

Daily Mind Matters

Communication

Use the following Daily Routine if you are feeling that you can't communicate, or you know of a situation that will cause you to feel (that you are unable to communicate) in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

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| AM | - | Morning Meditation for a maximum of 15 minutes. |
| Midday | - | Midday Affirmation for approximately 1 minute. |
| Evening | - | Evening Review for a maximum of 5 minutes. |

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation - Communication

(Maximum duration 15 minutes)

Meditation - Communication

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- *"I breathe in and give myself permission to speak my truth."*
- *"I breathe out and release all barriers and limitations to communicating."*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *"I bravely use my voice to speak my truth so I may be heard."*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to not communicate as a tiny speck on the horizon:

- Silently say: *“This situation is not real, it no longer affects me.”*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel your truth flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale freedom and permission to speak.”*
- *“Every breath I exhale releases all my limiting thoughts and feelings about communicating.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of not being able to communicate.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of non-communication.

And then silently affirm:

- *“I no longer accept these limiting and restrictive thoughts as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am giving myself permission to speak so I may be heard.*
- *I ‘will’ myself to give myself permission to speak in everything I do.”*

Liz McLaughley

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