

## MARTIN LUTHER KING JR. DAY

January 16, 2017 "Peaceful Healthy Communication"

MLK's Peaceful philosophy is very poignant and inspirational not just today, the day that's dedicated to honor him, but everyday.

**MLK: "People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other."**

Major points of good communication: speaking honestly, openly and caring enough about the other person to listen attentively, actively and as non judgmentally as possible.

**MLK: "No person has the right to rain on your dreams."** Use the sandwich technique combined with this Conflict Resolution formula: When you... (state the action) I feel...

(state your feelings) , Because... What I would appreciate you do, or want you to do is (the action) Are you please willing to? If not, then... **MLK: "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."**

Don't forget 4 Fs: Fight via verbal confrontation; Flee; Flow & Forgive. **MLK: "Forgiveness is not an occasional act; it is a constant attitude."**

Learn to Flow & Forgive more with meditation expert Dr. Vicki Radel at 310-713-2260.

**MLK: "We must come to see that the end we seek is a society at peace with itself, a society that can live with its conscience."**