

# The Authentic Conversationalist

## *How to Freely Speak Your Thoughts Without Fear of Repercussion*

By Stacey Mayo, [www.TheSentelligentSolution.com](http://www.TheSentelligentSolution.com)

The purpose of this handout is to help you understand what is in the way of having authentic conversations and how to shift them so you can speak your piece of mind without fear of being rejected, ostracized, and humiliated, etc. The steps are simple but subconscious fears can get in the way.

### Steps to Having an Authentic Conversation:

1. Come from your heart
2. Look into the other person's (people's) eyes
3. Ground in to the center of the earth and connect to them through the roots of mother earth
4. Speak what's on your mind from a place of this is my perspective and it may be different than how you see it or look at life.

You may have tried speaking your opinions about a variety of things before and got shot down in some way. These memories tend to stick with us consciously or subconsciously and can keep us from expressing ourselves freely.

These fears show up in your body including the mouth. The mouth is the gateway to authentic conversations. It will let you know where some of these hidden blocks are located.

### Here are some examples:

- **Stains on your teeth** – stains on your teeth are symbolic of having had your reputation tarnished in the past. When you have stains on your front teeth, you are more likely to keep your mouth closed. ☺
  - For instance, Joan had a lot of yellow stains on her front teeth, which have to do with fear of being upfront about something that may tarnish her reputation. She used my [Crystalline Activated Sentelligent Healing Grid](#) to clear both the emotional fears as well as remove the physical stains off her teeth energetically without leaving home or using any kind of chemicals. The stains are a lot less now and she is more likely to speak her perspective on things that matter to her.
- **Excess Plaque on Your Teeth** is normally a sign that you are afraid of being verbally or even physically attacked for offending people. (You can think of the words “*plaque attack*” to remember this).

- **Clenching Your Jaw** is a sign that you have a tendency hold back your thoughts and/or anger as it could get you in big trouble.
- **Receding Gums** are indicative of receding from speaking about a particular subject depending on where in your mouth your gums are receding. The right side is about “right career” and left side is about relationships.
- **Halitosis** is about not wanting others to get too close to you as they might see right through you or the wall you put up and not like what they see.
- **Toothaches** are indicative of aching to say something but not being willing to for concern about the repercussions. The subject matter you are concerned about is related to the particular tooth or teeth that ache. The teeth in the back of the mouth have more to do with subjects that are considered taboo or difficult to talk about as they may raise controversy.
- **Sensitive Teeth** are symbolic of being sensitive about what others think of your thoughts. Each tooth has symbolic meaning. If certain teeth are sensitive, you may only be sensitive to what others think or say about your thoughts on certain subjects.
- **A Film of Saliva on Your Tongue** – this shows a tendency to sugar coat things so you don’t offend people.

Authenticity can also get stuck in a **constricted throat** and be held back due to a **heart wall** that has been built up to prevent more heart ache.

There are many other ways the body shows us that we have fears of being authentic, including the stomach. We have focused on the mouth in this handout, which is the gateway to authentic conversations.

This is a good starting place to look and see where you may be blocked. **I use the tool below to heal both the emotional and some of the physical issues related to having authentic conversations.**

The C.A.S.H. Grid, which stands for Crystalline Activated Sentelligent Healing Grid, not only heal the beliefs, traumas, DNA, fears and patterns related to an issue, it will also clean and polish your teeth energetically, remove stains, reduce excess plaque and tarter over time, heal toothaches, halitosis and much more. Say good-bye to your dentist or harsh chemicals. Woohoo!

Learn more today and **save 50% by using the coupon code “AdvancedHealing” for a limited time** when you check out. <http://www.TheCashGrid.com>