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Written by the best selling
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Life Balance and Relationships: Finding Time for the People Who Matter the Most

Are you frustrated with the lack of time that you're spending with those who matter most to you? You might be aware of how deathbed research reveals that at the end of people's lives, they are more concerned with what kind of legacy they'll leave behind with those they love than they are with anything else they've done. But how can you begin to balance your life in such a way that you can find more time for those you love?

If you are curious about this, you might be relieved to find out what's actually keeping you from making time for relationships....

Imagine: How often have you seen people spending time together who were completely oblivious to one another? You might have even found yourself in this kind of situation with someone. You might have even *been* the person who was disengaged from the interaction. Whatever the reason might be for this disconnection, one thing is certain:

Finding more time for people is not always the answer to building fulfilling relationships.

Sure, finding more time would be great. However, if you're unable to make the most of what you *already* have, nothing is going to change by simply adding more time to the equation. What *will* make a difference is recovering the time that you're missing right now...

You may have heard the story "Acres of Diamonds" by Russell Conwell. A man sells his land and travels the world in search of diamonds. At the end of his life, after having spent all of it searching and finding nothing, he discovers that the person who had bought his land had found diamonds there....acres of them.

You see, you can spend your whole life worrying about having more time or more money or more energy. However, true fulfillment begins with recovering the time that you might be "losing" within every moment you are alive.

Think about it: now is the only time that you can truly live in.

So how can you begin to recover the time that you already have by learning to be more present when you are with someone? Here are a few practical tips for getting started:



1. Turn off your self-talk

We all talk to ourselves, and as long as we are building ourselves up in doing so there is nothing wrong with it. However, when you're with another person you're either valuing them or yourself. What makes the difference is who you are truly paying *attention* to.

A great way to turn off your self-talk when you're with someone is to pretend that everything you're thinking could be heard by the other person.

2. Value the one you're with

Pretend that the person you're interacting with is the most important person on the planet...no matter who they are. This means the cashier who checks out your order, the person who asks you for directions on the street or whoever you might be interacting with at the time. This will get you into the habit of being present and will make it easier for you to do so when it really counts.

3. Get your life together

Mahatma Gandhi once said that it is not possible to separate your life into separate compartments, and that life is one integrated whole. Every area of your life affects every other area, whether it be your health, your finances, your spiritual life, your career or your relationships. If you're unable to be fully present when you are with someone, the real problem might be with another part of your life.

Commit yourself to a set of principles which will help you to manage the rest of your life and you'll find that there is more of you to give when you're present with someone else.

Do this and you may not find any *more* time than you have already, but you'll get a lot more out of the time that you *do* have. Then you'll realize that the time you have been in search of was never really lost, and you'll discover the great truth once spoken by T S Eliot:

"At the end of all our searching, we'll find ourselves right back where we started and know the place for the first time."

Good luck!



Are You Drawing a Blueprint for Success or for Disappointment?

A determined housewife loses over 100 pounds and keeps it off, a thirty year marriage falls apart and ends up in a bitter divorce, an aspiring entrepreneur's business explodes past the one hundred thousand dollar a year mark. These are the stories of people who have achieved results, which were specifically determined by a "blueprint" that they created. Like the people in these examples, we all have our own blueprint, which is perfectly aligned to propel us either towards blistering disappointment or deep fulfillment and success. This blueprint is the collective sum of our habits...

You may have heard that first you form your habits and then your habits form your life. Just think about all of the events of your life, the things, which you have, and the things which you don't have: your relationships, your income, your career, the state of your physical health and even your own personal growth and education. All of these are the net result of the habits which you have developed over your lifetime. If you want to change any of these results, you must change your habits.

What is a Habit?

According to Dr. Steven Covey the best-selling author of "The Seven Habits of Highly Effective People" a habit is the union of knowledge, skill and motivation. Knowledge speaks of the information that is required to engage in a habit such as the habit of eating healthy foods. However, you must also have the skills to make healthy eating a part of your lifestyle in order to develop it into a habit. Finally, you must be motivated in some way to engage in an activity long enough for it to become a habit. Once all three of these principles work together for a long enough period of time, a habit becomes a part of your lifestyle and your character.

Breaking Old Habits

The key to breaking your old habits is identifying the motivational dimension of your bad habits. After all, if those habits were not motivated by the desire to fulfill a physical or emotional need, they would have never become habits. By identifying the need which is driving your habits you will empower yourself to find a new and positive habit which fills the same need. This will make it easier to let go of the old habit and to replace it with a new and empowering habit. It is also important to remember that breaking an old habit requires a lot of initial work. However, after about 21 to 40 days it will become easier to resist the temptation to fall back into your old patterns.



Developing New Habits

When developing new habits, it's important to consider the three areas of knowledge, skills and motivation. However, instead of having to form a new habit at the same time as learning new skills and gaining new knowledge, begin using the knowledge and skills that you already have. For example, here is a list of habits which you can begin to implement today in each of the eight areas of your life:

- Relationships: become a better listener.
- Recreation: find an exciting hobby to do during your recreational time
- Finances: start keeping written records of your income and your spending
- Career and Purpose: develop the habit of doing more than you are paid for
- Environment: make it a point to organize at least one thing a day in your home or office
- Spiritual Life: give thanks for at least three things before you get up and before you go to bed
- Personal Growth and Education: read one personal growth book every month, you can even start with a page a day

Just imagine where these seemingly minor changes in your blueprint will bring you in the next year, or five years or even ten. Surely, your habits have the power to change your results and your life.

Start working at each one of these simple habits and creating a blueprint for greater success and fulfilment in your life. They may sound simple, but there is no point in gathering new skills or information until you are using what you already have. If you do this, you will find that the new skills and knowledge, which you do eventually acquire, will be much more valuable because they are getting you solid results.

Where are your habits leading you today?



Is Your Self-talk Talking Yourself Out of Success?

Has anyone ever talked you out of something that you later realized you should have gone ahead with? Maybe it was a *goal*, which involved taking a risk, and perhaps the person actually talked you out of it because they believed they knew what was best for you. However, did you know that most of us actually talk *ourselves* out of pursuing our own dreams? Just think about all of the things you know you could start doing *right now* in order to make your life better, but which you are putting off. Most likely, you're putting these things off because you've gotten into the *habit* of talking yourself out of taking action.

If you want to put a stop to this kind of *self-sabotage*, you'll be excited to know that you are just moments away from understanding the simple process which can help you to do so...

What is Self-Talk?

Most of the time when we think of someone talking to himself or herself, we picture people who are considered to be a bit "off their rocker." However, all of us talk to ourselves in one way or another and this "*self-talk*" has a profound influence on our decisions and actions. Understanding how to use this inner dialogue to your advantage requires the understanding of how to identify when you are talking to yourself.

Most often, self-talk is imagined as being directed at others, although it is not actually spoken aloud. In spite of the fact that such dialogue is not "intended" for your own ears, the only one who hears it is you and therefore you are the most influenced by it. If this talk induces any kind of fear or negativity, it can be crippling to your *self-image* and your capacity to take action.

How Changing Your Self-Talk Can Change Your Life

Considering that your self-talk has a more profound influence on you than on anyone else, it's a good idea to examine the key areas of your life in order to see how your self-talk is affecting your success and your happiness. For example, when you think about the people whom you share your life with, what kind of self-talk do you engage in? Is this talk empowering you to build meaningful *relationships* with your friends and family members or is it disempowering your ability to trust and to appreciate others?

In regard to your physical *health* and well-being, what kind of *inner dialogue* is taking place in regard to your physical appearance, your eating habits or your activity level? Are your words encouraging you to take action and to live a *healthier lifestyle* or are they encouraging inactivity and poor eating habits?



Next, take a look at the inner dialogue which pervades your thoughts regarding your *financial life*. Are you consistently worrying about money or are you using your inner dialogue to formulate plans of action for creating *financial success*?

What about in the *career* that you are currently pursuing? Are you encouraging yourself to be the best worker that you can or are you constantly affirming to yourself how you dislike your job?

The same questions can be asked in regards to the way in which you handle your recreational life, whether or not you are encouraging yourself to take time to rejuvenate yourself and to re-establish your *purpose in life*.

At last, ask yourself how your current dialogue is encouraging your *personal growth and education*. Are you teaching yourself to be confident and enthusiastic about your life or are you speaking words to yourself which induce fear and insecurity?

How Your Inner Dialogue Controls Your Dialogue

Perhaps more important than all of these is how your inner dialogue effects the words which come out of your mouth. Remember that you will receive in life according to the manner in which you give. Is your self-talk encouraging an outer dialogue which inspires people to reciprocate positivity and respectfully? Finally, what kinds of people, circumstances and opportunities is your outer dialogue attracting into your life? Chances are that these things in your environment are a direct reflection of your inner dialogue.

So the thing to realize is that the manner in which you talk to yourself has a profound effect on your ability to attract and to enjoy success. If you want to change the results on the outside, the place to begin is with the inner dialogue which drives your thought process, your actions and which determines those results in your life

So is your self-talk positive or negative?



Effective Communication: The Master Key to Building Relationships

Few people can deny that meaningful relationships make a world of difference in the quality of life that a person enjoys. However, in spite of the fact that we spend our entire lives interacting with people, it can still be very difficult to achieve mastery in relating with them and understanding them. This is because communication with another person is an art, which very few people ever learn to master. This article will give you some insight on communication in relationships and help you to understand how to connect with and to understand people.

Understanding Communication Styles and Personality Types

A person's communication style is largely dependent on their personality type. There are four basic personality types:

- * **Direct/Feeling**
- * **Direct/Thinking**
- * **Indirect/Feeling**
- * **Indirect/Thinking**

People who are direct normally speak quickly and are more likely to come out and say what they mean. Indirect people speak more slowly and are more likely to communicate ideas through indirect means. Feeling people, are more emotionally driven in their communication and tend to be more socially oriented. Their speech patterns are more melodious and embellished. Thinking people, speak in more of a mono-tone and tend to be less socially oriented than feelers. They work better when they are alone and are more task oriented than feeling people.

Communicating With the Personality Types

When communicating with someone, it's important to first identify the type of communication style that you are dealing with. Listen for the pattern of the person's speech to find out if they are direct (speaks more quickly) or indirect (speaks more slowly). Then listen for the tone of their voice to find out if they are feeling (more embellished and melodious) or thinking (more monotone and mechanical). Once this is established, you adjust your listening and your speaking in order to communicate more effectively with them. For example:



*** When Speaking with a Direct/Thinking Communicator**

Direct people are big picture thinkers and are less likely to respond to discussions which involve a lot of details. If they are also thinking and task oriented, they are more likely to be focused coming up with a solution than they are talking about their feelings. They will most likely prefer to lead the interaction and will respond better to communication, which is direct, and to the point.

*** When Speaking with a Direct/Feeling Communicator**

Again, this is a person who is less detail oriented and focused on the bigger picture. Since they are also feeling oriented, they tend to be a bit more chatty and social than the thinking communicators. Direct and feeling oriented people have the tendency to talk a lot and if they are not interrupted, they will usually just keep on talking until someone stops them. They may also jump around from one topic to another and can be hard to follow if you are an indirect/thinking communicator.

*** When Speaking with an Indirect/Thinking Communicator**

This is someone who is very slow paced and methodical in their communication. Since they are thinking oriented, they are more likely to be interested in discussing facts and will be more analytical in their conversation. Because they are methodical, they do not like to be interrupted, and if they are they will normally pick right back up where they left off. Speaking with this person will require more patience if you are a direct communicator and it's more important to focus on being objective than discussing feelings.

*** When Speaking with an Indirect/Feeling Communicator**

The indirect/feeling communicator is much more diplomatic, they are not likely to respond objectively with solution-based conversations. They would rather discuss their feelings and have someone listen to them and understand them than get advice. Remember that they are indirect and keep the conversation light and non-threatening, focusing mainly on the feelings behind what they are saying.

Conclusion

Now that you are able to identify the communication styles, give yourself some practice and work on understanding them as much as possible. Always remember that the best way to relate with another person is to communicate with him or her from *his or her* frame of reference.



Ways to Help Learn at Home

There are a few ways to help yourself and your family learn and support your work and study habits to help make yourself successful. Make learning fun; and create a positive environment to work or study. With a little effort, you can create a positive and appealing area where you will want to be and will want to work.

Location

Where the work area is located is of utmost importance. Find a place that is private and that has no distractions; if at all possible, don't use the family room or the dining room table at all. The best idea is a dedicated workspace in a separate room.

Furnishings

Make sure the work areas in your home have great lighting, make sure there are bookshelves, and have a drawer/box/filing cabinet that has ample supplies, as well as having a computer if possible. Of course, you will need a place to study at a table or desk that has enough room for you to spread out your materials. A chair that helps you to sit up straight will help you to be more alert and focused.

Resources

Having work materials handy will save lots of time. Aid yourself by providing pens, paper, and pencils in the immediate vicinity, not just any place in the room! You will need to ensure that any needed work or study materials are available.

Music

Certain types of classical music are "brain friendly" and improve the work environment. Baroque music assists people to concentrate and to find the most effective learning state. Music helps the brain to function the best it can with retaining information and recalling this information.

A lot of people prefer to listen to their own style of music, but if you make an attempt to listen to baroque music, you might realize that as a result, you would have an easier time with your work or studies and desire to do more. Try to listen to Bach, Handel or Vivaldi during your work or study times and enjoy your preferred music during breaks. If you have an opposing view about this, a first choice would be to advise that you pick out instrumental music, since words influence the section of their brain that is used to concentrate, although you may not be consciously aware of the lyrics to the song.

Affirmative Signs

Positive signs will help teach your subconscious mind that you have a potential to learn. One way to enhance your learning environment is to make some inspiring signs. Use a lot of colour in your area because colour helps stimulate the brain. Some phrases you might want to use include: "Learning is Fun and Natural," "I Believe in Myself," and "Everything I Do Deserves My Best Effort."

An additional concept is to have a specific place to highlight goals and desires that will help you keep focused on where you need to go.



The Creative Imagination: Your Inner Source of Wisdom and Peace

One of the wisest habits you that you can develop is the habit of seeking wisdom. However, most of us are unaware of the great source of wisdom that lies on the inside of us. We spend all kinds of money on reading materials, classes, seminars and other types of educational products and resources. Yet the true value of these resources lies within their ability to develop and to awaken our own inner source of wisdom. That source is our creative imagination, and this article will provide you with the tools for using your creative imagination to awaken your own inner source of wisdom and peace...

The Power of the Creative Imagination

All throughout history, there are example of how the creative imagination has been used by scientists and artists to awaken wisdom and ideas, which were not yet “known” to mankind. Isaac Newton, Copernicus, Kepler, Einstein, Galileo and Thomas Edison all made use of the creative imagination in coming up with the ideas which led them to some of their greatest scientific discoveries.

On the other hand, artists such as Van Gogh, Hector Berlioz, J S Bach, Handel, Stravinsky, Leonardo Davinci and the 20th century architect Frank Lloyd Wright all used their creative imagination to construct ideas, which were completely new to the world of art. When Beethoven lost his hearing, he lost along with it the ability to assimilate new musical ideas from the exterior world. He was left to draw only upon his inner sources of creative genius in order to generate his ideas.

While outer resources of information and inspiration certainly stimulated these people, all of them applied their creative imagination as a demonstration of what it truly means to be wise and educated. The word education comes from the Latin root “educio” which means “to draw out from within.”

Believe it or not, this kind of wisdom and education can also be used to help you to gain greater control of all the areas of your life....

Using Your Creative Imagination

Using your creative imagination to draw upon your own sources of wisdom and to use it to create greater peace begins with the practice of silence. This silence gives you a chance to actually listen to what your body and mind is telling you to do with what you already know.

Many of us will search the world for answers to questions or for new information which will improve the quality of our lives. The problem is that many of us don't use the knowledge that we already have within us because we doubt it or just don't believe in it enough.

Being silent (spending time in meditation or just shutting off our brain) forces us to listen to what our subconscious mind is already telling us. Most of the time, this is sufficient for getting the answers that we need for improving just about any area of our lives. As we begin to listen to ourselves in this way, we begin to trust ourselves more and the creative imagination is then free to present suggestions, which we can act upon.



For example, what kind of answers do you need to get yourself in better health? What is your body communicating to you by its energy level, it's level of pain or discomfort or its appearance? What do you already know that you need to start doing today to get yourself in better shape?

And what kinds of answers do you need in your relationships? Are there things that you could be doing already to improve your relationships with others?

What about in your financial life or your career? If you really take the time to listen to yourself about your current career path or your financial choices, are there things that you know you need to be doing differently to start getting ahead financially or to be more fulfilled in your job? Begin this kind of questioning and learn to listen to the answers which come from within.

Then ask yourself this:

"If I'm not using this wisdom already, what is the point in going out and acquiring more?"

Instead of going in search of more knowledge, it's time to start trusting yourself and taking action with what you know. This will awaken your confidence and will give you increased inner peace concerning the direction of your life. As this happens, you'll begin to develop wisdom from the knowledge that you already have. But it all starts with listening and trusting your inner voice.

As Mother Theresa said:

"The fruit of silence is prayer, the fruit of prayer is love, the fruit of love is service and the fruit of service is peace."

This speaks of none other than the trust in our own inner voice of wisdom and the devotion to put that wisdom into action through service to either ourselves or to others. As this peace multiplies in our lives, it becomes easier to relax our mind and to listen to the small still voice on the inside of us. This is the path to greater confidence and inner peace.

Are you listening to your inner creativity today?



Getting Luck to Work for You All the Time

Do you ever get the feeling that some people just have more luck than you do? You see people who seem to be able to be in the right place at the right all the time, and they therefore have more success because of it. This can be very frustrating for an honest hard-working person who is trying to achieve financial success or some other kind of success but who feels that they are constantly being hindered by bad luck.

However, most people are completely unaware of how it is possible to make your own luck and get good luck working for you all the time. This article will provide you with specific information on how to do this...

What Luck is and What it's Not

In his best-selling book "Think and Grow Rich," Napoleon Hill wrote about a series of experiments, which were conducted to determine the difference between lucky people and unlucky people. In the experiments all of the subjects were asked to watch a random coin toss and guess whether or not it would land on heads or tails. Other similar experiments were conducted in order to determine a person's capability of predicting a desired result. The experiments revealed that the unlucky people guessed right just as often as the lucky people did.

However, follow-up interviews revealed that people who were "lucky" seemed to focus on and remember the good things which had happened in their lives. Meanwhile, the "unlucky" people seemed to remember and focus on the unfortunate things which had happened to them. As simple as this distinction might sound, it seems to be the biggest "secret to success" that lucky people know. You might have heard that luck is preparation meets opportunity. As you know, opportunity is nothing more than being in the right place at the right time.

However, there is one missing piece of the puzzle, which makes all the difference in whether or not any opportunity becomes "good luck." The difference has to do with the state of mind, which a person is in when an opportunity presents itself. People who are properly focused on getting what they really want ("lucky" people) are more likely to get what they want than those who are always focused on the unfortunate things which are happening to them ("unlucky" people).

So how can you begin to change your focus in order to bring more luck into your life? It starts with determining one thing...

How Correct Focus Brings More Luck

If you want to begin making your own luck, the first thing that you have to do is make a decision as to what you really want out of your life. This might sound really simple, but ask most people what they want out of life and a lot of them will only have a general idea, if any at all. Not only that, many people will give you a long list of things that they *don't* want when you ask them what they *do* want. Those who have no idea what they want are unable to focus on a specific goal which will help them to recognize the opportunity to achieve it when it comes.



On the other hand, those who are always thinking about what they *don't* want are going to be too distracted to recognize an opportunity to have what they do want....that is, if they even

have any idea of what they really want. So here are a few things to ask yourself to start changing your focus:

1. What kind of relationships do I want to enjoy?
2. What kind of a condition do I want my body to be in?
3. What kind of a career do I want?
4. What kinds of things do I need to learn so that I can get what I really want?
5. What amount of money do I need to achieve all of the above?
6. What habits do I need to form in order to accomplish these things?
7. What am I willing to give in return for what I want?
8. Who do I need to become in order to have these things and to keep them?

Of all the questions on this list, the last two are by far the most important. There is not, and never will be, such a thing as something for nothing. At the same time, it is not possible to achieve or maintain success, which is not consistent with your true character. Therefore, focusing on what you need to give and who you need to become in order to get what you want is at the core of creating your own "luck." Without these two things being properly aligned, you will probably end up missing out on tremendous opportunities which only come into your life once in a while.

To quote Winston Churchill,

"There comes a time in every man's life when an opportunity presents itself for him to do one thing which is specifically fit for his gifts and talents. What a pity if that man was to find himself unprepared for what might be his finest hour."

Remember this and determine what you need to do in order to be prepared for opportunity when it comes...then everyone can tell you how "lucky" you are.

Good luck!



Life Balance and Self-Esteem: **Your Confidence Affects More Than You Believe**

Anyone who is interested in achieving life balance is aware of what a challenge it can be to maintain healthy harmony in their lives. However, what many people have never considered is the role that their self-esteem might actually play in their ability to live a balanced life. Is insecurity costing you more than just your ability to be assertive with people? Is it possible that it's also causing an inability to draw the boundaries required in order to achieve a healthy and balanced life? If you're curious about this connection, you're about to find out just how important self-confidence is and how you can use it to create greater life balance starting right now...

What is Life Balance Anyway?

Countless strategies promise the solution for creating better life balance through the effective management of time. But is there any way to actually *manage* time? You have the same amount of time as anyone else has, and when it's gone it's gone. What makes the difference is what you do with that time, and that's determined by the way that you manage your actions. If your actions aren't properly managed, you will end up wasting all of your time and energy on things that really don't matter. This is how you end up asking yourself "Where did all of the hours go?"

However, did you ever notice that you never ask yourself this when you've spent the day doing something that you love doing? Things that are truly important to you? Sure, time does fly when you're having fun. But we seldom look back and feel that we did not make wise use of our time when we were enjoying ourselves. No, the thing that causes us to feel that we haven't made wise use of our time is the feeling that we spent it doing things which weren't that important to us.

So, proper management of your life actually comes from the ability to prioritize your actions so that you use it to do the things which truly matter to you.

What stops this from happening?



How Self-Esteem Drives Your Actions

Your self-esteem is what controls your actions, not your priorities. This is because the importance that you attach to a task comes from how important the person is who asks you to do it. For example, if a stranger who you have never met asks a favour of you, are you likely to do it for them? What if your spouse asks you to do something? Even if it's not that important to you, the importance of the task is more determined by how important the relationship is to you of the person who asks. If your boss asks you to do something which doesn't seem like that big of a deal, you'll probably do it because of the importance of your relationship with your boss.

Considering this, it's easy to see why YOUR priorities are only as important to you as YOU are to you. If you have low self-esteem, it's always going to be harder to draw boundaries and to say no to the other demands which are coming from people who you deem to be superior to you. Of course, all of this takes place on a subconscious level, and that's why many people never realize that their self-esteem is actually the thing which is hindering their life-balance. So they struggle with to do lists, pros and cons lists and other superficial solutions which they just can't seem to stay committed to.

So what's the answer?

Make Yourself a Priority

It's not selfish to put yourself first or to attach a greater sense of worth to your relationship with yourself. In fact, it's the only way that you can be your best self for the people in your life. This begins with making your relationship with yourself the most important relationship in your life. No one else is ever going to do this for you, so it's time for you to make the decision.

What are you going to do to improve your relationship with yourself, Right now?



How to Enrich Your Relationships with Better Communication Skills

Are you interested in having better relationships? If so, you're probably aware of how important the influence of great relationships is in your life. Few things have a more powerful influence on you than the people who you spend time with, and your relationship with those people determines the quality of your interactions. So how can you improve the quality of your relationships? With stronger communication skills of course! This section will provide you with a better understanding of communication styles and help you to use this understanding to enrich your relationships...

The Basics of Communication Styles

A person's communication style is determined by the primary way in which they absorb and process information. NLP and communication experts call this a person's "learning style," and there are three types:

- * **Visual Learners**
- * **Auditory Learners**
- * **Tactile Learners**

Visual learners absorb and process information best through their visual sense. This means that they also think in pictures and respond better to visual stimuli such as pictures, body language and diagrams.

Auditory learners absorb and process information through their hearing sense, so they respond better to auditory input.

Finally, tactile learners are hands on and relate with things on more of a physical basis. They tend to be more "touchy feely" than the other communication styles and prefer to learn by doing and experience.

So as you're communicating with each of these learning styles, it's important to remember that the strongest impressions are going to be created by the communication which is most consistent with their learning style. So the best way to build better relationships, by developing stronger communication skills, is to understand who you are speaking with and speak their "language."

Identifying the Communication Styles

The key to identifying the communication style of a person is to know what to look for and what to listen for. For example, a person's communication style is often revealed in the types of words or phrases that they use:



1. Clues of Visual Learners:

Visual learners are likely to start out sentences with phrases like: Look, I see, It looks like, Picture this. They might tell you that they “get the picture” or that something is “brilliant.” They are more likely to use colours or shapes in speech such as: “thinking out of the box” or “coming full circle” or “circle of friends.” They might refer to someone or something as “dark” or something confusing as “obscure” while they’ll describe something which they understand as being “clear.”

You’ll also notice that visual communicators tend to look upwards when they are thinking, thus accessing the visual cortex of their brain.

2. Clues of Auditory Learners

Auditory learners are likely to start out sentences with phrases like: Listen, It sounds like, I hear you, I heard or Have you heard. They are more likely to use sound oriented words in their communication: “go out with a bang” or “start off with a bang” or “business is booming” or “clear as a bell” or “ring a bell” or “strike a chord.” They might even say that something “pops” or that it “resonates with them” or “sounds good.”

You’ll also notice that auditory communicators tend to look to the side when they are thinking, thus accessing the auditory cortex of their brain.

3. Clues of Tactile Learners

Tactile learners are likely to start out sentences with phrases like: I feel like or It feels like. They are more likely to use feeling oriented words (related to sense of touch, not emotions) in their communication: “smooth sailing” or “roughed up” or “this is hard” or “reach out to” or say that something “grabs them.” They might refer to someone or something as “smooth” or “slippery” or “rough” or “cold” or “hard” or “soft” or “gritty” or “touchy” or “abrasive.”

You’ll also notice that tactile learners and communicators tend to look downwards then they are thinking about something (accessing the feeling orientated cortex of their brain).

Using This Knowledge to Improve Your Communication Skills

Once you have identified a person’s communication style, it’s easy to match them with your own communications. All you do is use the same kinds of phrases that they do. For visual communication styles, you can get better responses from using body language, while auditory learners are going to respond better to voice inflections. Tactile learners are more feeling oriented and will be the most likely to have to experience something themselves before “getting it.”



Nevertheless, knowing people's communication styles will help you to be more understanding and patient with them. With a little practice, you'll be able to match a person's communication style and build better relationships based on mutual understanding.

Good luck.



How to Read Someone's Mind Using NLP Eye Patterns

NLP eye patterns have been used by master negotiators, psychotherapists and contests to assist them in understanding how to read someone's mind. In case you're wondering whether or not this is possible, it might interest you to discover just how telling a person's eye movements are, when it comes to their brain activity. How much more effective will your communication skills be in your understanding of people if you could master mindreading through NLP eye patterns? This section will tell you exactly how you can use this skill, build better understanding of people, and become a greater influence in their lives...

Learning the Basic NLP Eye Patterns

When using NLP eye patterns for mind reading, there are two things that you'll want to look for:

- **Whether their prime movement is to the right or to the left.**
- **The "height" of the eye movement (down, to the side or up)**

When a person's eye movements are going to *their* right (your left), they are accessing the creative side of their brain. If they're looking to the left, they're accessing something which is being recalled from their memory. This is how interrogators and negotiators read whether or not a person is making something up or really remembering it.

In addition to this, the height of NLP eye patterns reveal what type of thoughts they are thinking: looking upward equals visual thinking, looking to the side equals auditory thinking, and looking down equals feeling based (tactile) thinking. The only exception to this is that when someone is looking down into their left (your right), this is a sign of inner dialogue going on.

So the thoughts indicated by NLP eye patterns are as follows:

- 1. Looking up and to *your* left: Thinking creatively and in pictures**
- 2. Looking up and to *your* right: Recalling something and in pictures**
- 3. Looking sideways and to *your* left: Thinking creatively and in sounds/words**
- 4. Looking sideways and to *your* right: Recalling something and in sounds/words**
- 5. Looking down and to *your* left: Processing feelings**
- 6. Looking down and to *your* right: Inner Dialogue**



Now, in regard to knowing how to read someone's mind obviously these NLP eye patterns have limitations. But when used in combination with good listening skills and with paying attention to body language clues, you can use them to better understand what type of thought process someone is using to prepare responses when you're talking to them.

Now, let's look at a few ways you can use your mind reading skills to have better interactions with people...

NLP Eye Patterns and Being a Better Listener

Anytime that you're listening to someone speak or waiting for their response, it can be tempting to either get impatient or to make assumptions about what you think they're saying. When this happens, we begin to formulate responses in our own head long before we have understood what the other person is saying. However, by paying attention to someone's eye movements, you can determine what kind of thinking they're doing as they're speaking to you. This can help you to be more objective in understanding the meaning behind their words.

For example, if someone is pausing between words while looking down and to *your* right, this is an indication of inner dialogue, which means they're probably thinking about the best words to use. This is a bad time to interrupt or to try and "help them," because you'll be interrupting their inner dialogue. If they're looking down and to *your* left however, that means that they're processing feelings and it's better for you to listen to the feeling in their voice than their actual words. This is because many people aren't good at communicating their feelings, and if you listen only to their words, you might miss the meaning behind those words.

Understanding that someone is speaking more out of their feelings will also help you to become more empathetic with them. In addition, when you know that someone is thinking in pictures you can confirm that you understand them with phrases like: "Looks good" or "I see." If they are looking to the side (auditory), you can use phrases such as: "I hear you," or "sounds good."



NLP Eye Patterns and Clear Speaking

NLP eye patterns can help you to speak more clearly because you'll be able to adjust your communication patterns based on how your listener is processing what you're saying. For instance, if you see your listener is thinking creatively and in pictures, this means they're trying to visualize what you're saying. So you can use visual metaphors and analogies to assist them. You can also ask them to affirm that they understand what you're saying by asking: "You see?" Meanwhile, if they're looking down and to *your* right, you can encourage them to provide spoken feedback and to "think out loud" so that you can get a better feel for their understanding of what you're saying.

You might also notice that someone is having an inner dialogue while you are speaking to them, which might be a good time to check and see if they're still listening. After all, it's hard for anyone to listen to themselves and you at the same time.

There are many other ways that you can use NLP eye patterns mind reading skills to become a better listener and communicator. So start practicing these today, and you'll see how much more effective you can be in your interactions with others.



Are you settling for the status-quo?

Are you settling for the status-quo of how things are instead of aiming towards how great life can be?

Many people get so used to living their lives the way they are that sometimes they don't even realize how easy it is to make their lives better.

When you have been stressed for some time, it usually manifests as physical symptoms in your body. These symptoms tend to build up gradually so it is easy to get used to them and just accept them as normal and adapt your life around the symptoms.

Although some people thrive on change, others will avoid it at all costs. Even when they know, there are problems in their life, either in their relationships, their work situation or their finances they avoid making the necessary changes.

Once you have decided what you need to work on try making just a few changes at a time. Make sure they are achievable.

To start with it is just as important to get in the habit of making changes as it is to achieve massive results. Just like when you find a diet that works for you and helps you lose weight and have much more energy, once you start to see results it is much easier to make the changes needed to improve your life.

One thing that you can do that can give you much more time in your life is to learn to control your emails and your mobile phone. Although it can be difficult to live in our fast paced world where all our gadgets seem to leave us with less time than ever, there are things you can do to help yourself.

Emails and internet:

- Have several email addresses and use them to separate out urgent, not so urgent, work, family or just general emails.
- If you are like many people, you tend to get on a number of email lists that are not really critical. Use a separate email address, maybe a free Gmail or Yahoo one that it doesn't really matter if you don't read them regularly.
- Make specific times each day when you read non-urgent emails. If you are the sort of person that can spend all day reading and responding to non-urgent emails, make a commitment to look at them only once or twice a day and only for a limited amount of time.
- If you can get lost surfing the net for endless hours, again set aside a limited amount of time each day and **stick to it**.



Mobile phones:

- If you have a mobile phone that is used for work, turn it off when you go home or at least when you go to bed. There are very few jobs where it is critical that you are contactable 24 hours a day, this is just a habit many people have gotten into.
- If you leave home and realize you have forgotten your mobile phone, don't go back for it. Most people have several phone numbers they can be contacted on and it is rarely critical that we have mobiles on us all the time. Again this is often just a habit we have gotten into.

So enjoy yourself. Get motivated to change and make your life more balanced.



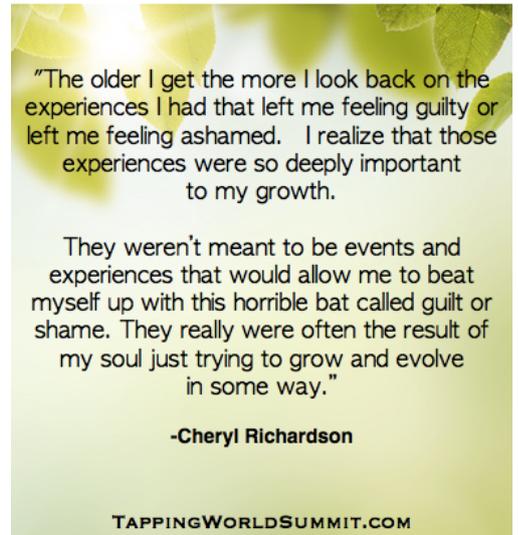
The Value of Your Life's Journey and your personal growth and development.

How you perceive yourself and your success will dictate the steps you take on Your Life's Journey and how it will affect your personal growth and development.

Your real personal growth and development is all about translating your life's lessons to your current situation and working out the best way to use these lessons to be successful in where you want to go today and working towards finding out what is your purpose in life.

Our life's experiences are what shapes us, either we learn from them and grow or we let them get us down and blame something or someone.

Mindset and overcoming your own self-critic is the key factor to your success in any business and when you are committed you will be much more able to withstand any bumps that appear in your road. If you go in with the mindset that you are going into a "real business" your effort will be commensurate with that belief and your business will be more likely to be a success as a result.



<http://youtu.be/SEtwMljLJuQ>



I don't know HOW?
I don't HAVE!!
I am not THAT!

Are these questions you put to yourself when you think about people you perceive as being successful? These statements will immediately give you the perception that you are out of their league and immediately cause you to read and interpret everything they say accordingly...

These was the start of something written in our Karatbars Skype room recently, which got me thinking.

Too often people measure their own worth and that of others by the money they make. Don't get me wrong, I believe money can be very powerful when put to good use and it seems even more so when there is not enough, but often we forget to value the other achievements in our lives.

Bringing up successful children to be healthy productive adults is a very important achievement and often undervalued. Often when you spend many hours supporting others in a voluntary basis you sometimes don't appreciate the difference you make in other people's lives.

Everyone has their own battles to fight in their lives and just because your battle may be different from someone else's doesn't make it any more or less valuable. It is all part of your own life's journey in the schoolroom of earth life.

Your real personal growth and development is all about translating your life's lessons to your current situation and working out the best way to use these lessons to be successful in where you want to go today.

Our life's experiences are what shapes us, either we learn from them and grow or we let them get us down and blame something or someone.

When I started looking at life through the perception of everything being a lesson everything changed. Instead of constantly getting frustrated with not being where I wanted to be I started to recognize repeating patterns of results. Now if the repeating patterns of results are the same then by default I must be doing something to cause the repeating pattern. This self-reflection is not necessarily easy and it is not always nice to see things inside you that you don't like. However, by ignoring them they don't go away. It is only by recognizing issues and dealing with them that you will move forward in life.

Have a look at this video in the link below, which was recently recorded in our Karatbars Skype room to see how being in the right team and being supported by the right people can change your life.





***I Want To Be A Part...
This Team ROCKS!***

<http://changinglives.mygoldtogo.com>

Go to <http://lindasgoldteam.com/> for more information about Karatbars, the powerful opportunity and fantastic Protection Through Gold team we use to stay motivated and increase our personal growth and development.

So ask yourself "What are you learning from the lessons being sent you today?"



[Join Freedom with Cashflow](#)

Contact us at

<http://freedomwithcashflow.com>

FreedomWithCashflow@gmail.com



* If you join our team and fund any of our recommended programs we will send you a free hard copy of our book "The Wheel of Life's 8 Keys to Success" to help you achieve long lasting life balance, just send us an email.

Although choosing to take control of your life by joining any of these cashflow opportunities is a great first step to changing your life, the financial side of your life is only one step and you need to keep in mind that to be truly happy you need to achieve balance in all areas of your life.

* Offer available in Australia only.



If what you knew to be true ended up not being true at all, when would you want to know it?

If you are an ostrich, you would probably never want to know.

If you believe that virtual money "mined" from a computer program is worth more than gold maybe you don't want to know the truth.



If you think you will become a millionaire with the latest and greatest matrix or ad share program... put your head back in the sand.

If you think the government has money to back the paper money it prints... you are an ostrich in for a shock!

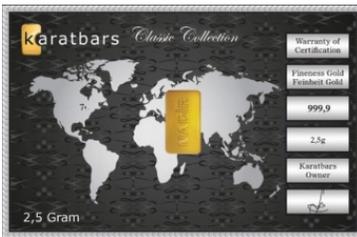
Currently the FDIC has 33 Billion to cover over 500 Billion in deposits. Will you be the one coming up short?

When you see how easy it is to have a passive income and perpetual gold in 12 weeks you will want to sing and dance too. . .

A composite image featuring a couple smiling and holding a large gold coin with a 'K' on it, and a man in a suit standing to the right. The background is a large gold coin.

Before you pay anyone else this week pay yourself first. Take the time to learn what Karatbars can do for you, don't be an ostrich.

<http://freedomwithcashflow.com/Karatbars/KBFWG-Bean/> -



Are you concerned about your **FINANCIAL SECURITY** in these troubled economic times?
 Would you like to learn how to inflation proof your savings? Or create an inflation proof savings if you don't have savings started?

How would you like to be able to earn from a fantastic comp plan at the same time as you are exchanging you declining dollars for truly inflation proof currency that has stood the test of time? 999.9 Currency Grade Gold (the finest grade gold in the world) in truly affordable 1 gram, 2.5 gram or 5 gram increments. Register for your free gold savings account and begin to safeguard your financial future.

Karatbars is NOT an MLM... there are no monthly fees or mandatory purchase requirements. There are no referring requirements either. However, there is an affiliate program, with a fantastic comp plan that offers a way to earn an amazing income, through direct commissions and cycle pay on all purchases within your team. What this boils down to is, basically, getting paid to exchange your declining dollars for gold. Brilliant!!

As you build your Affiliate Business you earn an amazing income which is paid automatically every Friday onto your pre-paid Karatbars MasterCard.



<http://signup.mygoldtogo.com>

Call, text or email me for more information about Karatbars
 12 Week Plan to Financial Freedom!

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