

RESPONS-ABILITY COMMUNICATION IS ASKING FOR HEALING SUPPORT

YOUR WORDS INSTRUCT YOUR MIND ON HOW TO BUILD IT'S REALITY!

HOSTILITY OR FEAR IN ANY FORM INDICATES DEFILED PERCEPTION
COMING FROM CORRUPT DATA! WHO'S IN THERE WITH YOU?

1. COMMITMENT - my goal is to communicate MY REALITY - (rather than winning, overpowering, or abusing you). Invitation - I have an issue I would like your help in processing. TIP - If feeling disconnected, afraid, sad etc. acknowledge that feeling and physically reconnect.

2. Objective observations - Identify the event - not your perception of it. Make it a “we” event - include yourself in the description of what happened. Describe mechanical facts only - take responsibility to make sure you are both speaking of the same event! 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 .

3. Subjective observations - identify your thoughts and feelings - YOUR ISSUE! Remember that you are describing and speaking of the output of YOUR mind - your REALITY - NOT ACTUALITY! Language in a way that reflects your awareness that you are describing your reality and that you are willing to be 100% responsible for that reality. (Your issue = your offspring) TIP - The goal is to own your reality, not to prove THEY are the problem OR that your reality is true about them!!



4. What I want - put your “trifling treasures” away! Remember the distorting power of the “way you want it to be!” Your request always relates to receiving support in HEALING your issue in # 3 let go of problem solving or trying getting them to change! If this tool is used to manipulate them into change it WILL backfire. The more specific you are in identifying your painful reality the more powerful this step will be for you. 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. Do you have any ideas? Actually listen to them as if they were intelligent and let go of the solution - changing them - that your brain has. If you are in pain, you are in Blockage Of Truth and need healing! ASK THIS QUESTION WITH AN OPEN MIND AND LISTEN - quiet your mind and actually listen to their feedback - they probably have energetic solution you need! Listening - an important component of communication - dissipates the energy of upset. TIP - Give yourself the space to at least temporarily think and act AS IF what is being offered it totally true and will work!!

6. What I can see that would help is _____ . After receiving their ideas offer any other thoughts on what you see might support YOUR healing.

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

NOTE: IF YOU FEEL A NEED TO WARN THE PERSON YOU ARE DOING “RESPONS-ABILITY COMMUNICATION” WITH, YOU ARE GETTING READY TO DUMP, NOT COMMUNICATE!

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