



TRANSPARENT COMMUNICATION

"The more we see the people we are living with from the inside, the clearer and more sympathetic our communication is. - This is the foundation of a new We."

We often accept the world how it seems to be to us. We believe that the world is the way we see it...

But can we recognise that every person turns the world into "his" or "her" own world? Moment after moment. We colour reality in a certain way and make it our own "universe of experience", "our" life, "our" space of inner experience.

Normal communication deepens tremendously if we learn to be aware of the space of inner experience of the person we are with. If everyone could see everything of everybody, if the world that people are living in becomes obvious to all of us, if we do not privatise anything anymore and if everything is transparent to everyone, a new basis of interaction and realization arises. We call this Transparent Communication. It is the foundation of a new We.

The next step in evolution of the human race as a collective involves a new dimension of We - a We which is less influenced by interpersonal conflicts but exudes a higher potential of intelligence.

To allow the creation of this intersubjective space, we need more authenticity and alertness. These parameters assist us in creating a basis with an aware and present field of consciousness...

We all live in and through an intersubjective field of possibilities. We - as individual fields of vision - are embedded in a collective field, the quality of which depends on our focus of consciousness as well as that of everyone else. The consciousness of the people we are living with also affects the way we see the world.



The more transparent and open our communication is, the more we can feel the nuances of the person we are with. All the subtle "Noes" which often enough create a hidden barrier during interpersonal communication are immediately revealed. We were all born with this alertness and ability. However, many people have never learnt to use these consciously. Schools and universities normally do not teach how to communicate with an extended radius of awareness.

Every moment contains a great deal more information than most of the people are aware of. The more aware we are at one given moment, the clearer the spectrum of possibilities that still is slumbering inside us becomes.

Every conversation is a work of art. Every moment can be experienced on many different levels of consciousness. Transparent Communication can, for example, take place in intimate relationships, sexuality and with our children. With each contact we experience the intensified form of communication as a valuable benefit. The deeper we see our partner from the inside, the deeper our intimacy becomes. If we realise when a barrier to communication is starting to build up, we do not get caught up in it or become embroiled in stagnating conflicts, but instead become creative in dealing with all the tension which is starting to arise.

This is equally effective in our daily work, in every company, institution and naturally in every context of therapy and healing.

Transparent communication involves several factors:

- *The realization of spaces of inner experience*

Each filter system (all forms of conditioning, belief systems, suppressed energies and potentials and so on) influences perception of the moment, as each person is living in "his" or "her" individually coloured world.

- *The open space of relationship*

As soon as we contract and restrict the common space of communication, we reduce the potential of the moment, which means our common creativity. We feel separated from the person we are with.



- *Expansion of our subtle-energetic awareness.*

The more we can read the information of the moment inside the field of consciousness, the more transparent people are to us, the deeper our empathy and understanding becomes.

- *Authentic reply to Now*

The realization of spaces of inner experience.

If we recognise that we do not meet people but the world they are living in, we come to a fundamental realisation: Every person has his or her own colouring of reality. It is a fact that everyone gives the world his or her own cosmic fingerprint and interprets this experience according to his or her state of consciousness. And every space of inner experience looks slightly different. If we are aware of these inner spaces, we have a decisive advantage in communication. We no longer only see only ourselves. Suddenly we can grasp the inner world of other people with our compassion. We take leave of the view that everyone sees the world in the same way as we do. At the same time we are willing to get to know completely new outlooks on life and to welcome them as individual truths. This opens up a much wider space of communication. This space is holy.

There is one basic rule for communication: "The relationship space always stays open." If we are able to stay connected consciously during each contact, not to contract but stay consciously connected, we become masters in the art of communication. Often enough we see people talking to one other but neither of them is really present. It only seems as if there is some exchange, but if we tune in more deeply we realise that both are following their own automatisms. This does not lead to deeper understanding nor to satisfying interaction.



The more awake our awareness is in every moment, the more we recognise even the slightest signs of non-presence of the person we are with. We can instantly draw attention to this fact and as a result the energy level immediately rises.

Transparent communication is a way of maintaining a high level of awareness.

The more we recognise the world in which the person we are with is living – and we realise that we appear in this world with a distorted face - the more we meet one another in the depth of our nature. We know that no-one sees us the way we see ourselves in the mirror every morning. We become increasingly conscious about what motivates people to speak and act. The more I understand their world and experience it from the inside, the closer I am to them.

If I look as the deepest in every pair of eyes, I see the world with all the eyes of the world.

As mentioned previously, we need the ability to recognise other inner spaces of experience as a cornerstone for transparent communication. How can this ability be trained if we all perceive the world through different filters?

First of all we need to realise that we all live in various worlds of awareness. Then I can open myself to find out how other people see, think, feel and how their space of inner experience is created as a result.

Sympathy, solidarity and alertness are factors which increase our cognitive faculties. The natural ability for an empathic exchange which we were born with shows that we all have access to this form of communication. Often enough it is buried by emotional blocks or did not evolve adequately during our own development.

The open space of relationship

Each contact occurs in a field of consciousness. As long as this is open and connected, creativity flows. If we start to confine this space or even close it off, we separate ourselves from the person we are with – and a standpoint is created. This



hinders the potential of the moment and we are often frustrated when we part. If we want to turn communication into an art, we need a high level of sensitivity for the space in which the exchange is taking place. If during a conversation we manage to maintain the relationship space and at the same time see the inner world of the person we are with, we experience completely new forms of communication. From a certain level of alertness onwards we become the inner view of life and therefore the core, the foundation of all spaces of inner experience. We recognise ourselves as the deepest place in all hearts.

The individualised viewpoint of an isolated "I" slowly expands, making room for many points of view. As a result understanding occurs naturally. Many viewpoints and different approaches to interpreting the world have space in an overall work of art - and all take their rightful place in the huge cosmic pattern. We no longer need to convince people of our standpoint, but include all levels of life and appreciate the place they are in.

These are fundamental elements for a new We. Everyone takes up their place as an expression of a potential. A field which supports individual creative expression as a variety of evolution and encompasses everyone in one space.

Authentic reply to Now

Transparent communication needs true expression, all the impulses which develop within us at one given moment. The more force and directness is able to be expressed unfiltered and at the same time in a connected manner, the more authentic we are. Each force or energy in us that cannot live pushes itself in front of our awareness as a filter. This suppressed potential is the prison in which we find ourselves every day. We experience this as tension in our bodies, on an emotional level or as excessive thought activity. The less force can run through us, the more occupied our thoughts are with our lives.

If we manage to allow free expression, while remaining connected to the Whole, no energy accumulates inside us. This makes us feel freer and more creative at the same time. Our potential can be realised and awareness of the flow of life sets in.



Transparent communication is a practical method of creating more transparent fields and of promoting alertness at each given moment. In the presence of an aware person we are naturally much more aware ourselves. If this starts to spread around the globe, we will find that people are no longer bored or lethargic at their workplace or in their relationships. Relationships no longer adapt a pattern as easily; we can promote the potential of our children.

Transparent communication is an art which we can use everywhere. It needs constant practice and alertness, and this is what we want in the world: People who sit in the subway train with open eyes, people who are deeply connected with the person they are talking to at a business meeting.

Recognising the No of the moment

During human interaction it can be observed that a communicative exchange already stagnates below the surface, although two people may still be talking to one another ... as if the waves of the ocean are breaking on the rocks of the coast. This is a sign of non-presence.

We have probably all experienced this: Suddenly the energy field of the person we are with closes off and says No! If we are not vigilant in such a situation, we find that we are talking to closed doors.

The art of communication is to be aware of all movements throughout the entire space and to dance with it in a completely alive manner. When we realise that the intensity in the space is decreasing, we investigate if the energy of the moment is really being recognised, or if we are currently losing ourselves in a conversation which is lacking in consciousness.

Our bodies show us this at any given moment. The more sensitive we become, the more aware we are with all the motion of the moment, the deeper the recognition of the flow of life, the highest potential of Now, becomes.



If we observe old Tai-Chi-Masters doing their exercises, we can see how the clear flow of the moment is the foundation of every movement. We can experience this in our communication - provided that we are attentive in our presence.

Transparent communication, a form of aware interaction, can be used as a tool in all areas of life. No matter if we are in therapeutic interventions, business negotiations or in our intimate relationships, the influence of alertness and experienced sympathy shows its effect everywhere.