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Hidden Problematic Communication

By Robert Elias Najemy

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Connected Containers

Communication between people with close emotional contact such as lovers, parents, children or members of the same family, is very much like the flow of water in two containers connected on their lower half. When the water level in one container is pressured downwards, it will naturally rise in the other container.

Thus when emotionally close persons suppress their emotions or needs, these feelings generally are increased in the others, without either of them discussing or otherwise communicating about this openly.

When one suppresses fear, the other feels more fear. When one suppresses desires, the desire level in the other becomes accentuated. When one suppresses anger, or resentment, then the other finds himself or herself expressing anger and resentment for both of them.

For example, a woman who suppresses her anger may find herself receiving even more aggressive behavior from her husband, because he is receiving her suppressed anger on the subconscious levels. She may feel like an abused victim, but in fact it is her own suppressed negativity, which is coming back to her through him.

This is why it is so important for us to express our feelings and needs clearly and openly, so that we can openly discuss them and find solutions. When emotions are communicated in nonverbal and unconscious ways, through these "connected containers", then little can be done to find solutions.

You may at times try to avoid problems by not expressing your feelings or needs. You are in fact, however, creating many more problems, which can never be solved, because there is no means of real communication. Your feelings will be passed on to the other whether you express them with words or

not.

It is much better to express them with words and actions as clearly and as lovingly is possible.

(Adapted from the forthcoming "Contemporary Parables" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com/exec/obidos/redirect-home/holisticcharmo-20> and <http://www.HolisticHarmony.com/psychohappiness.html>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book The Psychology of Happiness; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

Kitesurfing dangers

By Jakob Jelling

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Kitesurfing is a very dangerous (or, as some people call it, extreme) sport. Before you try kitesurfing, you should definitely try to find out about all the potential kitesurfing dangers. The kitesurfing dangers may result from many different things: from equipment failure to human mistake to problematic weather conditions. Learning about the potential kitesurfing dangers will help you to prevent yourself from getting into dangerous situations and making dangerous mistakes.

Of course, there are very good safety systems available to prevent many kitesurfing dangers but these safety systems cannot protect you from every single danger. You will need to make sure that your equipment has a very good and reliable safety system and that you know how to use it and are comfortable with it. Practice using your safety system as much as you can. Also, make sure to study the safety systems guidelines provided by the manufacturer. If money is not an issue, try to purchase the best safety system available of the market.

Bad weather is probably one of the most important kitesurfing dangers, so try to make sure that you kitesurf only when the weather is good and there are no apparent dangers present. Also make sure that you know the weather forecast, since a sudden weather change can be very problematic. The kitesurfing dangers, including the bad weather danger, and present both when you are in the water and when you are on the surface. According to West Australian newspaper, the most dangerous time for a kitesurfer is when you are on the land because the equipment is designed for the water.

You should also be able to get the detailed operating instructions from your kite's manufacturer. To prevent the potential kitesurfing dangers, make sure that these instructions describe in details the

specific techniques for launching and landing your kite and other techniques.

Jakob Jelling is the founder of <http://www.kitesurfingnow.com>. Visit his kitesite for the latest on kitesurfing equipment, kiteboarding lessons, places to surf and much more!



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