

Pathwork on
Communications

How do we communicate as individuals or groups, especially when there appears to be so much hate and separation between us sometimes? This quote from Pathwork Lecture 257 *Aspects of the New Divine Influx: Communication, Group Consciousness, Exposure* points to the ways we can deepen our communications as our spiritual growth evolves. I find this a powerful foundation for building unity among us all.

008	<p>In this lecture I should like to discuss some specifics that accompany the new influx. One is <u>communication</u>. Communication is a by-product of highly developed consciousness. To the degree that development of spirit exists, the ability to communicate, to listen and express adequately and appropriately also exists. To the degree that development is still impaired, the ability to communicate is limited. So you see innumerable people who cannot and will not even try to put into words what they really feel and think. They are either too proud or they demand to be understood by others without having to labor to make themselves understandable. For it does require some labor. Communication is an art that everyone can and, indeed, must learn. It requires goodwill, a positive intentionality, and a will to cooperate.</p>
009	<p>Let us start by examining the outermost level. It is no coincidence that one of the major byproducts of modern technology is communication. Even though this level of communication applies to outer events only, it has a tremendous impact on the inner levels of humanity. In the first place, it brings people much closer together. In former times there was a greater sense of separateness because the distance between people and their lack of communication created the illusion that others were intrinsically different and alien, and therefore were enemies to be distrusted. Experiencing others to be similar when it comes to the basics of living, dying, suffering and longing, eliminates much illusion, fear and enmity. It contributes to the ever-growing unity of humankind.</p>
010	<p>Knowing what is going on in the world has a definite impact on spiritual growth. Isolation and separateness between people in the past made the world appear too vast to be encompassed. One's own tragedies seemed unique, hence a sense of brotherhood and sisterhood was totally lacking. Today even the least spiritually inclined individuals experience your entire planet in very different ways. Things no longer appear strange or foreign. There is a greater overall awareness, because knowing the events that happen right now in a different corner of the earth has an impact on the soul's development.</p>
011	<p>So you see, my friends, technology is not in opposition to spiritual development and to spiritual life. However, it is often abused and misdirected and therefore it is seen as an obstacle to spirituality.</p>
012	<p>This again shows how everything in the universe and on this earth is intrinsically an expression of divine will and creation and can and should serve the great plan. Nothing can be created that does not have its roots in the world of</p>

	spirit. All demonic manifestations can only be distortions and misuses of divine creation. They can never be self-creative.
013	Your present ability to witness and thus to experience events with your brothers and sisters elsewhere has a significant impact on your soul. Your ability to move relatively fast from one corner of your earth to the other brings you closer to the laws of the spirit world, where movement is instantaneous, one with thought.
014	Communication is a most important byproduct of advanced spiritual states. The ability to communicate on more subtle and personal levels has also greatly improved over the last decades. Psychological approaches have created a greater awareness of self and therefore a greater capacity to understand oneself, to express oneself to others, and thereby to communicate. Before this particular influx, most human beings were completely in the dark about themselves, their feelings, their needs, their true reactions, let alone those of others. It was therefore impossible to create a bridge with another person in a significant way.
015	Similarly, a child in an early stage of development does not really know that it is hurt or lonely, that it needs more love, attention or understanding. If this awareness were articulate in the child, it would be a relatively small step to convey these feelings to another person. Without communication, you live in the dark, alone in a fog of confusion, isolated from others. The Christ spirit represents exactly the opposite. It brings the great light of awareness, of communication and of brotherhood and sisterhood.
016	Obviously, true communication presupposes communication with the self, with the inner levels of being that were inaccessible before. Understanding the self is the groundwork, the foundation, for you cannot convey, explain and communicate something you do not know. So a path such as the one I guide you on must always be primarily concerned with self-exploration and self-knowledge. It must never stop there, however. Self-knowledge is only the preliminary phase.
017	The next organic step is learning the great art of communication. This requires intention, thought, practice, self-observation. It means giving up the state of being only half awake, assuming unthinkingly that others should know what you feel. It means making the effort to explain, to reach out, to search through the mazes of misunderstanding--patiently and lovingly. Here, as in everything else, practice leads to an increasingly spontaneous and automatic ability to be outwardly what you were previously only secretly and inwardly, and to communicate this state to others.
018	Just use your imagination and think about the enormous difference this makes in human communication. How often do you believe someone is mean to you when, in reality, this other person fears you and erroneously uses a coldness or rejecting attitude as a defense? Knowing this removes your fear, your false pride, your anger. It may enable you to meet this person in an entirely different way that, in turn, will dissolve his or her negative defense that alienates you. So

	<p>you see how communication brings souls together, eliminating walls of fear that create hate between humans. Therefore communication is an intrinsic part of the good life.</p>
019	<p>However, the fact that you may attempt to explain yourself is not enough. The way in which you reveal yourself is what makes communication an art. If you explain yourself in a way that implies blame and accusation, you only create a bigger wall. But if you attempt to explain yourself by simply conveying your feelings and needs, your impressions and assumptions in a questioning and open spirit without insisting that they be the truth, then you can reach a true understanding. You can establish clarity, light and truth. By learning the skill of communication, and practicing it as an art, you foster love and unity.</p>
020	<p>How can you assuage your loneliness unless you establish bridges with others? How can you lose your fear of people unless you truly expose the misconception that others want to be your enemies? You can achieve this only by taking the trouble of exploring yourself sufficiently to know what it is you really feel. Often you believe that you feel in a certain way, yet it is not at all what is really going on in you. You need to take the apparent risk of explaining yourself, even if this can rarely be done in one simple stroke. You need to enter an ongoing dialogue, full of goodwill, increasing your willingness to shed your pride and to give up your stake in blaming. This is what communication entails on an emotional level. This is how the great oneness among all human beings will be established. This is how fear and hate--hence war on all levels--will increasingly disappear. In other words, true communication will contribute to bringing the Kingdom of Heaven to earth.</p>
021	<p>But there is an even deeper level of communication which you ignore. It is still very obscure but once you focus your attention on it, it will reveal itself as clearly as the levels I have just discussed. All interactions between human beings ultimately contribute to the final aim: reconciliation, oneness, brotherhood, love, understanding, truth. In the final analysis, even the most negative interaction between individuals serves this purpose.</p>
022	<p>When two entities--either individual or collective ones--are involved in a negative interaction, a deeper purpose is being fulfilled, even if the interaction has a most undesirable result at the moment. The higher selves of both entities are always at work. The higher self has not created the negative interaction per se, but it uses what already exists--negativity--for the purpose of dissolving it. The dissolution and transformation of negative material cannot possibly take place unless there is an outright manifestation. Even if the entities involved are totally in the dark about the part they themselves play in this interaction and are still on the level of self-righteous one-sidedness, they nevertheless serve a higher purpose. How much more does this happen when entities recognize the total truth of an interaction that may be hidden from their immediate view!</p>
023	<p>So you can see, my friends, that underneath the lower-self exchange, a higher-self exchange exists simultaneously between the entities in conflict. This is a very important new thought for you to contemplate. Just imagine: two</p>

	<p>people--or groups of people--are at war on the surface. They hate and accuse each other. They wish each other the worst and want to harm each other. At the same time, on a deeper level, these entities agree. They know that what occurs on the surface serves the common good, serves truth and love, serves their unity.</p>
024	<p>On this path, when two of you are at odds with each other and you work very deeply to come to the truth of the issue, you often experience a wonderful conciliation in which love unites the same two individuals who hated and accused each other before. You then witness what I explained just now. On your earth sphere, in this dimension, the manifestation of conciliation happens in sequential time: first the hate, then the search for truth, then love and unity. On the deeper level of being, there are no such sequences. Truth, love and unity always exist simultaneously.</p>
025	<p>Take this new vision into account. It will help you perceive that every situation, no matter how hopelessly confused and negative it may appear, simultaneously harbors inner truth, love and unity. Your understanding of this will accelerate the conciliations on the level of sequential time, so that enmity/search/truth/love/unity follow each other in ever quicker succession.</p>