

Efficient Reminders for Divine Expression

Conscious Language: Infinite Alchemy & Co-Creation through our Words

Conscious Communication: Divine Expression through accurate, kind, pure and precise Language and Intention.

The Art of Listening: brilliant, universally useful essay by Brenda Ueland.

Socrates *Three Filters of Speech:*

- Is it True?
- Is it Of and For Goodness, and is it Kind?
- Is it Useful?

***The Four Gates of Speech* gives these Measures for Awareness of Speech:**

- Is it Truthful?
- Is it Necessary to Say?
- Is this the Appropriate Time?
- Can it be Conveyed in a Kind Way?

Don Miguel Ruiz' *Four Agreements* offers a Tool for Living in Integrity:

- Be Impeccable with your Word
- Don't take Anything Personally
- Don't make Assumptions
- Always Do your Best

Mindfully & Heartfully clear these from our Inner & Outer Communications:

- Negative Thoughts & Comments
- Discouragement & Uncertainty
- Assumptions & Fiction
- Judgments & Projections
- Hearsay, Gossip & Rumors
- Complaining & Issues
- Broadcasting information shared in Confidence

"Wisdom is avoiding all thoughts that weaken me"---and others.

The Take-Away from these Reminders: *Express and Communicate how You wish to be regard---and create your Life and World with Positive Emotional Spiritual Energy~*