



INVISIBLE BEAUTY



How to stay open to the other side of the coin:

Move from a place of self-awareness

Learn to be moved to speak, sometimes silence is the gun

Make resolving conflicts a lifestyle

*Love,
Invisible Talks Podcast*



What self-awareness looks like:

1. Be impeccable with your words

- a. Speak with integrity
- b. Say only what you mean
- c. Use the power of your word in the direction of truth and love

2. Don't take anything personally

- a. Nothing others do is because of you
- b. What others say and do is a projection of their own reality, their own dream
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering

3. Don't make assumptions

- a. Find the courage to ask questions and to express what you really want
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness or drama
- c. With just this one agreement, you can completely transform your life

4. Always do your best

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick
- b. Under any circumstance simply do your best, and you will avoid self-judgment, self-abuse and regret

*Love,
The Invisible You*



I've learned that the more successful you are in navigating your inner being the more successful you will be at relationships within your family, inner circle, and workplace. Before you walk into new spaces or familiar ones - do a self check:

Be happy with yourself.

You may have heard this one before, and there is a reason for that - it remains the best place to start

Take inventory of the relationships you already have

We accumulate a lot of relationships in our long lives. Some of them are meant to last a lifetime, others are meant to teach us lessons. Mentally go through the relationships in the room, be present, and notice if there are some that are unequally yoked (does your moral system align with theirs?) Embrace letting go or taking a risk and adding too.

Use reflective listening

As you move through the room, take this with you....LISTENING. Not to respond but to hear. Most times we are listening to respond. Let's try something new, listen and then repeat what you've heard in your own words. Make sure to agree on what you heard (rather you agree or not) before moving on. Next, you share your side. The goal is for both parties involved to feel heard and understand, even in situations when the two parties do not agree.

Use "I" statements

Whenever explaining your view point speak from "I". The idea is to show that we are taking responsibility for our own emotion and not putting the blame on others.

Keep this tip in your back pocket ALWAYS, leave any room with resolutions or a date to discuss further

If conflict arises be okay with disagreements. We all have different experiences even when experiencing the exact same situation. When you find yourself in a situation of disagreeing focus on the resolution. Try to find a compromise that benefits both individuals.

Life is meant to be joyful and impactful. Having people you cherish come along for the ride is truly a blessing. Cultivating and maintaining these meaningful relationships is such an important part of life, and I encourage you to contemplate and act upon these thoughts. Tears maybe shed, but they are just watering the growth of you and others.

Keep in touch with your inner self

7 places to stay silent

1. Be silent in the heat of anger
2. Be silent if you don't know the full story
3. Be silent if you can't talk without yelling
4. Be silent if your silence can save bonds
5. Be silent if your words can offend the other person [because you're hurt]
6. Be silent if your words will destroy family chemistry
7. Be silent if you're offended and want to be right or rub your own ego

Let the silence fight your battle

