

Communication

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this type of channeling that is unusual in some cases, on behalf of the story that Lynn Joy Payne has written about Communication. It's in order to assist you to **understand your confidence level**. Now, how's that for tricky?

I'm going to give you some information about communication, and that's going to have you feel the possibility of being more confident in yourself. That's because you're now going to learn how to figure out what communication is all about. We want to honor you as an individual on Earth at this timing, and every single day you communicate in some fashion or another. You can communicate with your **body language**. You can communicate with your **ability to really look at someone** or hide your eyes. You can communicate by shouting at someone or being annoyed at them, but you can also communicate **by providing them with a hug** every now and again, or a **clap to say that they've done something well**.

So communication is abundant in its variety, and that's wonderful. Here's the concept—**in order to communicate, you actually are dealing with nature**. Now, that's interesting, isn't it? Nature abounds around you. You have trees, and you have grass, and you have flowers, and you have the sun, and you have the moon, and you have the sky, and you have water, and you have rocks, and you have all sorts of other forms of nature that surround you on a very daily basis. That nature will trigger you in one of your senses or another. You have five main senses, all of which you know about, and you have many other senses: sense of, self-achievement, sense of self-worth, self-esteem. You have a sense of confidence. You have a sense of just being. And when you add the nature with your senses, you end up with a thought that comes to you. Now, this is not a thought that comes from somewhere else, not for the news or from the computers or from the Internet or the person next door. It's from you and your mind. You'll hear the thoughts in your mind. So, you have nature, then you have your senses, and you have a thought, and then along comes those pesky old emotions that are within you to add to that thought and to how you wish to communicate.

And that's the secret, isn't it? **How you deal with those emotions and how you're going to actually put them into your forms of communication**. You can have emotions that are very positive, and you can have them that are very negative, and of course, it depends on what type of communication you want to deliver as to which ones you're going to choose at any given time. But every day could be different, of

course. So when you've added those emotions, then you start using words and you start using actions. And if you can complete that whole circle, nature, senses, thought, emotions, words, and actions, then your communication is complete. That is you. You have now honored yourself by speaking, by writing, by body language, by the twinkle in your eye.

In every regard, you have honored that form of communication. And just think about it. You communicate every single day many, many times in probably many different ways. And you probably didn't realize that each one of that form of communication would have come from nature and your senses and your thoughts. But the summation of it all is you. **Every time you communicate, you are showing someone else or something else who you are and what you are like.** Make certain that your communications are positive, and make certain that they benefit not only yourself, but perhaps the rest of the world at the same time.

That's my little blurb. I'm doing this on behalf of Lynn Joy Payne, telling you a little story from a different viewpoint perhaps, but from the special words that pull together a communication from yourself to someone or something else in the entire world. Thank you indeed. Good day.

#55-Confidence-010 -Quaw