

# TEACHINGS FROM THE HIERARCHY

## **Monthly Teaching Letter for the dedicated student/seeker**

**Channeled through  
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**No. 01/XXI**

**January 2013**

### **The Art of Communication**

(Channeled in Europe)

Jordan: For most people, the art of communication is accomplished through verbalization. They honestly believe that verbalization is the only form of communication. Yet, we know other forms, such as writing, movement, dancing etc. that require certain physical actions to communicate. Other forms of communication are expressed in art, music, color, handwriting, astrology, Tarot, clairvoyance, body language, and in the Aura.

Communication is the identification and the densification of energy patterns that transmit a concept and a statement. We are continuously communicating not from just one body, not from just one action, but from four bodies and four actions. Also, communication is probably the most abused form of expression.

These four actions include the communication from our conscious endeavors (which include our emotional perceptions), our unconscious and subconscious endeavors, and from our super-consciousness. When the communication from our super-consciousness transmits itself, the body will express, densify, project and manifest it.

Those are the forms of communication. That's why we can observe the body language and facial features as an understanding of what an individual is actually attempting to express, to identify and to project into the atmosphere as they formulate, classify, react and respond to their absorption and projection of energies.

The basis of all things is that everything is energy. In its most productive form, it's balanced energy. Then we begin the process of interpretation and identification, which eventually will bring about reaction. It will bring about those areas of expressed self-understanding since we actually identify and clarify all of the energy patterns that we encounter on a day-to-day, moment-to-moment basis. All of our choices in life are an expression of a statement or a recognition that we are enacting in our physical expression. Our choice of colors that we wear in our clothing has a language all of its own and those of us who study colorology learn to

recognize the communicative statement that's being made by the individual who wears certain colors. Individuals' color choices identify their physical, emotional and spiritual recognitions as well as their energy patterns because they absorb and wear the colors they have chosen and purchased.

Music is a very valuable form of communication because it works with the unspoken identification of the musicians' recognition and clarification of their physical, emotional and mental bodies. Then as the musician expresses recognition and clarification outwardly, he is communicating what he really wants to say.

Do we communicate honestly with our verbalizations? Not really because with our verbal expressions we usually communicate only a quarter of the total communication because we are unwilling to expose ourselves to ourselves and to the individuals in our association. So we employ a certain restriction in our communication and we do not express what we really feel, what we really think and what we are really all about.

So we realize that the words that are projected under any particular influence, whether it's under depression, under great ecstatic joy, under illness, anger or frustration, are only one fourth of the whole communication. All of those influences identify certain states of self-recognition. In addition to listening to the words, we use other receptors and other identifiers to get beyond the words that are being said into the feeling that's being projected. So our listening encompasses the conscious (which includes our emotional perceptions), unconscious, subconscious and super-conscious mind. All of those minds functioning bring forth a form of expressive, identified communication.

When we work with communication we realize that it's extremely necessary for us to be aware of the very intense, subtle levels of communication and to use our perceptions, including our sensory perception, to bring about a complete image of what's actually being conveyed of the individual's understanding.

When I work with salesmen I teach them to listen intently with their ears to the words that are being spoken by their clients but to also use their eyes to see what the client is really feeling beneath the words and then to use their sensory, their intuitive ability to feel the depth of what the client is really attempting to say.

So many of us only use a quarter or less of our listening capability because the first time one of our insecurities or one of our anxieties is touched we create a static block and we begin to immediately think of a justification, an excuse, a denial and an attack. We are busy using all of our perception abilities, all of our creative energies to only respond to 1/10 of the communication that we've just exposed ourselves to. We only allow the communication to enter into our conscious receptors, into our mind if you wish. Then we start combating it, then we enter into the war of justification and blame and never really hear or feel what the individual is trying to convey. It's because our button has been pushed. We are quite aware that we haven't met our own expectations and that we haven't been direct in our perceptions of what we really want to say and what we really expect as a response. So we beat around the bush attempting to

eventually communicate our own dissatisfaction, our own lack of self-acceptance and self-direction as we only partially listen.

When we start communicating, we should have a complete picture of what we are attempting to say. If we want assistance, we should simply say: "I am not sure I can do this myself. Will you help me?" Instead we start up by saying: "I want to do this. Don't you think it's a grand idea? Don't you think it will be very profitable? Don't you think it should be done this way?" That is an incomplete communication of a request, which then brings about an incomplete reaction.

The communicator has already decided which way he wants it done - and he really wants it done that way. He just does not want me to believe that he is telling me he wants it done that way because he does not want to deal with my rejection, my frustration, my anger or my denial. So he says: "Don't you think it should be done this way?" Or: "What's your opinion? What do you think?" I always know if the communicator really cares what I think! So I follow the pattern of saying: "Why don't you tell me how you are going to do it because you've already made your decision. What you are really asking is if I will support your decision." The communicator has already told me how he wants it done. Then he is asking me what I think and maybe he'll change his opinion, maybe he won't. But in most cases he has already decided what he wants to do. So why does he bother to ask?

We are communicating constantly. We all have an aura and that aura is constantly reacting to the densification and projection of our thought processes and our feeling processes as we encounter certain physical, mental and emotional situations. It doesn't take a totally sensitive aura-reader to be able to feel the alteration in people's communicational energy pattern. After all, if I say something that pushes one of your buttons, you immediately start reacting in a static and densifying way and your aura begins to cloud up. These static lines of energy, which become darker and darker according to the intensity of your reaction, are showing me exactly what you are feeling, thinking and responding to.

I have read people's auras since I was a small boy, in fact, as soon as I could see. As I couldn't remember names and only saw colors in various beautiful shapes, people thought I was mentally a little challenged. I actually had to train my eyes to identify facial features and my brain to absorb and remember names because that was so un-worthwhile for me. I was only interested in people's colors. They could talk to me forever and with each sound they made, I could see the color from the voice aura and then the emanation in the emotional aura and their gyrations in the mental aura as they were trying to put forth this communicative expression of what they were viewing themselves as and what they were trying to convey to me.

They wanted to convey to me their persona. Everyone has a persona and everyone works with a persona. The persona is that self-image that we want the world to see us as. Our identity is what we have created ourselves to be. So there is our persona and what we've created ourselves to be. We all wish to convey the persona, but few of us have brought a balance between our desired persona and our accepted identity. That's why we have such distorted and incomplete forms of communication.

Even if you can't see the auras, you can feel them, which is a form of communication. Speech therapists know that the voice intonation, as it conveys a message or an expression, carries with it a great deal more of the actual thinking and feeling processes than what the words are actually conveying. So we learn to use our voice boxes to carry those emotions and our intellectual awareness in the way we emphasize and the way we project the densification of vibration, which we call words or language or simply communication.

If you feel the aura emanations, you feel them primarily in your solar plexus. Many counselors feel in their own solar plexus what their clients are really saying. Many healers feel in their own solar plexus the true emanation of the condition that their client is confronting and if they don't feel the emanations in their solar plexus, they feel them in the palms of their hands and in the fingers. They might also feel them in the heart area or in the leg area and the bend of the knee area.

You are going to feel a disturbance in those particular appendages of your body as you communicate and experience the communication in the degrees that it is being made from the individuals you encounter. Now color is a great communicator and a great transmitter. The colors that the people around you wear say much more about them than they know. So any of you who want to become more aware of what's really going on around about you in your personal lives, in your professional lives, in your social lives and in your spiritual lives should indeed recognize the communication that comes along with color and school yourself in it.

Another form of communication is body language. For example, individuals that sit with crossed legs and crossed arms as you are attempting to communicate with them are not the slightest bit interested in absorbing what you are saying. They are defying you to prove anything to them and they are impatient because they have to expose themselves to a concept that shakes them loose. They are saying: "Prove your concepts to me. Make me believe what I don't want to believe."

Then there is the twitter. The twitter (who speaks fast and nervously) says: "You are making me nervous. You are making me face something. I am unsure of myself. I am not really sure that I can convey what is important to me..."

Then there is the pacer (a restless person). The pacer says: "I want to escape. Just let me out of here. Let me go where I think I can find it better. I am not listening. I am just waiting until you get finished so I can make my statements."

You will also have those clients who will nod their head "yes" to anything you say. It looks like they are agreeing with you. Their brain is saying: "I am taking this in. I am looking for faults. I am pushing it through my brain. Be patient because I am putting you in a false sense of security and I am going to nail you." These clients are deep thinkers and they are going to nail you. First they are going to put you at ease by nodding "yes" until they found just the right statement that they can nail you with. Then they'll get their "hammer" out and they'll get you and you better have the answers ready for them. And, there is always a smile on their face as they are "hammering".

In transactional analysis and communication you are taught to respond by using all of your facilities. It's based on this concept: Your emotions can be equated to embryos, which means, your emotions are incompletely formed concepts and sensed energy patterns. Your thoughts are your "children" and your words are the expression of your thoughts. They are your "children" in action. Thoughts are things and your actions show the course that those things, those "children" are taking as they create on the earth plane. In transactional analysis you are taught to say: "I see what you are saying." So it's more than just hearing. You are also seeing and you are using all of your facilities to formulate a clear picture or a broader picture of what a client is trying to communicate to you. It doesn't really take a great brain to know that a lot of accusation, a lot of densified expressed anger only covers over the self-judged inadequacy that is being expressed by the angry outburst. Anger is used as a tool to demand that which we don't feel we have earned or we don't feel we are worthy of. For the most part, anger as it is expressed is a statement of: "I don't feel like I've earned it. I am frustrated with myself and I am going to express it by being angry at you because you haven't given me what I thought I wanted."

When you start listening, seeing and feeling you can begin to put together the whole picture through the art of communication.

The artist speaks through his artistry. The musician speaks through his music. They convey oftentimes unknowingly their recognition of their emotional being, their spiritual being, their mental being and their physical identification.

The fashion designer is communicating his inner recognition as he designs and manufactures the clothing and by doing so sometimes takes his revenge out on the people who buy it and wear it.

The advertising industry uses communication as a form of mental indoctrination - we call it brain washing - and the continuity and the verbal action behind the communication and the physical stimuli that's put into that communication has caused us all to believe that for example a certain toothpaste gives us a kissable smile and that we are not kissable if we don't use that toothpaste.

If you don't believe me, then go home and see what kind of toothpaste you are using and then recognize how much that toothpaste is there because it gives you a kissable smile and not because it cleans your teeth.

Communication can be used most constructively when we come to terms with what we really want to say, what we really want to communicate and what we really want to create in our own lives and in the worlds, in which we live. Communication becomes one of the greatest expressive manifestations of God in action. After all, if we don't communicate and activate the supreme being, universal mind, how can he possibly be active in all of the dimensions of creative expression?

Cooking is a form of communication. If you ever sat down to a meal and with every bite your stomach started doing flip-flops, you knew that whoever cooked that meal was awfully angry and really didn't want to cook in the first place. You knew that you were eating the cook's frustrations, which then caused your organs to react in a rather unpleasant way.

We communicate honestly when we know where we are going, what we are about and what we are trying to enact and bring into manifestation in these physical planes of expression. We can do much with the art of communication, but we must also start listening. It says in the Bible: “Hear not just me, but hear the Father that speaketh through me. Hear not just my words, but hear the words of the Father that speaketh through me. See not just me and my physical form, but see the Father that abideth within me.” Perhaps this statement is saying that we need to look beyond just the obvious before we start responding and creating our worlds from an illusionary image. Perhaps it’s necessary for us to have a perspective of what we really want to say and create and to know that the power and the action is just waiting to be initiated if the communication is clear.

We oftentimes choose to only listen from one fourth of our facilities and then totally misunderstand the communication. As a result, we go through self-torture, self-destruction and self-denial while we are attempting to come to a place of accepting and recognizing the densified communication that we only partially listened to. We create illusions, encapsulations and boxes of our own perceived actions and identities because we listen partially and we don’t see the actions of love, support, acceptance and encouragement that are being projected through the other forms of communication.

There are people who are trained to work on a suicide hotline. They take telephone calls from potential suicide victims who are calling and threatening to end their lives. Now, whoever calls this hotline is saying: “Pay attention to me. I am unhappy with me. I am unhappy with my surroundings. I don’t feel like going through the trouble of doing anything about them and I want you to do it for me. So come and save me.” These trained individuals are taught to use their hearing and their senses to determine how honest that suicidal communication really is and then to act upon it, which can be done in various ways. One way would be to call the police so they can go and rescue the person. But for that to happen, the trained listener must find out the location of the caller.

When you are a healer and you talk to your clients, are you really hearing them say that they want to get well? Are you really hearing them say that? If you are not, then don’t bother looking for them to get well. Listen to what they are really saying. When you are talking to your business associates, do you really hear them saying that they want to succeed and that they will succeed with or without you? If you hear that, then you know they mean just exactly what they say and that they are going to make it a success. Or do you hear them say that they want to do it but want you to help them or do it for them? So in addition to hearing, you can also see, feel and discern what the client is really communicating. If you “listen” from all your facilities, you can direct your responses much more constructively and you’ll know what exactly is expected of you. But you’ve got to listen and you’ve got to communicate honestly.

Om Shanti.

This teaching letter will be continued in No. 02/XXI.