such as we often do when listening to music, television, or when being polite. Since only a part of our mind is paying attention, it is easy to go into mind drift—thinking about other things while listening to someone. The cure for this is active listening—which involves listening with a purpose. It may be to gain information, obtain directions, understand others, solve problems, share interest, see how another person feels, or show support. It requires that the listener attends to the words and the feelings of the sender for understanding. It requires the receiver to hear the various messages, understand the meaning, and then verify the meaning by offering feedback. It takes the same amount or more energy than speaking. The following are some of the traits of active listeners: Spends more time listening than talking. Does not finish the sentences of others. Does not answer questions with questions. They are aware of biases. We all have them. We need to control them. Never daydreams or become preoccupied with their own thoughts when others talk. Lets the other speakers speak and does not dominate the conversation. Plans responses after others have finished speaking, NOT while they are speaking. Provides feedback, but does not interrupt incessantly. Analyzes the conversation by looking at all the relevant factors and asking open-ended questions. Walks others through by summarizing. Keeps the conversation on track by focusing on what others say, NOT on what interests them. Take brief notes as needed to help them concentrate on what is being said. Feedback When you know something, say what you know. Providing feedback may be accomplished by paraphrasing the words of the sender. Carl Rogers listed five main categories of feedback. They are listed in the order in which they occur most frequently in daily conversations. Notice that we make judgments more often than we try to understand: Attempting to assist or bolster the other communicator. Attempting to gain additional information, continue the discussion, or clarify a point. Attempting to discover completely what the other communicator means by her statements. Imagine how much better daily communications would be if listeners tried to understand first, before they tried to evaluate what someone is saying. Nonverbal Behaviors of Communication To deliver the full impact of a message, use nonverbal behaviors to raise the channel of interpersonal communication: This helps to regulate the flow of communication. People who make eye contact open the flow of communication and convey interest, concern, warmth, and credibility. Smiling is a powerful cue that transmits happiness, friendliness, warmth, and liking. So, if you smile frequently you will be perceived as more likable, friendly, warm and approachable. Smiling is often contagious and people will react favorably. They will be more comfortable around you and will want to listen more. If you fail to gesture while speaking you may be perceived as boring and stiff. Posture and body orientation: You communicate numerous messages by the way you talk and move. Standing erect and leaning forward communicates to listeners that you are approachable, receptive and friendly. Interpersonal closeness results when you and the listener face each other. Speaking with your back turned or looking at the floor or ceiling should be avoided as it communicates disinterest. Cultural norms dictate a comfortable distance for interaction with others. Some of these are: Speaking can signal nonverbal communication when you include such vocal elements as: For maximum teaching effectiveness, learn to vary these six elements of your voice. One of the major criticisms of many speakers is that they speak in a monotone voice.

9: [INTJ] Trouble Converting Thoughts Into Verbal Communication

When I pushed him to communicate, he just shut down. on a blog saying how Dr Okaya helped him win the lottery by sending him the winning number i was curious and i thought it was all joke not.

Here are some of the ways deceased loved ones communicate with us from the other side: Through Dreams

When we are dreaming, we are very open to communication from deceased loved ones and from the other side in general. Great-granny turned up, looking frail, grey and old “ just how I remember her. It was a nice dream, but I forgot about it soon after I woke up. Then, just before the shops were shutting at the end of the day, we found a gorgeous brown dress. My mum tried on the brown dress and it fit beautifully and she looked gorgeous in it. Then all of a sudden I remembered the dream where great-granny had told me that mum looked lovely in brown and I told mum about it. How do you know if your deceased loved one is visiting you in a dream or not? You might feel their love or affection for you, transmitted in the dream whereas before there was no particular mood or feeling to the dream. The setting of the dream may suddenly change to somewhere quite symbolic and it may become more vivid. You will often have the dream just before you wake up so that you remember it. Yes, it is possible. I just know they can and do. Communication Through Signs from Nature

The world of Spirit is entwined with and superimposed onto the physical world and the natural world. You just have to be looking for Spirit in order to see it. A while ago my mother told me about a local man here in New Zealand who died in a diving accident. He hit his head and drowned while diving in some coastal caves. When they recovered his body, three whales were sighted nearby, on the coast, hanging around the area where the body had been recovered. Whales are the Maori symbol of divine protection. In this area of New Zealand, whales rarely show up on the coast “ you have to go many miles out to sea to see them. So that was interesting in itself. Then a few weeks later they were having a memorial service for this man in the place where he died, three whales showed up again. But I do believe that it is easier to communicate with Spirit Guides than it is to communicate with deceased spirits. But deceased spirits are not attached to you as such. There are many reasons why the communication might not be successful. Remember that the ether is far removed from the physical plane. Communicating with the other side is a little like building a bridge made of energy. In between you is a valley. In order for you to make contact, someone, or both parties has to build a bridge. You can build an energetic bridge by raising your vibration and opening up your psychic senses and the deceased spirit can build half of the bridge by lowering theirs to meet you halfway. Even if you cannot connect with your deceased loved ones through a medium or if they are not showing you signs of them being around you, you can still honour and love them in other ways. One of the best ways of honouring another soul is by letting them go. This is as true in death as it is in life. Deceased spirits can really benefit from permission to leave and go and pursue the next stage of their long journey. I know deceased loved ones who still have one foot in this dimension one year after their death because they feel guilty for leaving their family behind. My grandmother always found that story quite funny and sad at the same time. And of course it is natural to want to hold onto people. Something that is very powerful is to give your loved one permission to die while they are still alive. My grandfather did this in the moments before one of our relatives was on her deathbed. He talked to her to sleep like a little child, telling her that it was OK to go and to not be afraid. She died shortly after. Then, they promise to honour their dead and check in with them at certain times, like on the anniversary of their death. They will hear you. You can also honour the dead by focusing on new life Death is not just an ending. With it, new life begins, although you do not see the new life and the new stages in the evolution of the soul of your loved one you only see the ending which is what causes grief. You can honour and witness this cycle symbolically through planting something beautiful and seeing it grow. How have your deceased loved ones got your attention? Please leave a comment if you have something to share. This article is the third part in a series of articles about the afterlife. The first two articles were:

Measuring the indirect employment effects of multinational enterprises New directions in agriculture Last love song at the Valentine GATE thinking processes curriculum, grade 2 to 6 The Prentice Hall illustrated handbook of advanced manufacturing methods The New American Standard Bible Hawaii's hidden treasures Give them the remote The Norwegian Americans 2009 toyota rav4 owners manual Investigating the postmodern memory crisis on the small screen Susan A. George I-XVII. Edmund About to Emile Zola. Aging changes that affect communication Sadia ash juniper smoke Nuclear Carriers (Sea Power Library) The power of the subconscious mind The Mind-Powered Job Hunt Play the Harmonica Well Ireland and the Jacobite cause, 1685-1766 Mean Tears/in the Blue Country inns, lodges, and historic hotels of Canada The Musicians And The Servants History of the rise, progress, genius, and character of American Presbyterianism Hey jude drum sheet music Analyzing cellular immunity to AAV in a canine model using ELISPOT assay Zejing Wang . [et al.] A tisket a tasket sheet music Langenscheidts Pocket Polish Dictionary Brief Introduction to Us Politics Italian Verbs For Dummies Reference book of womens vintage clothing, 1930-1939 Till the day I die. A discourse on the agriculture of the state of Connecticut, and the means of making it more beneficial to The youngest kite. Seafloor sping and subduction worksheet The laws of the Shakespearean universe Gene and Protein Evolution (Genome Dynamics) The history of Remington Firearms Structures of feeling Earth moving machines Signs of Cherokee Culture