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Enhance Relationships At Home and Work: 5 Steps to Becoming an Excellent Listener

By Pat Swan

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Pat Swan, MS, Life and Relationship Coach

"Nature has given to men one tongue, but two ears, that we may hear from others twice as much as we speak." ~ Epictetus, Greek Philosopher

How well we listen determines the quality of our connections with others whether at home or work. Yet, most of us did not master excellent communication skills in our family of origin. In fact, most of us haven't taken any formal training in the art of communication. And, as far as communication goes, listening is definitely the key. Luckily, anyone can learn these skills. Excellence is developed with practice. The following steps will help you sharpen your listening skills.

1) Maintain good eye contact with the person you are talking to.

Eye contact is imperative in conversation, and makes it possible for you to sense the underlying emotions as well as to assess facial expression and body language. Good eye contact says you are listening and are interested in the person and the conversation.

2) Empty your head of your own agenda, and listen to what the speaker is saying.

This is especially difficult if you disagree with what the speaker is saying or have another opinion. Remember, you will have your turn to speak. Overcome the temptation to jump in with your own opinion until you have truly explored what the other person has to say. (This is particularly hard if you happen to be talking with your teenager!)

3) Check out what you have heard by stating what you thought you heard back to the person you are speaking to.

Say something like, "What I hear you saying is..." "Is that right?"

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If the person you are talking to agrees that you heard accurately, great! If they say, "No, what I said was..." - believe them. Don't argue or come back with, "That is too what you said." It is amazing how many times individuals I am working with in communication skills will argue with their partner about what the partner said or meant! We all have a tendency to distort somewhat based on our own experiences. That is why reflecting back what we thought we heard is important.

4) Ask open-ended questions about the content or information being shared.

Open-ended questions cannot be answered with "yes" or "no". They invite the speaker to give you more information and to expand on what they are saying. Open-ended questions often start with "how" or "what", or "tell me more..."

5) Try to imagine how the person you are talking to feels about what they are talking about.

This is a skill called "empathy" and is essential for close, meaningful conversation. Share back your sense of how the information is impacting them, such as, "That must make you happy." Or, "It must be hard for you when that happens." Connecting on an emotional level shows you are listening and truly understand them.

If you practice these five steps faithfully, you will be amazed at how much better your relationships will become both at home and at work.

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Subliminal Message Power

By Maya Jakes

Subliminal Message Power
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Subliminal refers to something that exists below the consciousness (subconscious).

To make permanent and positive changes you need to reach the subconscious part of your mind and Subliminal CDs have been designed for many things, including:– to enhance performance, enhance mental attitudes, to reduce stress levels, to motivate people, for studying, to lose weight, to stop smoking, etc.

Subliminal CDs really do assist in releasing the amazing powers of the human mind.

How do they work?

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Subliminal CDs contain positive affirmations to help the listener achieve a particular goal and the brain, at the subconscious level, receives these affirmations and accelerates the process of achieving our goals.

Subliminal CDs accelerate the process because they bypass the logical mind which is where our beliefs and limitations about our self operate.

When Subliminal CDs are played worries stored in the subconscious mind are replaced by thousands of powerful positive affirmations but they will not work against a person's will. If the listener has no real desire for the changes then no amount of listening to Subliminal CDs will work as subliminal learning is really just a reinforcement to strengthen your will. Having said that, you should be aware that the programming of an entire lifetime is not going to be changed in a few days or even in a few weeks. Re-programming of the mind takes time and usually results will start to be felt within a couple of weeks but the listener should allow at least 28 days.

Subliminal learning is a proven tool and has been recommended by leading psychologists, physicians and professionals worldwide. However, the initial stages of Subliminal learning can irritate some people as it conflicts with their already established beliefs. Also, a Subliminal learning program will be more effective when you are in a positive frame of mind rather than when you are feeling down. The Subliminal learning messages are received and understood only by the subconscious mind, which learns and uses them to help guide the thoughts and actions of your conscious mind.

Subliminal learning can be enhanced through many methods such as Subliminal CDs and it is possible to buy software to create your own Subliminal CDs from your computer. If this is something that interests you please use the link in the resource box for obtaining further information. This is the software which I personally use with amazing results every time.

Why do I recommend creating your own Subliminal CDs?

For a start, I don't really trust third-party CDs from bookstores and New Age shops? They could

contain any number of dubious messages, such as "I will buy the entire series of XYZ tapes"! I also believe that no mass-produced CD can really address my own personal needs and desires so by simply creating my own Subliminal CDs I can choose exactly which messages to use and they'll probably work 1000 times better than any general CD. Besides, why purchase general Subliminal CDs when any person with a computer, speakers, microphone and online Internet connection can create their own?

Are you aware that all of us are receiving Subliminal messages every day? Most high budget advertising campaigns are filled with subliminal messages and most advertising companies and agencies have at least one person in charge of how to incorporate Subliminal messages to increase the influence of their advertisements. At least now we can now balance the stream of incoming messages by making our own Subliminal messages!

Mind Power and Subliminal Messaging is a fascinating subject and one that I will continue to research.

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Jugglingmum finds the subject of Subliminal Messaging, Mind Power, Universal and Metaphysical Laws fascinating and is constantly researching this area. She often posts articles and information at

and has added a link for obtaining the Subliminal CD

software that she personally uses.

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