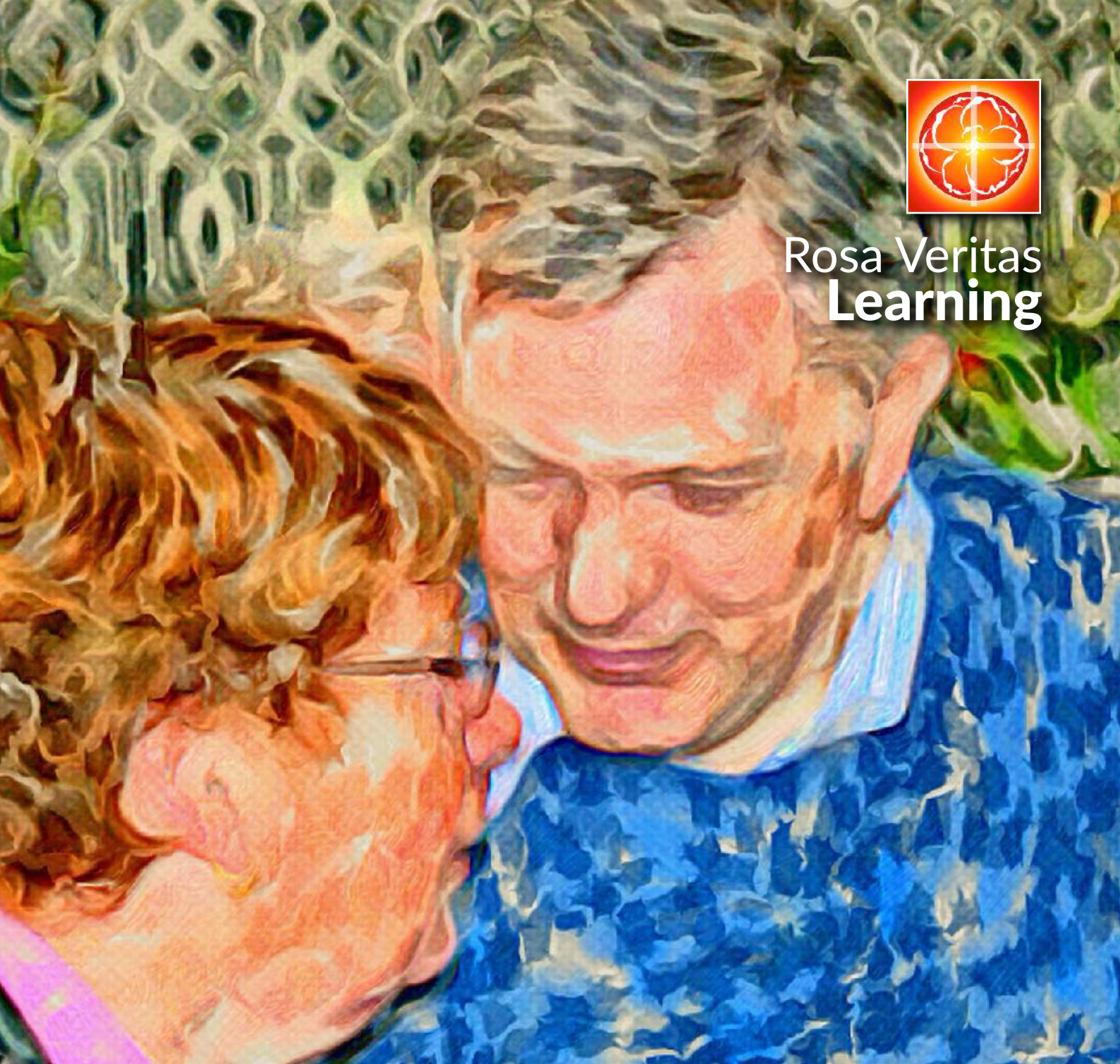




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Metaphysics and **Communication**

Study Topic 1

**The Spiritual Nature
of Communication**

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STUDY TOPIC 1

The Spiritual Nature of Communication

Outline

We begin our exploration of metaphysics and communication by considering:

- The importance of communication in understanding, expressing and changing consciousness, and hence for our spiritual development
- The role of our body, soul and spirit in communication
- The starting point for communication from a metaphysical perspective
- The give and take of communication and what is required for this to be successful.

As you work through this topic, you will be asked to reflect on your own communication, to observe the communication of others, and to formulate a goal to work towards during the unit. The written task is to describe yourself as a communicator.

The Relationship of Metaphysics and Communication

The study of metaphysics leads to an understanding of the unseen aspects of our being, such as our consciousness and our human spirit. From this come spiritual principles through which we can make our lives creative and productive and more fully realise our potentials.

In this unit on *Metaphysics and Communication* we look at the dynamics of communication in the light of this spiritual knowledge and we see how we can become more expressive and effective in our communication.

Through this unit you will discover how to communicate more effectively and satisfyingly with family, friends and colleagues, but you will discover more than that. The principles presented will assist you

to understand yourself and your interactions with others from a spiritual perspective and to see communication as a means by which you can enlarge your consciousness in relation to spirit, self, your environment and other people.

Principle



PRINCIPLE 1

Communication is the basis of metaphysics.

Our first principle emphasises the importance of communication in the development of our spiritual life. Communication is the foundation of metaphysics, and a metaphysician must of necessity be a good communicator on all levels.

Through communicating with ourselves, we come to a clearer picture of what lies within our own consciousness. Through communicating with spirit, or our I AM or real self, we learn to recognise the action of spirit in our lives and we deepen our relationship with the higher self. Through communicating with others and reaching out to touch the core of other human beings, we learn about ourselves, about others and about spirit. So communication is the key to a vital spiritual life.

This principle is true in another sense also. Many problems in our lives result from inadequate communication or lack of communication, whether these be problems in relationships, with work, or financial problems. A metaphysician is in control of his or her life and deals with such difficulties as they arise. This requires good communication. People who are poor communicators are unlikely to have taken control of their lives in a real way, and hence good communication is an essential part of practising metaphysics.

Communication and Changing Consciousness

The outcome of studying metaphysics is that our consciousness is raised to a higher level, and communication plays a major part in this process.

Two examples from history demonstrate the way that consciousness can be changed as a result of communication. The first is the invention of printing in the fifteenth century and the second is the communication explosion of the twentieth century.

In fifteenth century Europe, the invention of movable type and wood block printing made it possible to speedily transmit ideas from one mind to thousands of other people through the printed word. The flood of pamphlets and books that resulted stimulated and fed the political and religious turmoil of the times, and the Europe that

emerged from this period not only had a different geography but also a vastly different consciousness from pre-fifteenth century Europe. The seeds of a new sense of human dignity and individuality had begun to flourish, and improved communication through the printed word played a major part in this development.

In the twentieth century, we saw another huge leap forward in communication as satellite link-ups brought the world into our living rooms, changing for ever our perception of the world. As we have been faced with events in Europe, Africa, South America or wherever else the television cameras focus, we have begun to view ourselves no longer simply as citizens of our own country but as citizens of the world. Our consciousness has moved from a parochial or nationalistic consciousness to a global one as a result of the expansion of communication.

Consciousness is enlarged through communication on the individual level also. It is through our interactions with other people that we gain self-knowledge and mature as human beings.

From a metaphysical point of view, we say that to be fully human is to be divine. The more mature we become as individuals, the more our divinity is expressed.

Communication enables us to become more mature human beings in the following ways.

1. It enables us to clarify and express what is within our consciousness.

Through inner communication and dialogue, we clarify what is within our consciousness. Through communicating with others, we reveal that content and make it public. This is a very courageous act, for through it we reveal our inner life and invite other people to enter into our thoughts and perceptions.

To consciously ask, "What aspect of myself am I expressing or revealing through this communication?" can give us greater insight into what is within us.

A notable illustration of the power of communication to transform consciousness is to be found in the remarkable life of Helen Keller (1880-1968). At nineteen months, she became blind and deaf as a result of scarlet fever. Locked into a frustrating world of silence and darkness, her behaviour was often uncontrollable. The breakthrough came when, through the patient work of her teacher Anne Sullivan, Helen one day made a connection between the sensation of water flowing over her hand and the word "water" which her teacher was spelling into her hand. She discovered language. The world opened up to her and her behaviour changed as she began to communicate with other people. She went on to learn Braille, to learn to write and speak, and to become an inspiration to thousands of people through her courage and determination.

WRITING

Written Task #1

Describe yourself as a communicator up to this point in your life.
Include your strong points, your weak points and the areas you would like to work on.

ADDITIONAL READING

Principles of Communication

Stephen Cugley

The teachings of metaphysics are based on the principle that higher worlds stand behind and influence this world. In applying these teachings we cannot overestimate the importance of communication with self, others and the cosmos. In fact, communication is the basis of all sound metaphysics.

If we examine our lives then it becomes apparent that much of life is associated with communication. This is obvious in human relationships, but even in painting a wall I communicate with the wall and the wall communicates its texture back to me. In this article I will discuss some of the factors which determine communication and ways in which we can improve our skills in this area. Let us begin with the premise that we can all become better communicators if we understand the principles at work when we communicate and if we put in more effort.

The forms of communication change with time. Today we can send distant friends and loved ones letter tapes and video letters. This would have astonished our ancestors. As technology advances, our mundane existences become increasingly subject to the possibilities of sophisticated technology. Can you imagine life without the telephone? By using it we can almost instantly organise things and make our needs known to people at a distance. Car phones are the latest fad, but as Umberto Eco said, "If you are that important, you don't have to be that accessible."

Technology is expanding the kinds of media through which we can communicate, but it is still up to us to use the means available and to use them well. The latest gadgets may make communication easier but not necessarily more effective. There remain tried and true principles which must be adhered to if real communication is to occur between two parties.

The Need To Communicate

In my mind's eye I look forward to the time in evolution when we will be able to progress without the limitations of the finite mind. But that time has not yet arrived, and in the meantime we have to progress by

Communication

Rev Mario Schoenmaker

In communication there are three basic rules which must be obeyed; if they are not obeyed then communication will not come about.

- **If you want to communicate, you must in fact communicate.**
Simple, isn't it? Yet you will find that a lot of people who want to communicate do not communicate. If you want to communicate, let your wish to do so be known. You may get no or yes or nothing, but at least you will have communicated.
- **If you receive communication, you must acknowledge that communication.**
Whatever communication is passed on to you, reply. Don't ignore it. If you do not respond you will find that the communication eventually stops and then you will moan and groan that there is no communication.
- **If you want to outflow, you must also inflow.**
Or, if you would like it the other way round, if you want to inflow you must also outflow.

The Real Person and Communication

If you want to communicate you have to be real.

- **A person who is real knows self and knows their value.**
I read an article about humility and hypocrisy, written by a very old friend of mine. The writer said, as I would say, that a humble person is "the person who knows his value". He said that you don't have to be humble about the thing you can do. Then he talked about hypocrisy and how he had said to a girl with whom he was discussing humility, "You are a hypocrite." "Why am I a hypocrite?" she asked. "I'm always straightforward." He said, "Last Christmas we had a session with the children and you were asked to play the piano. You have done two years of study at the conservatorium, yet you refused to play the piano because you said humbly, 'I cannot play the piano.'" He said, "You thought you were humble in saying 'I cannot play the piano'". In fact, you are a hypocrite because you can play the piano. You let other people, and in this case the