



*The
Value
Of
Embracing
Linguistic
Integrity*

What Is Linguistic Integrity?

- **Consciously Using Language To Reflect Awareness Of**
 - Opposites
 - Paradox
 - Impermanence
- **Language Impacts How You Perceive Reality**



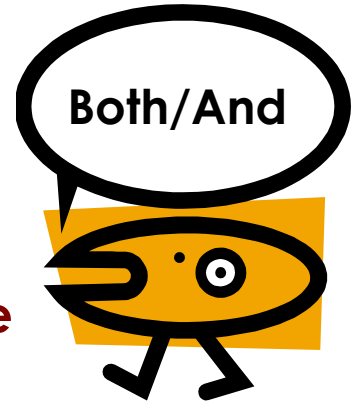
What Is Linguistic Integrity?



- Language Reveals How Unconscious Mind Is Perceiving Reality
- Linguistic Integrity Supports Choice To Live From Mystic's Eye

1st Aspect Of Linguistic Integrity

- **Keep Paradoxical Nature Of Things In Listener's & Speaker's Awareness**
 - **Speak To Both Sides of Paradoxical Reality**
 - **Keep Opposites In View, Within Reach, On Table**

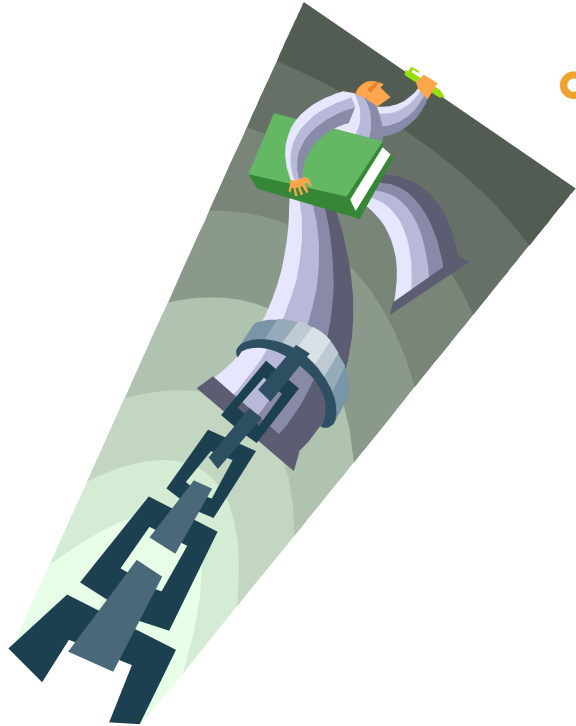


1st Aspect Of Linguistic Integrity

- **BUT & HOWEVER** Delete Previously Stated Information
- **OR** Establishes Two Options Only – Either This Or That
- **AND** Causes Brain To Hold Both Options Simultaneously



2nd Aspect Of Linguistic Integrity



- **Pre-Suppositions & Implications**
 - **Can Create Freedom**
 - **Or Imprisonment**
- **Release Unwavering Focus On**
 - **Permanence Over Change**
 - **Certainty Over Ambiguity**
 - **Goal Over Process**
 - **Clarity Over Confusion**

2nd Aspect Of Linguistic Integrity

- I “Still” Feel Angry
- I Haven’t Completely Healed It ‘Yet’



2nd Aspect Of Linguistic Integrity



- **Imply Perception Of Opposition Not Final Assessment**
- **Use ‘Seeming Opposite’ or ‘Seemingly Antagonistic’**

3rd Aspect Of Linguistic Integrity

- **Be Aware When Running On A Treadmill**

**Linguistic Patterns
That Keep You Setting Up
What You Like
Against
What You Dis-like**



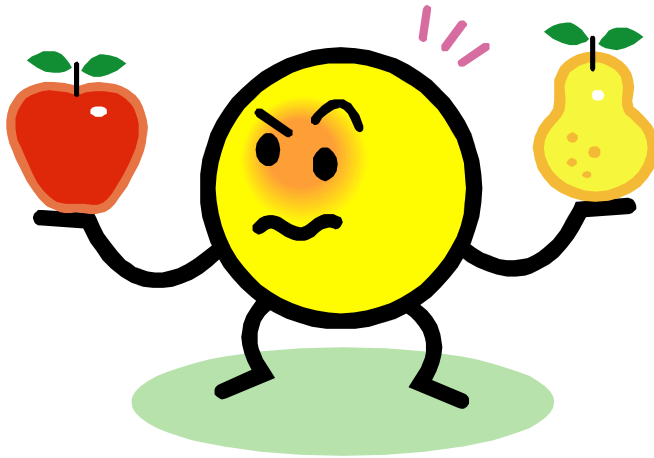
3rd Aspect Of Linguistic Integrity

- **COMPARISON**

- **BETTER**
- **BEST**
- **WORSE**
- **ALWAYS**
- **NEVER**



3rd Aspect Of Linguistic Integrity



Either/Or

Vs.

Both/And

Polar Strategies Assigned By Gender

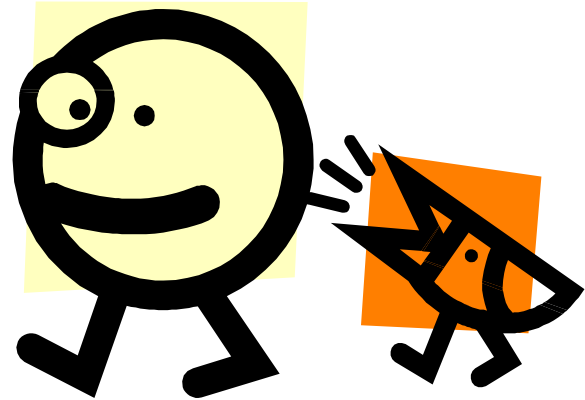
- Hierarchical ♀ vs. Flat ♂
- Goal ♀ vs. Process ♂
- Singular ♀ vs. Multi-Tasking ♂



Adapted From Dr. Pat Helm, President Of Helm Group
& From *Talking From 9 to 5* by Deborah Tanner.

Polar Strategies Assigned By Gender

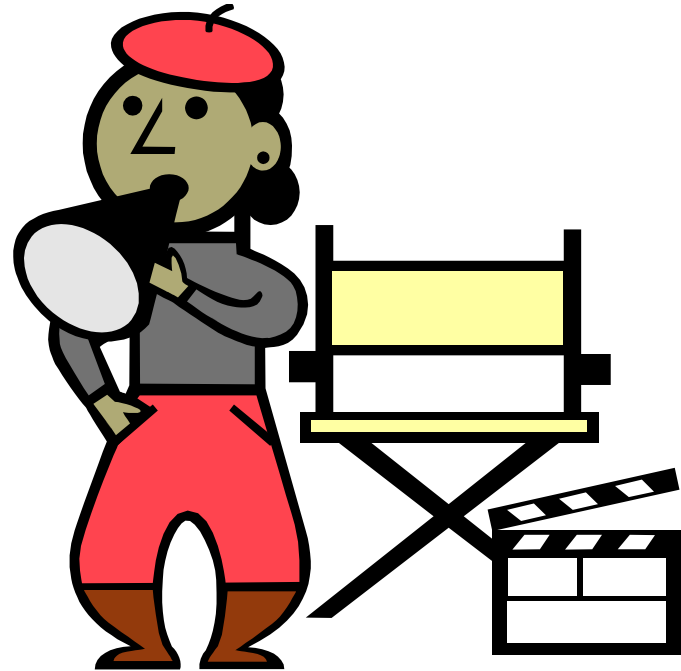
- Giving Opinions ♀ vs. Asking For Opinions ♂
- Me ♀ vs. We ♂
- Speaking ♀ vs. Listening ♂



Adapted From Dr. Pat Helm, President Of Helm Group
& From Talking From 9 to 5 by Deborah Tanner.

Polar Strategies Assigned By Gender

- Direct ♀ vs. Indirect ♂
- Business ♀ vs. Personal ♂



Adapted From Dr. Pat Helm, President Of Helm Group
& From Talking From 9 to 5 by Deborah Tanner.

Benefits Of Linguistic Integrity

- **The More Language Honors Realities Of**
 - **Impermanence**
 - **Opposites**
 - **Paradox**
 - **Valid & Incomplete Nature Of All Points Of View**



Benefits Of Linguistic Integrity

- **The Easier It Is To**
 - **Navigate Daily Life**
 - **By-Pass Power Struggles & Debilitating Emotions**
 - **Stay Conscious Of Mystic's Eye & Let It Take Lead**



See you in the next Video



Much love,

Ragini

