



## Session 14 – Writing and speaking

Have you ever pressed enter on an email and really regretted it? I know that I have. That means that I wasn't in contact with observing what I was doing. It means that I was lost in the mind. And I'm sure you recognize that.

You can use your meditation when you sit down, especially when there's some anger or irritation in you to write something, the meditation is so beautiful because it will help you put down your pen or go away from the keyboard and it will help you to breathe and take another look at it. And that is such a satisfying feeling, because 9 out of the 10 times you will not send that email or you will not send that card because you will change your words to beautiful words that will help the other person understand what's going on. Meditation will really help you with your writing.

It's the same with your speaking. It's like the tuning in and the human orchestra. We start hearing our words. We start listening to the tone, to the speed, to the softness, to the joy.

We start tuning in on all the ways we can use our voice and our muscles while we're speaking to communicate with an open heart. And the only way we can do that is if we do check in with ourselves and observe ourselves.

Occasionally when you're speaking, try and listen to yourself as the observer. Exactly the same way that you're meditating. When you're writing and you feel that there's this anger in you which you will feel again. Stop. Go back. Breathe. Take a look and make a new decision.

I really hope that both the way you speak and the way you write the become eloquent and like poetry, the way that life is meant to be.