

Melissa Casas, M.A.

Personal and Professional Empowerment

## 3-C Communication™

### Overview

**3-C Communication™** is a powerful self-cultivation method to develop **Clean, Clear** and **Caring Communication** with ourselves and the world. It is an inside-out approach to communication, because how we communicate with ourselves becomes the foundation for how we communicate with others. **3-C Communication™** strengthens and improves both *intra*-personal communication (how we think about and treat ourselves) and *inter*-personal communication (how we think about and treat others):

#### *How well we...*

- Listen to ourselves
- Refrain from judging ourselves
- Trust our feelings
- Remain truthful with ourselves
- Honor our intuition
- Show dignity and respect to ourselves
- Believe in ourselves
- Follow our natural way

#### *Is how well we...*

- Listen to others
- Refrain from criticizing others
- Validate another's feelings
- Treat others with sincerity and integrity
- Honor another's intuition
- Show dignity and respect to others
- Encourage and believe in others
- Avoid controlling and interfering with others

We communicate in multiple ways - - verbally, through our words, tone, and inflection, and non-verbally, through our facial expressions, body language, and attitude. But all of our communication flows from one source; the way we think. How we think is crucial to how we communicate. Whether consciously or unconsciously, our thoughts are the basis for what we say and how we say it, how we interpret the words and actions of others, how we make choices and decisions, and how we frame everything that happens in our lives.

**3-C Communication™** offers a highly effective formula for cultivating self empowerment and positive communication through the 3 C's of **Clean, Clear, and Caring Communication**:

**Clean** means that we have emptied our minds of the build-up residue of judgments, assumptions, and comparisons that can keep us tangled up in our “stories” and block our ability to clearly understand ourselves and others and effectively navigate life situations.

**Clear** means that we have opened a clear pathway through our minds to a wellspring of deeper knowledge within us that can provide vital guidance and creative solutions in our daily lives and assist us in communicating from a place of truth, intention and care.

**Caring** means that we cultivate ongoing awareness of how we communicate and strive to practice treating ourselves and others with care, understanding, empathy, and respect, making it a regular practice to ask, “Am I doing to another what I wouldn’t want done to me?” and “Am I doing to myself what I wouldn’t want another to do to me?”.

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**3-C Communication™** is a method for cultivating ourselves so that we develop a clean, clear path to our core self and create our lives from the true self image of who we really are. Our feelings are powerful indicators of the relationship we have with ourselves, though too often we are not aware of what we're truly feeling, leaving us to continue reacting (and creating our reality) from a distorted story we're telling ourselves. Self-cultivation starts with cleaning up our thinking and freeing our mind of the judgments, assumptions and comparisons that create conflict, override intuition, and compromise well-being.

A cultivated, "cleaned-up" mind leads to clear access of the felt-knowledge in our bodies, guiding us to be aware of what we are feeling and believing so that we can continuously make new choices about what we want to experience in our lives. By caring about ourselves and how we feel, and how we are treating others, we take responsibility for creating our own life and release others from any blame or control over our experience.

Practicing **3-C Communication™** improves our lives by teaching us how to:

- Align with the broader perspective and guidance of our core self
- Tune our minds to the valuable flow of intuitive information
- Access new solutions and answers for any problem
- Strengthen self-awareness and confidence
- Build trusting, respectful relationships
- Experience health and well-being in every area of life
- Resolve conflicts and diffuse tensions
- Move through change with ease, flexibility and resiliency

**3-C Communication™** keeps us grounded in the present moment, giving us access to the greatest source of guidance within us, alignment with our true self. Through this inner practice of self-awareness and connecting with our core energy, we are then able to give others the same gift we have given ourselves: Clean, Clear, Caring Communication.

***For more information about 3-C Communication™, please contact Melissa Casas at:***

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