

Building understanding and connectedness with people -2



Aarsha Vidya Foundation

Vedic wisdom for a fulfilling life

About Vedic wisdom for a fulfilling life

Self esteem is a disposition by which I experience myself as competent to cope with the basic challenges of life and to see myself as worthy of happiness, while refusing to be my enemy.

Self esteem= Self efficacy + Self respect

Yogah karmasu kausalam (Bhagavad Gita 2.50)

Effectiveness or competence in action (based on dharma) is Yoga.

..Samatvam yogah uchyate (Bhagavad Gita 2.48)

- Remaining the same to success and failure this evenness of mind is Yoga.

Discovering harmony in relation to others is non negotiable

In discovery harmony with others, in communication with others, conflicts are often experienced .

Many conflicts result from not understanding the other person's point of view or not being able to communicate one 's own point of view. Point of view would include thoughts, feelings, intended actions etc

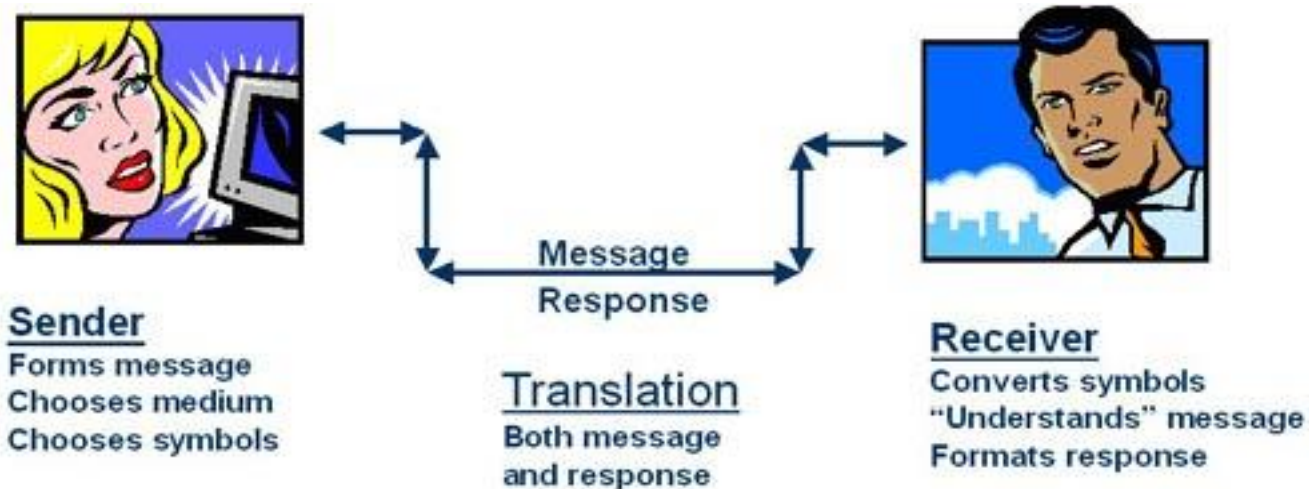
We focus on **fine tuning our communication** – ability to speak and listen

Communication - coding and decoding

We may think communication is a simple linear process like this –



It is more like this



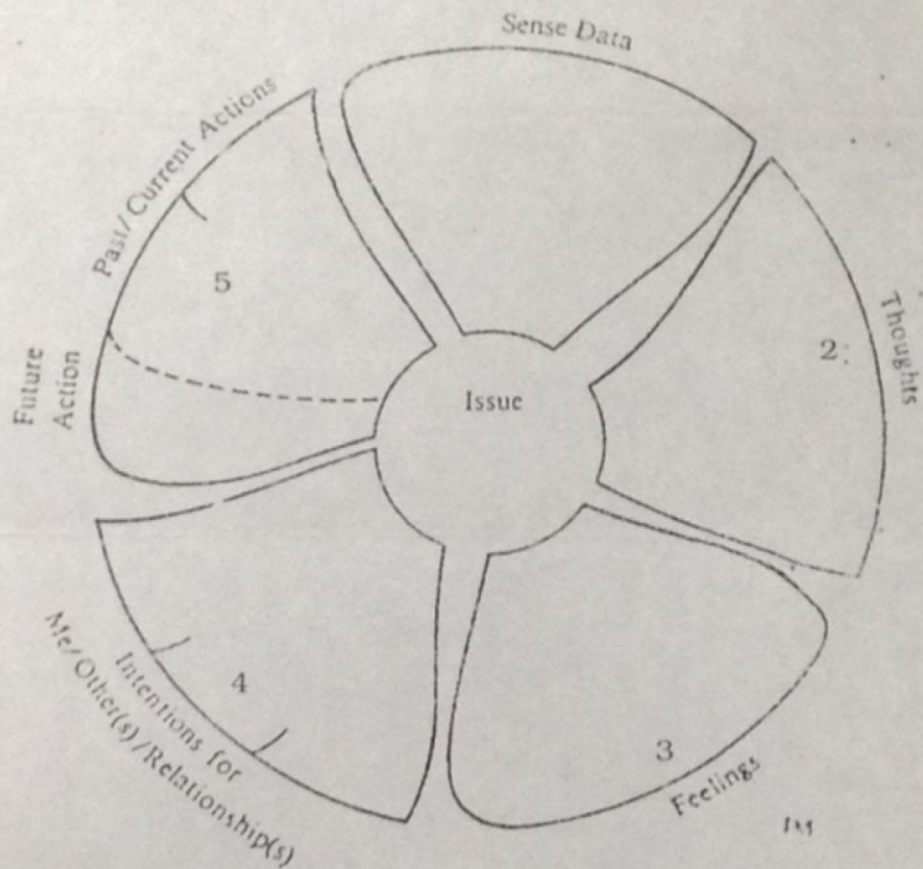
Communication wheel of awareness

To discover harmony in relation to others, **how I communicate – share and listen** is very important

For important issues, an effective paradigm is presented in the form of Communication wheel of awareness about **the issue**:

1. **Sense data** – What one observes, hears, tastes, smells, touches etc
2. **Thoughts** – What one thinks related to above sense data
3. **Feelings** – One 's feelings related to thoughts
4. **Intentions** for Me/Others(s)/Relationship(s) – in connection with the above
5. **Past/Current Action** or Future Action (pic follows)

Intention = Expression = Understanding



6. Responsible 'I' statements
7. Acknowledge
8. Invite
9. Clarify.

About the communication wheel of awareness

- Very often **misunderstanding** arises from related feelings about an issue which may point to **errors in thinking**. Please see VW3-Thinking clearly and feeling deeply.
- Sometimes breakdown in communication may occur at what has been said without paying attention to the underlying need (for e.g. affection) that prompted a statement – “You don’t have time for me.” Please see VW5 Building understanding and connectedness with people – 1

Especially while discussing important issues –

1. While listening to someone, listen in to the person’s thoughts, feelings, intended actions, needs being fulfilled to **get a complete picture**.
2. While speaking to someone, speak your thoughts, feelings, intended actions, needs being fulfilled to **give a complete picture**.

The responsibility is ours.

- Obviously this paradigm need not be followed for small talk
- Paying attention to these components while listening or speaking may seem too deliberate and almost artificial at first but with all new learning and seeing the value of such communication, **with practice** communicating clearly will become **spontaneous**.