

De-Stress with Intra-Communication

"The Communications of Millionaires"

by Paul Halder / Stress Management and Life Coaching

SPiRiT
@
wORK

There are many forms of communications such as mass communications, interpersonal communications (which is one-on-one communication) and the least understood of all: intra-communication.

Everyone knows about mass communications... such as television, radio, email and more. But we take for granted how we communicate. When we have miscommunication... people get upset or lose money and all of this leads to stress. Stress management is all about correctly using communications methods; but so many of us misuse our communications on a regular basis, specially the ability to communicate with ourselves!

Confusion about Purpose

Communications expert Aury Beltrán "President of Conscious Marketing" says, "Lack of intra-communication leads to confusion about our purpose in life... what motivation we have and why we are alive. We can become confused as to the role we are playing at home and at work. This leads to a lot of miss communication about what's really important to us. Because of this we don't understand our most basic truths and start living life according to the rules that someone else sets up... thus never feeling satisfied. But that is not the typical millionaire... they work according to their own rules and not the default values of society."

Great Speakers Know the Keys to Success

Have you ever gone to a seminar and listened to a great speaker riveting you with his every word? Was it the words that were so important? Or how he came across on stage with all his heart that gave you the biggest message? What

of themselves... thus communicating that feeling to their spouse, kids and people at work. "90% of how we are perceived has nothing to do with what we say... it has to do with body language and heartfelt feelings. Stress happens when we don't listen to the underlying messages. If you are in a meeting and someone on the other side of the table is sitting with their arms folded across their chest, how lucky do you think you will be in getting him to buy your product? Your chances are probably pretty slim," she says.



passionate about everything he does. I interviewed 30 millionaires for my book "Relax Into Success" and every one of them was absolutely positive about their point of view. That's what it takes to be a millionaire and at the same time inspire people! How do millionaires inspire people? With intra-communication! What I am talking about here is taking time to listen. Taking time to just "BE" for a little while!

Jim Rohn, a great motivational speaker and millionaire, recommends sitting in silence for 15 to 30 minutes a day to collect your thoughts and understand yourself. Deepak Chopra another millionaire also recommends sitting in silent meditation for 20 to 30 minutes a day in order to allow the transient noise of the world to be filtered out and thus hear your soul. Anthony Robbins, Les Brown, Brian Tracy, Aury Beltrán and more great speakers and business people all say the same thing in one way or another... "take time for intra-communication everyday."

Moving 18 Inches

Intra-Communication is what Yoga and other forms of relaxing are all about... allowing ourselves to get quiet and hear what's really important to us deep down inside, connecting with our mind, body and spirit on a regular basis and feeling connected to the earth and everything around us. There is only 18 inches from the head to the heart, but many of us have a hard time traveling that distance and connecting to the important things in life.

This movement from head to heart also creates balance... balancing in your whole life... not just your mind. Rational reasoning is not the only way to live life. Listening to your gut

area of his body were you focusing on? Most people focus on a person's eyes... they are the windows of the soul and you can tell if a person believes what they are saying by looking at their eyes. By looking at their eyes you are connecting with their heart... their place of power! It's that heart power that convinces you about what he is saying.

Bio Electro Chemical Field... is Now Science

It's not only body language; there is a scientifically proven bio electrochemical field around us that gives off energy in all directions. Have you ever been driving down the road and had a feeling that someone was watching you? Then looked over and noticed the guy in the next car looking in your direction? This happens all the time. Science has now proven that there is an electro chemical explosion of energy that is given off by your heart with every heart beat. You even feel that field of energy at certain times when you allow yourself to key in on it.

Lose Your Life

Aury Beltrán, a communications expert here in Puerto Rico, helps people integrate the ability to understand their inner world showing people how they can get in touch with a deeper understanding

She adds, "if you don't know how you feel about your own product, your wife, even your own kids... or your life: how can you be passionate and make your life happen? You can't! You lose out in every area of your life and that leads to stress!" In this day and age when we are moving fast... it seems kind of strange to try to find out what we feel... we don't see how it can help... it seems like a waste of time. Yet your life depends on these aspects of listening to create success, health, prosperity and happiness!"

The Success of Millionaires - Intra Communication

Do you think the average millionaire is wishy-washy about what he believes in? NO! He's absolute ly

feeling (intuition-inner voice) can keep you from having to deal with a lot of stress. Remember those gut feelings have not raised themselves to the point of self-doubt. The mind is always in a place of self-doubt and second guessing itself. But our heart moves us with the flow of life and listens to our inner cues... never boycotting our real truth.

Find ways to create intra-communication in your life.



M I S S A G E
Libera tu cuerpo y espíritu

Relajante sedante - Piedras volcánicas - Drenaje linfático
Pre y pos parto - Parafango - Deportivo

Villa Blanca, Caguas
787.747.4468

Masajes desde \$35.00