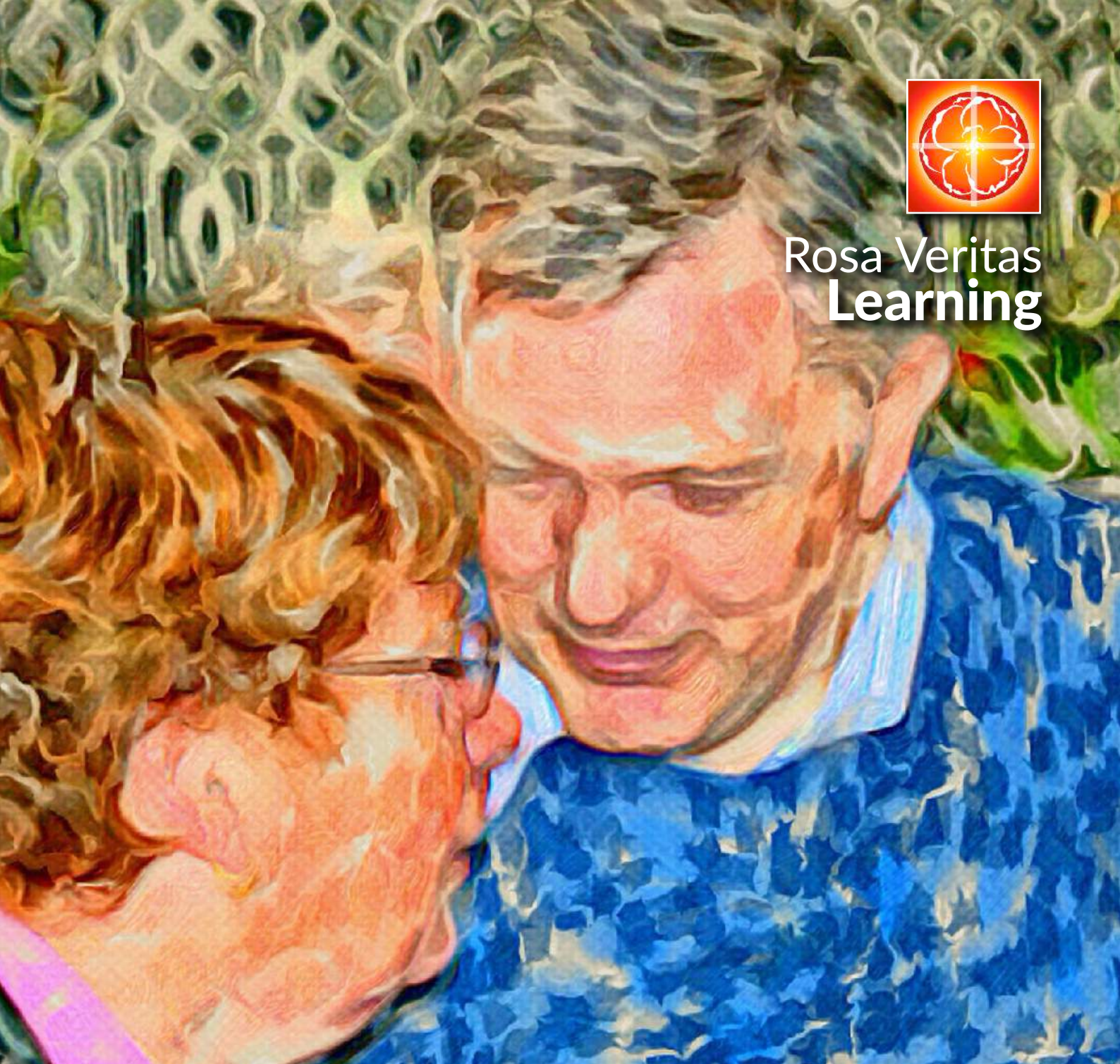




Rosa Veritas  
**Learning**



# **Metaphysics** and **Communication**

Study at Home  
**Introduction**

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# Introduction

Welcome. We trust that you will be enriched and empowered through your study of this unit, *MS2: Metaphysics and Communication*.

As we build knowledge of our nature and being, our spiritual origins and destiny, we are enabled in our ability to embody our true self, embrace our potential and shape our life and expression. With self knowing comes greater self mastery, and we increase our freedom to be, to move, to live.

*Rosa Veritas Learning* accompanies individuals in their growth to spiritual maturity through deepened knowing. And with such knowledge, freedom.

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## Metaphysics and Communication

This unit on communication and relationships builds on the understandings and principles contained in *MS1: Metaphysics in Action*.

On page iii you will find an overview of the content of each of the eight study topics that make up this *MS2: Metaphysics and Communication* course.

Within each of the study topics you will find three sections.

- The first section is the main content, which includes “Putting the principles into practice”.
- The next section is a Written Task which you will send to your tutor.
- Then follows a section with additional reading that enriches the main content.

You will greatly benefit from completing the study topics with regularly and rhythm. If you aim to work through one study topic per week (fortnight, or three week period), this will give you time to carry out the practical tasks which are an integral part of this study and to see the changes taking place in your communication and relationships.

## Tutor

Your enrolment (purchase) in this Study at Home course includes the provision of a *Rosa Veritas Learning* tutor who will work with you through the course via email.

To be allocated a tutor, email your request to [learning@rosaveritas.org](mailto:learning@rosaveritas.org) and your assigned tutor will be in touch.

If you wish to be credited with completion of this unit, you will need to work with an assigned tutor. Communication will be via email and you and your tutor can make mutually suitable arrangements when you begin your work together.

You may choose to study this unit by yourself, without credit, in which case you do not need to request a tutor be allocated to you. If this is the case, we trust you will enjoy working with the *Metaphysics and Communication* study materials.

## Credit and Certification

If you want *Rosa Veritas Learning* to credit you with this unit and issue a certificate of completion, you need to provide your tutor with a copy of the written task for each of the eight Study Topics.

# Overview of the Unit

## Study Topic 1

### THE SPIRITUAL NATURE OF COMMUNICATION

Content . . . . .	1
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*The relationship between metaphysics and communication. The importance of communication in understanding, expressing and changing consciousness and in developing maturity. Levels of communication – body, soul, spirit. A metaphysical perspective of communication – the triangle of unity, perception and communication. The elements of an act of communication. The balance between giving and receiving.*

Putting the Principles into Practice . . . . .	13
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*Deciding on your goal. Keeping a journal. Using the principles.*

Written Task . . . . .	15
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*Describing yourself as a communicator. Recording your goal for the unit.*

#### Additional Reading

- *Communication* by Rev Mario Schoenmaker . . . . . 16
- *Principles of Communication* by Stephen Cugley. . . . . 22

## Study Topic 2

### COMMUNICATING WITH SELF AND THE ENVIRONMENT

Content . . . . .	31
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*The spiritual nature of thinking and speaking. Thinking and the levels of consciousness. Developing our thinking powers. Twelve senses through which we respond to and communicate with the world around us: touch, life, movement, balance, smell, taste, sight, warmth, hearing, speech, thinking/concept, I AM. Knowing and developing the senses.*

Putting the Principles into Practice . . . . .	44
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*Becoming more aware of your sense experiences. Practising recall of experiences. Turning around negative thoughts.*

Written Task . . . . .	45
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*Choosing one way of developing your inner life as a focus.*

#### Additional Reading

• <i>The Twelve Senses in Communication</i> by Helen Martineau . . .	46
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### Study Topic 3

## COMMUNICATING WITH THE REAL SELF

Content . . . . .	55
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*Communicating with the real self through prayer and meditation. Prayer as speaking to the real self. The nature of the five types of prayer – adoration, confession, intercession, petition, thanksgiving. The use of affirmations. Why prayer is powerful. Meditation as listening to the real self. Six steps in the process of meditation. Developing your communication with the real self. Extending prayer and meditation into everyday life. The fruits of prayer and meditation.*

Putting the Principles into Action . . . . .	69
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*Making a commitment to yourself. Creating your own breath prayer. Practising meditation.*

Written Task . . . . .	72
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*Describing your experience of communicating with the real self.*

#### Additional Reading

• <i>Different Kinds of Prayer</i> . . . . .	73
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### Study Topic 4

## THE POWER OF THE WORD

Content . . . . .	79
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*The creative power of the word to bring thoughts into manifestation. The power of sound – vowels and consonants. The movement from communication through sound and inner pictures to the development of language. Using words consciously. Action and abstraction – verbs and nouns. How we misuse words. Using speech purposefully and positively. The power of your voice. Speech and listening, or sound and silence.*

Putting the Principles into Practice . . . . .	92
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*Observing people who use speech in a powerful way. Observing your own voice. Making an affirmation.*

Written Task . . . . .	93
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*Comment on a piece of writing you find powerful. Describe how you are seeking to make your speech more effective.*

#### Additional Reading

- *The Spiritual Centres* . . . . . 94
- *The Living Word* by Rev Colin Read . . . . . 99
- *Spiritual Speech* by Rev Mario Schoenmaker . . . . . 103

### Study Topic 5

## THE REAL SELF AND THE EGO

Content . . . . .	111
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*The real self and the life force. How the ego diverts the life force. Acknowledging the two aspects of our 'I' – the big 'I' and the little 'I'. Ways to strengthen the real self. How to recognise when your ego is uppermost. How the ego can serve the real self. A metaphor from the political world – the conservative, the revolutionary and the rebel.*

Putting the Principles into Practice . . . . .	122
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*Observing the flow of the life force. Exploring your real self and your ego.*

Written Task . . . . .	126
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*Writing a letter to your ego.*

#### Additional Reading

- *The Characteristics of the Ego* by Rev Mario Schoenmaker . . . 127
- *The Secret of Abiding Energy* by Rev Mario Schoenmaker . . . 131

### Study Topic 6

## UNDERSTANDING YOUR ENCOUNTERS

Content . . . . .	137
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*Types of encounters: ego-ego, real self-real self; transitional encounters and their nature. Improving the quality of communication: starting with beingness – the triangles of communication, giving and receiving, identifying the third factor in communication breakdown. Working with the reality of a situation. The value of detachment. Accepting responsibility for self and not for others. Dealing with ego. Standing in your own individuality.*

Putting the Principles into Practice . . . . .	153
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*Using the Johari window to develop your communication. Select a focus for your communication this week.*



Written Task . . . . .	156
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*Describe your experience of using the Johari window.*

#### Additional Reading

- *How Do You Rate Your Response-ability?* by Rev Colin Read . . 157
- *Creativity and Spontaneity* . . . . . 160

### Study Topic 7

## DEVELOPING BETTER WAYS OF RELATING

Content . . . . .	163
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*Becoming aware of our varied roles. Actions, emotions and values associated with a role. Types of roles – progressive, coping and fragmenting. Identifying and exploring some of your roles and completing a chart. Planning for change.*

Putting the Principles into Practice . . . . .	173
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*Working with your role chart.*

Written Task . . . . .	177
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*Describing some of your roles.*

#### Additional Reading

- *Developing Progressive Roles* (excerpts from writings by Dr G Max Clayton) . . . . . 178
- *Manipulative Behaviours* . . . . . 183

### Study Topic 8

## LOVE AND MORALITY IN RELATIONSHIPS

Content . . . . .	185
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*Human beings are love beings. Influences that inhibit the expression of our love nature: inertia, the desire to possess, fear. The four types of love – eros, storge, philia and agape. The qualities of love which expresses the I AM: active goodwill, creativity, life-enhancing, spontaneity, the wisdom of the heart, egolessness. The importance of dispassionate love. Morality – love in action.*

Putting the Principles into Practice . . . . .	195
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*Reviewing your progress towards your goal. Reflecting on what you have gained from this unit. Continuing to work with the principles from this unit.*

Written Task . . . . .	196
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*Recording your learnings during this unit. Comment on 'Love is a deed, not a feeling'.*



## Additional Reading

- *The Four Loves and Evolution* by Mario Schoenmaker . . . . 197
- *Vital Relationships* by Dr G Max Clayton . . . . . 202

