





Taking steps  
- one at a time -  
opens up possibilities for  
connection and communication

---

---

---

---

---

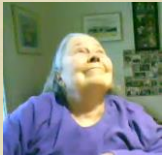
---

---

---

### Channels of Communication

Inner & Outer VISUAL = upper chest breathing  
~ head back ~ eyes looking up ~ eyelids flicker



'enjoy what you are seeing . . .'

**BLANK ACCESS STATEMENTS**  
 ~ See what you are seeing . . .  
 ~ Really look . . .  
 ~ Really focus on what you see . . .  
 ~ Yes, see the shapes . . . see the colors . . .  
 ~ Keep looking, I can almost see it with you.

---

---

---

---

---


---

---

---

### Channels of Communication

Inner & Outer AUDITORY = mid trunk breathing  
~ head to side ~ eyeballs move side to side under lids



**BLANK ACCESS**  
 ~ Yes, hearing . . .  
 ~ Listen closely . . .  
 ~ Really concentrate on  
  what you are hearing  
 ~ Listen to the tone and quality . . .  
 ~ Make similar sounds lovingly,  
  a little bit longer and louder

babaji is a silent monk.  
who has not spoken  
since 1952

---

---

---

---

---

---

---

---

### Channels of Communication

Inner & Outer **BODY SENSATION** =  
lower abdomen breathing ~ head forward  
~ eyes looking downward



**BLANK ACCESS**

- ~ Ahh . . . Mmm . . . Great . . . Yes . . .
- ~ Mmm feeling something, go ahead & feel it . . .
- ~ Notice your body sensations . . .
- ~ Go ahead and experience what you are feeling, as much as you are comfortable with . . .

Ann Jacob + Stan Tomandl © [annstan@comacommunication.com](mailto:annstan@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

### Channels of Communication

Inner & Outer **OLFACTORY** = flaring nostrils  
~ memories ~ fragrance ~ aroma



**BLANK ACCESS**

- ~ Go ahead and remember all the smells . . .
- ~ the smell of springtime . . . of snow in the air . . .
- ~ of food cooking . . .
- ~ mmmm . . . yes, the flowers

Ann Jacob + Stan Tomandl © [annstan@comacommunication.com](mailto:annstan@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

### Channels of Communication

Inner & Outer **RELATIONSHIP** = person to person interaction



*Includes the 5 previous channels and cannot be reduced to any one channel or combination of channels.*

**BLANK ACCESS**

- ~ Yes, know who you are looking at . . .
- ~ Hi . . . You're looking at me . . .
- ~ Good to meet you! . . . Check me out . . .
  - ~ Notice everything about me (or another)
  - ~ We're getting to know each other . . .
  - ~ I'm with you . . .
  - ~ We're in this together . . .

Ann Jacob + Stan Tomandl © [annstan@comacommunication.com](mailto:annstan@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

### Channels of Communication

**WORLD CHANNEL** = Circumstance/events: environment, atmosphere/ghosts, family, groups, career, advocacy, spirituality, etc.



Includes the 6 previous channels and cannot be reduced to any one or combination.

#### BLANK ACCESS

- ~ Yes, looking around at all of us/around the room, know what we are about . . .
- ~ Out the window, yes, fascinating . . .
- ~ That sound in the hall . . .
- ~ Singing to the Creator . . .
- ~ Reaching for the hands of God . . .

Ann Jacob + Stan Tomandl © [annstanz@comacommunication.com](mailto:annstanz@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

---

---

### Channels of Communication

Inner & Outer **COUPLED CHANNELS** (Synesthesia) = Two or more communication channels at one time (very common)



#### BLANK ACCESS STATEMENTS

- Go ahead and see what you are feeling . . .  
or . . . feel what you are seeing . . .
- Really hear what you are feeling . . .  
or . . . yes, feel the music . . .
- Go for it . . . move with what you hear . . .  
or . . . hear all that movement . . . etc.

Ann Jacob + Stan Tomandl © [annstanz@comacommunication.com](mailto:annstanz@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

---

---

### 'Blankest' Access Interventions. Open ended

*\*Go ahead and experience what you are experiencing, and know that it will show you the way.*

*\*I know you are here when you do that. . .*

*\*Believe in your experiences; they are meant for you . . .*

*\*Find something comforting inside . . .*

*\*We have to go soon . . . express anything you need to . . .*



May you realize that holiness is mindful gazing, feeling, hearing, moving, and touching.  
6<sup>th</sup> Century Anamcara Blessing

Ann Jacob + Stan Tomandl © [annstanz@comacommunication.com](mailto:annstanz@comacommunication.com)

---

---

---

---

---

---

---

---

---

---

---

---

In the dreaming times - filled with silence & songlines - foggy, crystal clear, and at times, mystical moments . . .  
Illumined with insights, intuitions, creative bursts . . . slipping in through the cracks of our day to day life . . .



Flowing in and then out - guidance, visions, awareness, and nourishment - from the core of our being - one world and all of Nature.

---

---

---

---

---

---

---

---

We all die, leaving this precious realm of our body and the bodies of others held by the great earthbody.

We might leave quickly . . . or for those of us who travel into aging, entering physical or memory limitations

. . . s l o w l y leaving behind aspects of our life like a bud unfurling from its skin we bloom our essence again and again.



---

---

---

---

---

---

---

---

*May your body be blessed  
May you realize that your body is a faithful and beautiful friend of your soul  
And may you be peaceful as you recognize that your senses are sacred thresholds  
May you realize that holiness is mindful gazing, feeling, hearing, moving, and touching.*



6th century Celtic Blessing

---

---

---

---

---

---

---

---

**PRACTICE - BLESSED LEARNINGS**



1. **Observe:** which channel(s) people are occupying - and when they switch.
2. **Notice:** which channels you are in and which channels you are most comfortable with. *Notice:* which channels you receive the most new information.
3. **Track:** positive, negative, and mixed feedback - in ordinary conversation, and with clients in altered consciousness:
  - a. when you get a definite response to your conversation (positive feedback)
  - b. when you get no response (negative feedback) meaning try something else, and
  - c. when feedback is mixed - a yea and nay. Explore both sides.

**REFLECTION PARAGRAPH:** Report on your learnings with extra attention to your awareness of Channels and Feedback.

---

---

---

---

---

---

---

---

---

---

*"Refuge of the Senses"  
The 'Miracle' of Nonverbal Somatic  
Language*



Enjoy Yourselves !  
Remembering: 'communication is possible'  
opens up worlds

---

---

---

---

---

---

---

---

---

---



December 9. OUR SLEEPING SELVES

---

---

---

---

---

---

---

---

---

---