



10/21/18 – Authentic Communication

Who do you most trust in this world and why?

“Authentic communication is not simply saying what we think at all costs but about finding a productive, positive and loving way to express the truth that is up for you.” What truth, currently residing in your heart, is asking for positive and loving expression?

Rumi said that our task is not to seek for love but merely to seek and find all barriers within ourselves that we have built against it. What is your biggest obstacle to expressing love fully?

“Authentic beings understand that what is right for them may not be right for everyone else.” Share a time where you were able to positively communicate with someone who had a different perspective/opinion than you.

*“If you want to get the most out of your relationships, it is imperative that you have some sort of understanding of what you **intend** to give and what you **intend** to receive.”* When considering your relationships, what is the most important thing to give and the most important thing to receive? Is intention different than expectation?