

## CHAPTER 35

### ENHANCING YOUR COMMUNICATION ABILITIES INDUCTION

#### Overview:

We are as alive and successful in life in direct relationship to our ability to communicate effectively. This is a powerful induction to build and extend these abilities as you direct the client to tap into helpful resources.

### ENHANCING YOUR COMMUNICATION ABILITIES INDUCTION

Please take a few slow deep breaths to release any tension or tightness or resistance you may be carrying in your body. Continue taking slow, deep breaths allowing each exhalation to take you to a deeper, quieter and more relaxed place. And while you do-I'd like you to get into conscious communication with those parts of your body that you may not take much notice of-please place your attention on the backside of your left knee...good and now please notice how your right elbow feels...thank you, whenever you're ready, please shift your attention to any sensations you feel behind your eyes...as well as anything you sense inside your dominant ear-interesting isn't it how there are so many parts of the body that rarely are communicated with, they carry on their function day and night often without as much as an acknowledgement...a thank you or a gentle massage. And I'd like you to take a moment and appreciate the toes on your non-dominant side-and *shift* your attention to the vertebrae in your spine. And as you do perhaps you'll be able to withdraw your attention deeper within-relaxing more and more with each breath-and wondering what else in your life-you have you gone out of communication with, forgotten to express gratitude to?