

Path of Peace Training

Step 5

Communication Heart

Proclaim the truth with love and wisdom.

Once grounded and centered with an open heart it is natural to want to express your beliefs, feelings and intuitions to others. In this training the area between the throat and third eye chakra including the throat, thyroid gland, ears, lower sinuses, nose, and mouth is identified as the **Communication Heart**. From this heart you hear wisdom, breath in energy to move it and speak it, and stay open to hearing wisdom from others. When infused with the light and sacred sound of the **Communication Heart**, wisdom flows with love from the mind and heart, and given out with love to others or within to self. Imagine the chakra in the throat as a transmission crystal balancing the energy of mind and heart.

Signs of Balance:

- ❖ flowing breath that can carry communication with ease
- ❖ when it is important to speak out, you say it calmly and clearly
- ❖ you can focus your speech to have a positive imprint
- ❖ your face and throat are relaxed and signal pleasure in sharing
- ❖ unless exposed to a toxin, your sinuses are filtering your breath
- ❖ you share information about your community and members in respectful way
- ❖ you speak inspired wisdom with an open heart and focused mind



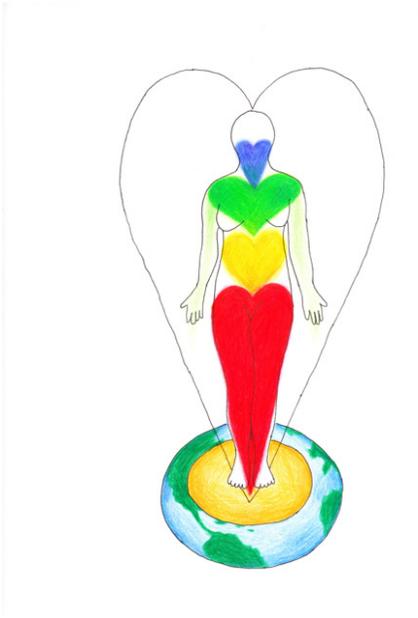
Signs of Imbalance:

- ❖ shortening your breaths, cutting out communication with others
- ❖ babbling in tense moments
- ❖ speaking the truth without consciousness of who, what and where you are communicating
- ❖ contraction of jaw, throat or mouth
- ❖ blocking hearing or hypersensitivity to sound
- ❖ chronically closed sinuses
- ❖ lying, gossiping or negative story-telling

Communication Heart

***P**lace yourself or imagine being in a beautiful, peaceful place. Move into a relaxed position. Look around and scan the environment around you. When it feels safe and pleasing to your senses, close your eyes and use your breath to settle into yourself.*

*Scan the **Grounding Heart** for light and spend a moment enjoying your loving connection to Mother Earth. Move your attention up to the **Centering Heart** and move into **I AM** energy. Open your soft shield to surround your body with loving vibrant light remembering to only absorb and send out energy that is in positive harmony with you. From this open light aura, move into the **Heart Light** and feel the comfort of the presence of your inner sacred self. In this **I and Thou** moment, you are one with all beings. Take a moment and enjoy the abundance your human energetic self.*



Focus on the top of the Heart Light symbol and see two beams of light move upward through throat on the left and right sides. As the light moves it coats the thyroid glands and throat with a soft blue light. Keep moving the beams of light up and around your looping ears radiating light into the ears and their inner parts. From the ears, the light moves toward the center of the face going through the lower sinuses into the nose and down to a meeting point between the nose and upper lips.



From the top point of the **Communication Heart**, take a slow inhale and affirm,

“With each inhale I accept life sustaining energy.”

“As air goes through the sinuses, I appreciate them filtering the breath to harmonize with my body.”

“With each exhale I enjoy the opening of spaces in my system to receive more love and light.”

“My oral area, the tongue, teeth and lips, vibrate with the light of truth and open easily to speak it.”

*“My **Communication Heart** now has the energy to hear sounds of truth and wisdom and to speak it to others.”*

“From the light of the crystal in the center of my throat, a vibration of light is radiated out into the universe inviting communication with other loving, wise beings.”

“I receive, hear and speak truth with ease.”

Soul Talking Technique

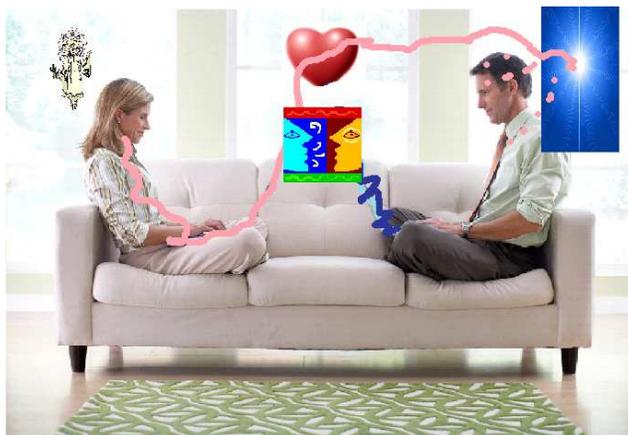
For a person who can sniff out the underlying issues in any situation or who can hear the whispers of the subconscious affecting another's actions, it becomes a challenge on how and what to share about the truth they sense. For instance, a parent who young adult child is involved with a person who has a lot of hidden emotional material that his/her child is not seeing or paying attention to the ways that hidden material could influence issues in the relationship. The parent might be tempted to speak the truth which might short circuit the child's learning process. What to do in situations like the above? Soul talking is one good way to communicate without interfering with the other's process while sharing the intuited truths in a loving way. Soul talking is having a conversation with another's higher self rather than his/her ego. It is done quietly and respectfully.

Guided Imagery Exercise for Soul Talking

Sit in a comfortable place in a comfortable way. Look around and feel the support of the space around you. Close your eyes and relax but stay awake and aware. Call your guides to surround you with light and love.

Think of a person that you want give advice to about an issue in his/her life. See him/her sitting in front of you and sharing on an ego level first. Now open your heart and send the truth you wish to share through your shared aura and to his/her higher self often seen as a bright light above the person. Speak of all the advice, feelings, truth and longings you would like to share openly and honestly. When you finish sharing thank the higher self of the other for listening and ask him/her to bring to the his/her human aspect what would be in service to the other in the right way, in the time.

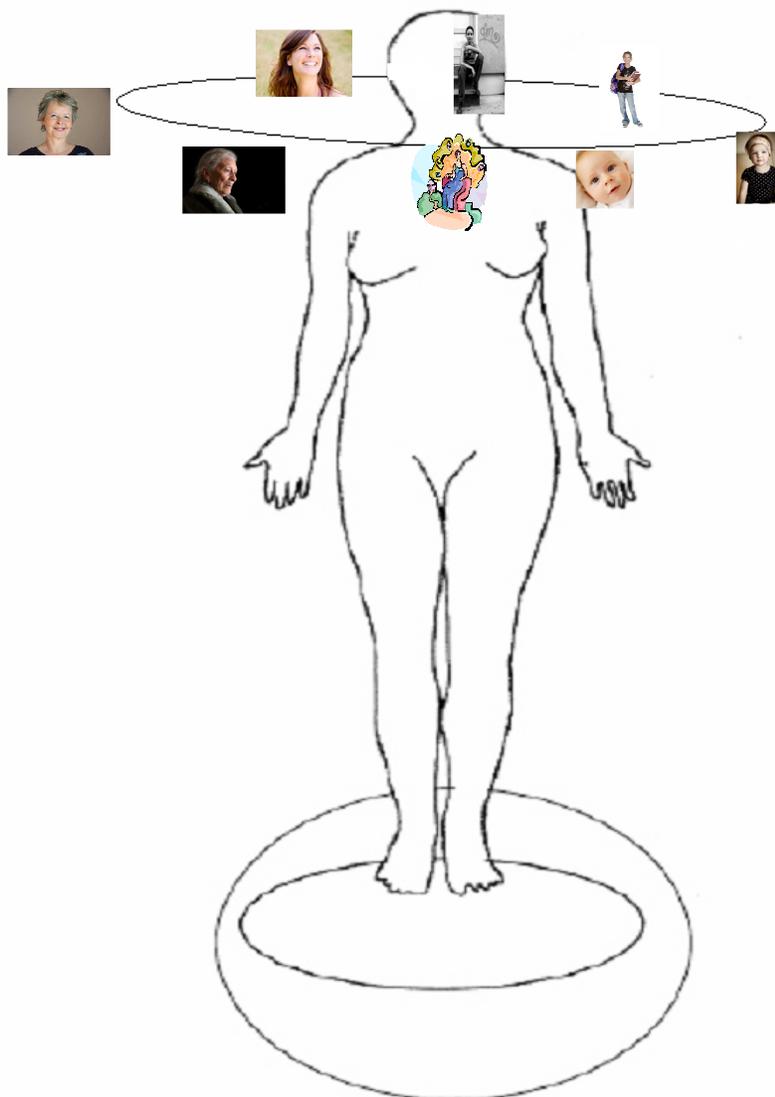
Release the presence of the other and take a few moments to center back into yourself.



Restoring Harmony When Speaking Truth

Some intuitives have been so bombarded with judgments from hearing and speaking truth others do not wish to hear, that they close down their natural flow of passing on truth and wisdom. Truth then becomes associated with fear rather than love. If they suppress the truth to the point where it might hurt holding it back, the truth might fly out of their mouths with too much intensity or disjointed energy. At other times, they might swallow the truth and hurt their energy and physical body rather than risk judgment.

The guided imagery below is a remedy exercise to reverse the negative energy of hearing and speaking truth. It is based on the idea that the conscious self can redo an experience, transforming the energy from fear to love, from shadow to light. During the imagery you are asked to focus on past aspects of yourself. If you do not remember yourself at younger ages, just imagine what you might be like at that age. What comes from your imagination comes from your consciousness and will be accepted by your mind as real. Look at the sample below first and then go onto the guided imagery.



Speaking the Truth Guided Imagery

Breathe and relax your body. After a few breathes, focus your attention on the light in the center of your throat, this Divine Self is ready to help you hear truth in peaceful way. Like the picture displayed above, see a circle flowing out of your throat Divine Light going to the left side and expanding out into your aura and circling around your throat to the back then to the right and coming back to the center point of the throat. After each exchange, thank the self for listening.

In the first part of the circle on your left side, imagine your baby self and say,

“This is the truth I want you to know.....”

Move along the circle and call forth an image of your young child self and say,

“This is the truth I want you to know.....”

The circle curves around and presents an image of your older child self and say,

“This is the truth I want you to know.....”

In the middle of the circle behind the head, see an image of your teenage self and say,

“This is the truth I want you to know.....”

As the circle goes to the right, see the image of yourself as a woman or man of child bearing age and say,

“This is the truth I want you to know.....”

Follow the circle and see an image of yourself as older middle age person and say,

“This is the truth I want you to know.....”

As the circle curves around heading back to the center of the throat and see yourself as a senior and say,

“This is the truth I want you to know.....”

As the your attention returns to the center of the circle you find yourself in the presence of your Divine Self and say,

“This is the truth I want you to know.....”

Your Divine Self returns the question and tells you,

“This is the truth I want you to know.....”

Now with the support of your Divine Self bring to mind someone in your life that you have held back a truth and say,

“This is the truth I want you to know.....”

Review of Communication Heart:

1. the area from the throat going up around the ears, through the lower sinuses, down the nose and encompassing the mouth is **Communication Heart** energy field
2. *Sensitive Intuitives* are sometimes hypersensitive to sounds, odors, words and unsaid thoughts of others
3. learning to respond with love and light instead of fear activates the energy of the **Communication Heart**
4. practicing speaking the truth to self helps open the door to speaking it to others in a peaceful way
5. when sharing information and feelings openly with others in not appropriate, using the Soul Talk technique gives you a safe and loving way to share