

# The Power of Yes !!!

This is a piece that contains distilled wisdom from many workshops and teachings that I have attended. It is a helpful self-processing tool partly because it helps a person stay in the present instead of moving back into habits and responses from one's past.

Why are some people so nice to be around?  
- And why do we feel smarter around them?

## Trying for YES

People like to be right! **Communicating** at all is a challenge. **Encouraging** each other is a helpful thing. **Tone of voice** and **intention** are, of course, of critical importance. **Response** is the art of letting someone know they've been understood and honored. **Admiration** is a valuable tool. **Enthusiasm** is very powerful.

**Try** to Respond

Be **able** to agree --- Be Agree-**able**

Don't automatically argue, or distract, or demean.

Lift people up - Don't tear them down

**Intelligence** is **useful** for finding interesting, dynamic ways of **finding commonality**, of **finding agreements**, of saying **YES!**

Observing people's responses, some of the most useful and effective acknowledgments are:  
YES!    **GOOD THOUGHT!**    **AH-HA**    UH-HUH    **SWEET**    THAT'S A GREAT THOUGHT  
**YES, YOU'RE RIGHT!!**    YOU BET!    **I CAN USE THAT IN MY LIFE!**  
GOOD!    **FINE!**    **ALL RIGHT!**    **OK!**    THANK YOU!    **I LOVE THAT**  
**WOW!!**    **YUP!**    NICE!!!    **THAT'S BEAUTIFUL!**    **LOVELY**    AMEN!  
**WOW, THAT'S IMPORTANT (or SAD, GREAT etc.)**    EXCELLENT!!!!  
**EXACTLY!**    **THAT'S RIGHT ON!**    **YOU BET!**    INDEED!!!    **WELL SAID**  
**NEAT!**    COOL!    **GROOVY!!**    **WE'RE SEEING EYE TO EYE**  
WE'RE ON THE SAME PAGE    *etc. etc. etc.*

The continuation of a stream of thought can be a **very** potent acknowledgment.

## TRY NOT TO LIE!

AGREE WITH WHAT YOU CAN, BEFORE  
DISAGREEING WITH WHAT YOU MUST !!!

**Say YES before saying NO !!!**

*Yes is a flow*    **No is a stop**

Health is a flowing with the Divine  
Unwellness is a stopping of the healing energies

# YES, YES, YES !!!

People tend to hold on to what they need to communicate until it has gotten through.  
Letting people know which parts have been agreed with helps them to  
release those parts so as to not need to keep repeating them.

*There is much response value in action.*

THE FIRST AND MOST BASIC VALUE OF RESPONSE IS THE RECOGNITION OF EXISTENCE

”Respond Unto Others As You Would Have Others Respond Unto You.”

## Participation versus Fighting

Follow their focus    Try to stay on their subject.    Be able to be led

Take/give turns    Avoid turning the subject to yourself.

Avoid being distracted by words, tangents, emotional response to words, etc.

A good and quick response can aid one's own memory process  
and can help avoid one's own psychobabble.

You can often enormously affect a person's mood by your response to them.

Try To Be Nice    Be conscious of the meaning your vocal overtones add to your words

Use the voice to EXPRESS SUPPORT.

Try to sound like you are joining in instead of giving in

## **Drills - Drills - Drills**

1. Exercise vocal range. Try “YES” with a high to lower pitch.
2. Use various vocal tonings, respond with WOW!    THANK YOU,  
RIGHT ON    etc.    YES, YOU'RE RIGHT.
3. To help a person continue a story etc., try saying UH-HUH? with a  
rise at the end indicating desire for more.

♥ “Bridging” is the art of completing one piece  
and tying with a smooth flow into a new subject.

♥ If you want people to share from their heart,  
it is important not to distract from their process!

♥ Learning something from someone and letting them know it  
is one of the nicest things to do.

Share Love - it is the path to World Peace

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