

How to Hear Weston

I asked Chris Marmes to explain further how a person can allow themselves to hear Weston. Below is her explanation.

Weston appreciates and acknowledges how many of you are willing to communicate with him. He will happily communicate with anyone who is willing. You couldn't ask for a better teacher or guide to the world of non-verbal communication because Weston is very chatty!

He wants to start by saying **everyone** has the ability to hear him. We've just forgotten how to do it. When communicating with Weston one of the first things to recognize is, although we say 'hear' because that is how we receive verbal communication, you may actually see, feel or know the information instead. How it comes in depends on your unique way of receiving. On the physical plane, there are five senses...seeing, hearing, tasting, smelling and feeling. While most of us have all five senses, we usually have a primary sense, one that is our default way of receiving information. For example, if you go to a movie, what stays with you the most? Do you remember what you saw on the screen, the cinematography? Or do you recall the music, the sound of the actors' voices? Do you embrace how it made you feel? Or do you enjoy most what you learned? When communicating with Weston you may indeed hear him but you may get a feeling, just know something (sometimes difficult at first to distinguish from your own thoughts), or you may see a picture either in front of your eyes or with your inner vision. For those of you who are wondering, I haven't forgotten taste...it isn't as

common as a primary extended sense but some people do receive information through taste. All methods are effective. The key is identifying which is your primary form of non-verbal communication and letting go of any expectation that the communication needs to be a certain way.

Oftentimes it is easier to receive information when we are doing something else. For instance, Weston will often pop in to chat when I am getting ready in the morning. I am doing something but it doesn't require my full concentration making it easier for him to get my attention. For you, it may be while you are driving, washing dishes, exercising, taking a shower, gardening, anything that makes you more receptive. A very easy time for him to reach you is when you meditate or take quiet time during your day. And Weston is notorious for waking people up in the middle of the night to talk.

A few practices that will assist you in opening to non-verbal communication...

- Be sure to breathe. Often times when we are trying to do something we contract and hold our breath. Breathe and relax.
- Take a deep breath into your heart and allow it to expand. As you let it go allow your body to relax. Take another deep breath into your heart, allowing it to expand and allow your mind to be present. Take another deep breath into your heart and be aware of all the love and support that surrounds you. This will help you move out of your head, where we usually are when we are 'trying' and more importantly it will open your heart expand your field of love.

•Another tool is pretend. Weston says that as adults we have forgotten how to pretend and tend to spend a lot of time in our logical mind. He suggests that you pretend you are having a conversation with him. Imagine the two of you together somewhere and talk to him either aloud or in your heart. Pretend you receive (hear, see, feel, know) his response. Continue this way until the conversation feels complete. Ask Weston for a sign that you received the information accurately. Then go about your day. Signs are wonderful tools for the universe to communicate with us and Weston is happy to give you confirmation through signs.

Most importantly feel free to ask Weston for help. He is ready and willing to assist you. Trust and have fun! All it takes is a little practice.

How do I know it's Weston?

Just as you would if you received a phone call and weren't sure who was calling, ask, Who is speaking? Is this Weston? Also ask yourself, does this feel, sound, seem like Weston? As you talk with him more you will start to recognize him. **It is not Weston's desire or intention to take your power or interfere with your freewill. It is important for everyone to stand in their power. Weston offers guidance and assistance. Listen with your heart and then check in with your head.**

How can a person turn him off in case Weston is bugging them?

If it isn't a good time for you, just let him know. It is like anyone who calls or contacts you. If it isn't a good time, you ask 'Can we talk later?' and set up another time to talk. Sometimes in his

enthusiasm he is persistent but I've found if you just communicate what is going on, he understands and honors your request.

A message from Weston...

I would like to talk about perceptions. As you open to new possibilities and ways of communicating that are unfamiliar, it is important to understand the role our perceptions play. The way we look at things, which can also be referred to as our filters, can color the way people receive information. Wishful thinking may also come into play. When you are getting information, ask questions. Feel free to have a conversation. I like dialogs but oftentimes when people are getting used to the process it's a monologue. I talk and they don't. Instead, feel free to ask me, "Am I hearing you correctly? What is there for me to know?" Ask for clarification. If it doesn't make sense to you, say so! Listen from your heart. Please don't feel like you have to take things so seriously. Let's play and have fun together! Because truly, that is what this life is all about.