

The Art of Communication:  
*Harmonizing the  
body, mind, heart and spirit*

Annie Barron, Ph.D.  
[www.opennessworks.com](http://www.opennessworks.com)



# Let's play!

- Be your own cat scan
- What have you done for me lately? Mind, Body, Heart, Spirit
- Harmonizing the four organs of perception (Tips)
- Openness works!®



Communication with others flows  
from the communication inside of us.

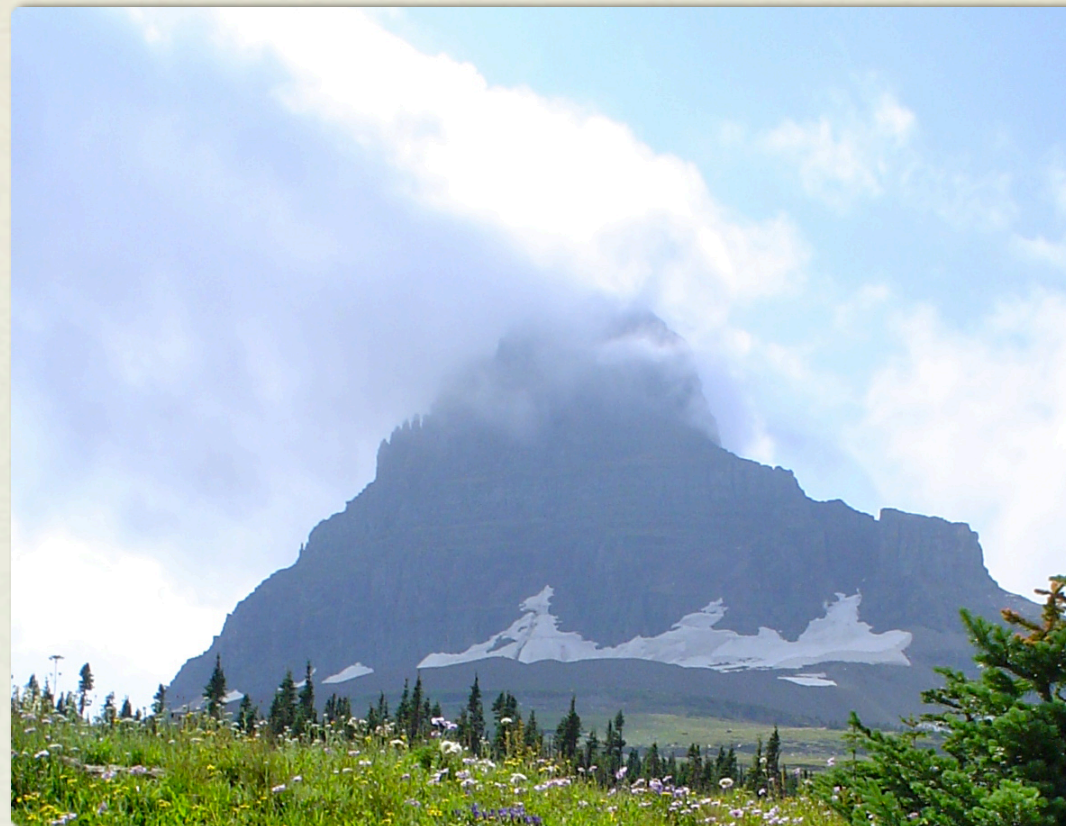


Harmony with others depends on  
harmony within ourselves.



☀ Be your own cat scan ☀











# What have you done for me lately?

- Mind = Keeps us safe
  - Perceives cause & effect (then, develops assumptions & judgments)
  - Perceives threat (then, triggers responses in the body and heart)
- Body = Perceives subtle cues & information
  - Helps us to make sense of our environment
  - Stores and releases energy (material *and* emotional)



# What have you done for me lately?

- Heart = Perceives truth and falsehood
  - We feel pleasurable emotions in the presence of truth and painful emotions in the presence of falsehood
- Spirit/Intuition = Connects us to all other living things
  - Provides a mirror of who we really are



# Time to Explore

- Bring to mind something that causes you concern
- Bring to mind as many details as you can
- Be your own cat scan
- We'll discover together how to experience harmony, even when confronted by concerns



Harmony flows through...

🌿 Awareness & Honesty 🌿



# Openness Works!®

