

EXPRESS – Mindful Communication

The point to mindful communication is to renounce the doubting, competing, struggling, showy mind; let it rest so that we can listen to our inner self where God speaks.

- E** Relinquish the mind's attachment to the outcome you prefer.
- X** Cancel out the judgment you recognize in yourself - describe and distinguish instead.
- P** Presence yourself: breathe, pause, expand inside and relax the suffering mind.
- R** Renounce your mind's need to win, be right, impose its will, show off, prove itself.
- E** Everyone carries a piece of consciousness for the cosmos. Look and listen for it and the value in what someone is sharing even though it is different from your perspective.
- S** Share *yourself*: this is what "I" think, what "I" feel, what "I" see, what "I" understand. We are always operating from *partial* knowledge, *partial* consciousness, and *partial* freedom.
- S** Seek Guidance from Spirit, God, your inner self.

The entity to decide – either the individual or the group, collects all the wisdom from others to then chart the best course possible.

If you do not really have anything to say, then the gift of your *silence* is a great gift.