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Zen Master Thich Nhat Hanh, the Bestseller Author of Peace is every step and one of the most respected and celebrated religious leaders in the world, offers a powerful trail for happiness through the most important capacity of mastering the most important capacity of life. How do we say what we mean in a way that the other person can really feel? How can we listen to compassion and understanding? Communication fuel The bonds that bind, both in relationships, commercial or daily interactions. Most of us, however, have never taught fundamental communication abilities ... or how to make the most of our real sé. Effective communication is important for our well-being and our happiness like the food we put in our bodies. It can be healthy (and nutritious) or toxic (and destructive). In this precise and practical guide, Zen Master and Monk Munich Buddhist Thich Nhat Hanh reveals how to listen to aware and express your most complete and more authentic sé. With examples from his work with couples, families and international conflicts, the art of communication helps us move beyond the dangers and frustrations of misrepresentation and misunderstanding to learn the ability of listening and language that will change forever the way we live And impact the world. The art of communicating from Thich Nhat Hanh was sitting on your reading list? Get key ideas in the book with this quick summary. Have you ever wondered what could be the biggest problem in any of your relationships, whether at home, work or with your best friends? It could be that your communication is unhealthy. What does it also mean that, though? Author Thich Nhat Han explains what kind of communication is good for you and that the type should be avoided. He shows that to communicate well with another person, you must first understand you. However many of us rarely communicate with ourselves, which is why we have so much difficulty communicating with others. In this summary of the art to communicate from Thich Nhat Hanh, you will begin to think if you really understand the people around you; And learn how to start your day's work on the right. From personal relationships to the business offers of the MultiBillion dollar, healthy communication is vital. But what exactly is communication Á ě á,~ Á "Healthy ě á,~"? It is better to think about communication like food. Some of these are nutrients, and some are toxic and poisonous. The nutritious speech is understanding and positive, while toxic speech fills people with negative emotions such as anger and frustration. Imagine that you are waiting for a feedback on a project, when your boss enters and says: "This is absolutely terrible. You are a useless waste of space." It would certainly be a toxic speech. On the other hand, if she said, . Á ě á,~ "I think there are some things we could improve here. Á ě á,~" which would be nourishing speech. You could use it constructively. So, as you can work more on your nutritious speech and develop a style of healthier communication? The first step is to understand your way to communicate. You have to practice awareness. Awareness means fully focusing on yourself, your body and your breathing. It allows you to clearly communicate without judgment. When you are in a conscious state, you will feel detached, which allows you to examine your communication objectively. You realize some things you might want to say are toxic, so you will be able to stop you before saying it. Ezra also helps to become immune to the toxic speech of others. When you are aware, you can judge people less. You will understand them and you will see that their toxic speech is really the result of their suffering. You will feel more compassionate, so you will know how to personally take their painful words. So to make sure that Your conversations are healthy and nutrients, the practice is aware. You probably spend a good part of your day that communicates with others, whether it is in person or online. But how much time spends to communicate with yourself? same? Very little. Communicating with yourself is essential for awareness, which means that it is also essential for healthy communication. Communicate with yourself when you listen to your mind and your body. It can be as simple as sitting and concentrating on your breathing. When you do it, you will be able to concentrate completely at the moment, not the past or the future. Only you, your health and your emotional state at that time. This is especially useful when you are suffering, because the reasons for our suffering are not always immediately evident. You will get more in tune with what is wrong in your mind or in your body. When you master the art of communicating with yourself, you will improve to communicate with others in a nutrient way. Understanding your thoughts allows you to understand it to others. Image, for example, a person who is unhappy and does not feel unable to improve the state of her. Let's say that suffering is due to problems in his relationship, but he can't put his finger on what exactly is that he drops him. What needs awareness. If you can understand your suffering (which of her shocked because her partner doesn't take care of the house, for example), you will feel more compassion for her suffering (perhaps that he is overworked and too exhausted when he returns at home). So the awareness of her will dash you with a deeper understanding of her companion. You will be better able to use a loving and nutritious speech to work to find a solution with him. We cannot communicate effectively with others until we contact us first. Have you ever discovered something completely new on a long-term partner? Something you can't believe you missed? We do not always fully understand the people we are close. This is often because we don't listen to each other. Sometimes our minds are only somewhere else in which our partner is talking. Your spouse could describe a serious problem in your wedding, but you are thinking of cleaning the pool or pay the electricity bill. Even when we listen to our partners, sometimes we interrupt because we think they are wrong. The good news is that there is a way to solve this: listening conscious. Conscious listening means taking carefully what others say without judging them. When someone is telling you about their suffering, you could be tempted to interrupt them, especially if you want to correct their perceptions. However, this could lead to a discussion where you don't really focus on their feelings, which is what you should do. Conscious listening also means not to blame the person for anything. For example, imagine that you are listening to a friend whose girl has just left him. Even if you think it was in part of her, you have to recognize that this is not time to say it, because it will make it suffer more. The purpose of conscious listening is to help the other person, so let it directed what they need. You can correct any misunderstanding they have later. When the person you are communicating with see how much you worry about understanding it, that alone will decrease their pain. Avoid toxic speech is essential, but what about nourishing discourse? How can we evoke ourselves? A good strategy to keep your nourishing speech is to use the mantra. The mantra are phrases that help you express certain emotions. In Buddhism, there are three mantras to let people know you and appreciate them. Á ě á,~ "I'm here for you is the first mantra. It clearly establishes the basis of your love, because you have to be present in someone's life to love them. Make sure you use the first mantra when communicating with the person you keep . Being there for someone is the biggest gift you can give them. If you say this mantra Awareness and compassion will really appreciate it. The second is a mantra I know you are there, and I am very happy. Á ě It is vital to allow your loved ones know their presence is important to you. Imagine you are sitting next to your yours in a car, for example. It would not be unusual in this situation to find yourself thinking about everything except the person next to you. That could make them feel a bit invisible. But if you take the time to let you know that you are paying attention to them, and their presence brings you joy, you will feel loved and evaluated. You can tell the third mantra, Á ě á,~ "I know you suffer, and that's why I'm here for you, Á ě á,~" when someone you love is in pain. Like the first mantra, shows the person you are there to support them. He also points out that their feelings count you, which is a crucial part of listening awareness. The first three mantras focus on helping others to suffer less, but also your emotions are important. The next three mantra, discussed here, helps to bring happiness to you. The fourth mantra is "suffer, please help." Use it to let others know when you need support. When someone causes us pain, we are often too proud or scare to let them know. If someone insults you without realizing it, you could move away or act as if you weren't needed. You could also try at Á ě á,~ Á "punishÁ ě á,~ the person, consciously or unconsciously. When you practice awareness, however, you will be more compassionate. If someone hurts you, you will try to understand why, instead of turning them off. Á ě á,~ "This is a happy moment, Á ě á,~" is the fifth mantra. Sometimes we forget to recognize happiness, and this can be a powerful reminder. When you say this mantra to someone you love, it will remember to all and two how lucky you are to stay together. It is important to remember that you don't need to wait an unusually special moment to say it. Take some time to appreciate the smallest things, like the beautiful sunset or the simple fact that you are alive. The sixth mantra, Á ě á,~ "you are partly right, Á ě á,~" is useful when someone is criticizing or praising. Sixth Mantra emphasizes that there are many aspects for a person - some positives and some negatives. This mantra allows you to express that you appreciate the compliments or criticism of the other person, but also reminds you of having other qualities. The use of the sixth mantra will help you keep a good perspective on situations. You will be more objective and less judging, which is crucial for awareness awareness. You can also tell yourself. When someone criticizes something about you, he remembers that it's just a part of you. Perhaps their criticism is partially true, but it is possible to see objectively that it is not a cause to feel insecure or excessively upset, and perhaps it is an ulidity of the hotel. In addition to six mantra, there is another important tool to keep your nourishing communication. It is called loving speech. Follow these few rules to adapt to use it effectively. The first rule of loving speech: you must always tell the truth. Following this rule it can be difficult, especially when the truth is painful. If you talk in a warm way, though, then saying to the truth is healthier - and you will feel better - lying. To tell the truth could be painful at the beginning, but builds trust in the long run. Ultimately, it makes the other person feel safe. If you mind someone and discover the truth later, they will be injured to learn that you were dishonest, and you will not feel safe with you in the future. Imagine discovering that your best friend's boyfriend is trading. This news will surely be painful for your friend, but if you speak honestly and compassionately, you will suffer less at the end. To feed others, you must also understand that all people are different. This means that everyone needs to be talked differently. Every person has their way to perceive and face the world. When you are communicating with someone, make sure you always do it in a way they understand. There is a story about the Buddha who illustrates this good. A person once Asked where he would go when he died, and the Buddha replied that he wouldn't go anywhere. Later, another other He asked the same question, and responded differently. To the question why she gave two different answers to the same question, she replied that he replied depending on the person's ability to understand. She thinks, for example, how you would have explained any event in the history of the world to a fifth selector against an adult. Mastering a healthy and effective communication just talks about talking to another person. We often need to communicate with groups of people, which can be an additional challenge. Many people are confronted with the toxic speech at work, for example. You're? You can improve toxic environments, as in your workplace, with awareness. Be a role model for awareness and suggesting to work together with improvements. There are simple steps you can take towards the improvement of your work environment. Just change your thoughts during your morning margin will make the difference. When we're on the way to work, we usually already think about what we have to do that day. This means that we are already stressed when we arrive. Instead, practicing awareness of your trip. Concentrate on your breathing and enjoying the present moment. You will concentrate better when you finally arrive. We are usually stressed to work and this influences our productivity. It's a good idea to take some time to practice awareness with your colleagues. You could meet before a meeting, for example, and concentrate on your breath together. You will like the meeting more, and will probably be more productive. Even if your colleagues don't want to join you, practice awareness from yourself. We hope that at some point will follow your example. The conscious communities have a great power for change in the world. Although a group of people is combined with a strong cause, such as environmentalism, reach their goals only if their community is strongly connected and has the right energy. So take the Á ě

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