



RELATIONSHIPS

COMMUNICATION/CLASS #1

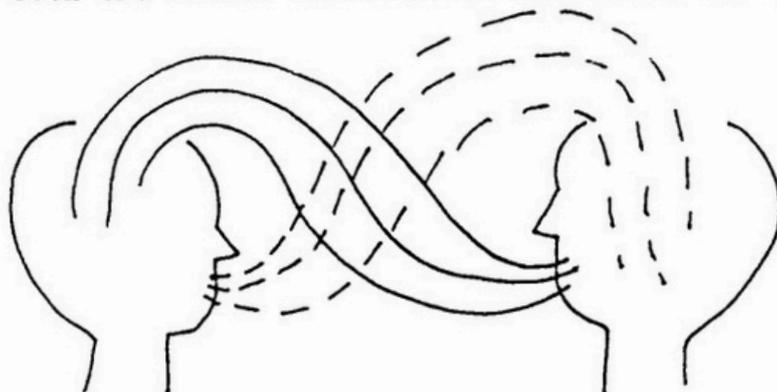
Communication flowing both ways is vital to any relationship. Communication is the ability to transfer ideas, thoughts, feelings and emotions to others in a way in which they will be understood. The physical language limits us in our communications. A more complete method would be developing the ability to transfer our thoughts and feelings to others. The breakdown in relationships is always, always a breakdown in communication. To have a good relationship you must possess the ability to communicate. Communication involves sending (or expressing) and receiving (or listening and responding). BOTH aspects are vital to true communication. Communication and relationships go hand in hand. To start a relationship there must be some communication. To continue a relationship the communication must be understood by all parties involved.

Communicating is what life is all about. Relationships develop from communication and they are both essential to our personal growth. The two go hand in hand and cannot be separated. To communicate with someone you must relate with them. To relate with someone you must communicate with them. Complete communication on both sides is important. Each individual is responsible to communicate as clearly as possible what it is they have to share. The responsibility of the person on the receiving end of the communication is to be open and accepting of the other.

Real communication has a deep understanding beneath the exchange of words. In good communication there is a feeling of mutual well being and respect. Each individual knows that they are loved and needed by the other. There is no real need to constantly express in words the love and respect. It is communicated best through thoughts and actions. The example speaks louder than any words.

Relating in communication would mean having a feel for that person's experiences in life. Many times this means that you have had similar, corresponding experiences. Just being able to relate and compare the experiences you have both gone through is important. Life is one and we are all in the process of growing. All our experiences can be related in one way or another.

Breakdowns in communication often come when there is emotional disturbance or lack of peace. Whether the disturbance involves both parties or only one, it has a definite effect on the communication. When two individuals are determined to communicate with each other, thus having some type of relationship through their communication, they must be open to one another. Any negative thoughts about the other individual will cause a lack of communication. When both individuals are at peace within themselves and with each other the communication is much more complete, both the GIVING and RECEIVING channels are open and flowing in harmony.



So many misinterpreted communications are caused from a lack of interest, stress, fatigue or emotional instability at the time of communication. When two individuals are having trouble communicating they should choose a time when there will be no outside interference to disturb the flow of communication. They should choose a time when they both can be relaxed and at peace. If this seems to be impossible then the next best solution is to decide on a time agreeable to both and try to communicate one at a time.

When an individual is just waiting for the other person to stop talking so that they can say what they have on their mind, they are not listening with enough interest, they are not open or patient to HEAR what the other is trying to communicate. Each should take his turn in the communication. The person on the receiving end should strive to listen attentively, not allowing his thoughts to stray. When two people communicate in this way they have a much better chance to really HEAR and COMMUNICATE with each other and thus relate to one another in a much more complete and satisfying way.

Communication is very difficult for the individual who is totally wrapped up in their own life. The self centered person has little to relate to because there is a lack of interest in others. Interest in what makes another "tick" can be developed through questions. Another method is by placing yourself in the place of the other to mentally experience life as this person sees it. This not only broadens your own perspective on life, but it enables you to communicate and relate well.

Make a special effort to open up to, not just the ones you love, but to all those around you in a loving, open way. This will add to any relationship and more importantly to the way you feel about yourself.

AFFIRMATION

WITH A CLEAR MIND AND STABLE EMOTIONS I AM OPEN TO RECEIVE COMMUNICATIONS FROM OTHERS IN A RELAXED AND PEACEFUL ATMOSPHERE.

I AM LEARNING TO COMMUNICATE TO OTHERS IN PEACE, LOVE AND PATIENCE REALIZING THAT EVERYONE HAS THEIR OWN INTERPRETATION OF THE LANGUAGE. AS I LEARN TO BE IN HARMONY WITH MYSELF IT IS EASIER TO RELAX AND BE AT PEACE WITH OTHERS, THUS CREATING AN ATMOSPHERE OF PEACEFUL, HARMONIOUS VIBRATIONS THAT MAKE IT MUCH EASIER TO COMMUNICATE.

WHEN I LISTEN TO OTHERS I GIVE THEM MY FULL ATTENTION, WATCHING CLOSELY TO CATCH THE REAL MEANING BEHIND THE WORDS AND ACTIONS SO THAT I CAN RECEIVE A MORE COMPLETE COMMUNICATION FROM THEM.

LOVE IS THE KEY TO ALL THINGS AND WHEN I LEARN TO GIVE AND RECEIVE COMMUNICATIONS IN AND WITH LOVE, I KNOW THAT THE COMMUNICATION IS COMPLETE.



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