

Live Well Lifestyle Webinar Recap & Recording

July 14, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Honest Communication

'The relationship you are now in is a reflection of every other relationship you have ever had and your partner represents everyone who has ever hurt you in your life.... Then there is the conscious version of your Fairy Tale.'
Anonymous

This topic was recommended by a listener. She shared her experience: My husband and I have been married for 40 years. It's my 2nd marriage. My 1st marriage was a nightmare, and it was a challenge to let go of that emotional baggage, and not allow it to cloud my 2nd marriage. For example, I had a difficult time feeling comfortable sharing my thoughts and feelings, as that was never a good idea in my 1st marriage. My 2nd husband was different from my 1st husband, thankfully, but 'old habits die hard.' The Conscious version: My 2nd husband said something to me, though, that changed everything. He sat me down, pulled up a chair so that our knees touched, and he took my hands in his and said, "I love you. You say you love me. Love me enough to tell me the truth." That opened up the channel of real, honest communication that quickly became the foundation of our marriage. I'm not sure our marriage would have survived otherwise.

It's wonderful to give someone permission to be 'real' with us.

What causes you to not be truthful to another person?

1. Not feeling safe to express your true feelings. Feeling you will be judged regardless of your response.
2. Not wanting to hurt another person's feelings thus the need to please.
3. Not wanting to be wrong.

How many little white lies do we tell thinking it is the kind thing to do?

"Reality is ALWAYS kinder than thoughts." Byron Katie.

So you really think you know more than God what other people need?

Wife: Honey does this dress make me look fat?

Husband: Darling, I would love you if you wore a gunny-sack, I would pick whichever one makes you feel comfortable.

Like our listener, I had a challenging first marriage.

He spoke his mind. Like to be in control and I was the pleaser. Not a good combination. On our honeymoon, I now see he was establishing ground rules. We got into a big argument over a professor he didn't like. I expressed my like for him. We could not agree to disagree. He would NOT let it drop. After 3 days I relinquished my opinion for the sake of peace.

Another tactic was he would ask me where I would like to go eat. At first I would be honest and tell him. No matter where we went, when we got there he would complain about the food, the service and little things that spoiled the evening. After a while I relinquished my choice to choose and said, "Where ever you want to go is fine with me." See the pleasing pattern. I began to feel like I could never get anything right, so to make peace I quit being totally honest. And that is how it begins.

One time when he was busy with planting, we had a plumbing problem, so I called our plumber to fix it. I was so proud to tell him I had taken care of the emergency without bothering him. He asked, "Who did you use?" I replied, "I called Ace." He shouted, "Why did you call him? I said, in defense, "Because I thought that is who we always use." His response was, "Well, If I want you to think I will pay you to think." And he stormed out the door. We weren't working together as a team.

After the divorce I did not want another relationship. I had never had a career job before and both my parents were deceased. My goal was to be able to take care of myself. I had a few boyfriends but when it got serious I was out of there

until a special person came along who wouldn't take no for an answer. I tried to discourage it when he got serious. I gave him a survey of 22 questions all based on my past relationship to see if we were compatible.

1. What do you see as our biggest difference?
Answer: My shoe size. It is a 13 D.
2. What do you do about dust on top of the refrigerator?
Answer: I don't let it accumulate.
3. Do you do like to cuddle?
Answer: Try and stop me and I'll tickle you?

He answered all questions with humor and I laughed so hard. That was the beginning of a long romantic courtship. He understood my reluctances. He would ask a question and if I said "un-huh", he would say, "is that a 'yes', a 'no' or an 'I heard you and I am thinking about it'?" It was always the latter. He opened a space for honest communication. I learned to give an honest yes or no.

"The teacher you need is the person you are living with." Byron Katie, TheWork.com

I am grateful to hubby #1 for teaching me to no longer choose to walk on eggshells again and to have that deep desire to financially take care of myself and be independent.

Most of us spend less than 15 minutes in total intimacy. Here is an exercise to practice total intimacy with another person.

In a quiet and undisturbed room, sit facing your partner, knee to knee. This exercise is done with your eyes open and at all times looking into the eyes of your partner. No smiling or physical gestures from you people who want to be loved. Just straight faced, eye to eye contact sending love to the other person. Notice if you want to giggle or laugh out loud. If so, your ego is afraid of true intimacy. Keep trying.

Begin with a body relaxation process to ground yourself. Take slow deep breaths and move your attention slowly through your entire body, releasing tension as you go. Breathe in deeply and exhale deeply. With ever exhale relax and let go, relaxing the scalp, forehead, jaw, down through your shoulders and arms, and slowly down your whole body.

When you are fully relaxed and full eye contact becomes comfortable, reach out to hold your partners hands. Pull in close enough so that as you hold hands they can rest on your thighs.

The lady will begin by saying, "(Their First Name), I acknowledge you for the absolute love you have always had for me". After a moment pause, the partner will respond, "Thank you". As it feels comfortable and as the eye to eye connection steadily grows, repeat the statement once again. As the flow continues you will repeat these words many, many times until there is a rising then a calming of the waters and no more bottled emotion.

At this point you may embrace your partner then reverse roles. The man will then make the statement, "(Their First Name), I acknowledge you for the absolute love you have always had for me" and your partner will respond, "Thank you". Once again, repeat until the waters are calm.

When you are complete, notice if it feels safe for your little inner ones to come out and play. When you have completed the exercise, the light will reveal itself to you and you will know you are part of this light. There will be an experience of loving connectedness as you have chosen to exercise your ability to respond.

There is no short-cut. Got that - there is NO short-cut. It is a straight path that you must walk yourself. No one will carry you, kicking and screaming, into heaven.

Next month I have invited my friend Jody Kaylor, Improvisor of Creative Solutions, who is also a speaker and trainer and going to do a follow up program on called:

Communication: The Good, the Bad and the Ugly

Communication tools for communicating with a mate, friend, family member, colleague or yourself:

- 3 questions to ask when things get wonky
- Telling the unarguable truth
- The value of appreciation
- The best communication aphrodisiac and the reliable formula that will turn you off

Be sure and join in next month for these tools. To learn more about Jody go to www.JodyKaylor.com

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