



nicky

Hidden Message

Thinking mind steps in and I find a hidden message in everything that is being said. A compliment is bound to be followed by a request for a favour. Someone asks for the time and I wonder whether he is bored. And even a warm look can imply the observer knows something I don't.

The more sensitive I become the more signals I pick up. The more signals I pick up the more they confuse me when they are not all in line. I am supposed to be better off and knowing more rather than less but I get caught up in the interpretation of the communication and hence I miss information provided while I am still processing what was already said and shown.

There is a hidden message in anything that is ever being communicated and I just have to trust that if it is important for me to know then I will know. I will have to learn how to use my own detectors to filter stimuli and to prioritise them correctly. Until that time I am feeling a little paranoid. Wondering what is being implied and what to make of what's being said.

It is very hard to not get an information overload. I need to find a way to speed up the processing going on in my brain. And meanwhile I need to let go of my need to be in control of all that is going on around me. I must limit myself to the whole picture rather than trying to separate the explicitly spoken message from the subconscious message included.

I know I will get the hang of it and this temporary confusion is another step in my evolution. But I feel like I am learning a foreign language. I have mastered the basics and I think I am getting along fine. That is until I end up with a bunch of native speakers and I come to realise that I am completely missing the point.