

---

# *Communication*

Communication. What an all-encompassing word and concept! Both a weapon and an instrument at the same time. How often have we heard and indeed said ourselves how important communication is. It can make the difference between success and failure, even life and death. But if it *is* so important, why is communication so difficult?

Communication can mean the exchange of a few words. Some people go to meetings to communicate. Some people go to conferences to communicate. It Can mean days of deep discussion and sharing. It can mean announcement; it can mean pronouncement. It can take many forms. Some people talk face-to-face. Some convey messages into machines—from computer to telephone to video camera or other. Some people go to the countryside to commune with nature. But it seems that no matter how much we express—whether in the transmitting or receiving mode—we are never filled up or totally satisfied, and we constantly hunger both to do more communicating, and to receive more communication. The world is overflowing with anxious people, still full of fear, but still full of desire to be noticed.

Most of us want to be regarded as witty and bright, but we may not always be brilliant conversationalists or good listeners. Perhaps the memory of some previous experience now imprisons our candor and forces us into reticence. We may have previously met rebuke or contempt after espousing a certain belief, and therefore now find it hard to communicate feelings which we long ago buried underneath some island in the land of our heart.

To unearth such a treasure takes time and patience. Unfortunately, most people are not trained explorers and if the gold of our heart lies submerged too far under the surface, they prefer to leave it entombed. This usually creates even more detrimental effects. When we are the person who is passed by, our silent screams rarely reach the ears of those unprofessional excavators who have already moved on to someone else. What should we do? Grab the hand of that passer-by and reveal our longing and our tears? It is often too hard, so we give up and cloister ourselves—resenting the people who won't take the time to look inside of us. Sometimes we even go so far as to hardboil our heart.

Sometimes melancholy or moody, but often somber, morose and in deep pain, we human beings go through life with very little contact. We sequester ourselves from one another and too often find it easier to pet the dog or cat than to touch the hand or shoulder of even another member of our own family, let alone someone we just met. We become ships looking for ports, but unfortunately our ship-to-shore lines are often faulty, so we

tend to pass in silence other ships going our way. And even when we meet those going to the place we have just left, we don't usually warn them of the location of the rocks and sandbars they will find ahead of them. But then neither are we warned of what lies before us. It is a pathetic situation. Even when we sight a beam radiating from a lighthouse, we often still miscalculate and crash onto the rocks of the shoreline. We are so poorly trained in navigating, in communicating. Imprisoned in fjords, we become trapped and unable to pilot ourselves toward shore and safety.

A person who sits by himself in a beautiful little apartment and has all the comforts of life at his fingertips but has no give and take with anyone, is not totally alive. People who do not communicate with others often end up in mental institutions. They are lonely and dejected. They shun the world and in turn, the "world" seems to ignore them. They just wither and die internally. But "life" comes through give and take, through communication on both the vertical and horizontal levels.

When someone is inspirational, he is life-giving. Through his words he raises people to a different level of thinking, a different level of feeling. The essence of life and the love of God must be transmitted between people. This is what makes the whole world tick. When someone uplifts us with inspiring words and thoughts, we must be receptors to perceive and then transmit them to others. When we do, a reciprocal relationship is created and we return some life elements to the other person.

Any kind of communication indicates a give and take process which has five basic points in common. There must be (1) a sender; (2) a message; (3) a vehicle; (4) a receiver; and (5) feedback. The most effective means of communicating with someone is face-to-face. The tone of your voice and even your body language are part of your visual communication; they definitely project something to another person. Most likely, when you speak to someone in person, you are also able to receive the most gratifying feedback because you see for yourself the other person's facial expressions. From his eyes you can glean a great deal of what he actually feels—whether they are liquid with sincerity or snapping with anger.

Yet there are much more symbolic and subtle ways of communicating. You can send a message through telephone, letter, telegram, telex, or a gift. Each is an important and viable means of communication, but all are less effective than personal contact. The telephone is perhaps the second most intimate way of communicating. Sometimes a person sits by the telephone wishing, even praying for it to ring, willing *someone* somewhere to communicate with him. If you have personally met someone and then hear his voice on the telephone, your mind can quite easily conjure up an image of

that person. In your mind's eye you can see him smile or frown. You can see his eyes light up the moment he hears your voice. In this case, the vehicle also expresses more than words because you are able to detect many things from the tone of voice.

Because we knowingly and sometimes unknowingly reveal to another person many of our feelings—the message we want him to get, how we feel about that person, and even how we feel about ourself—through our voice and words, we must be careful how our voice sounds and the emotions we profile through the very words we speak.

We are all carriers of many different messages. But we alone choose how we will convey what we want to say. We should allow our message to well up from deep within our heart to adequately let the other person know what we feel. It can intensify through our choice of words, the tone of voice we display, and our facial expression and body language. Gestures as well as eye and body contact all play a part. If you combine your message with another sign in the form of flowers, card, or gift, the recipient will understand something more.

Many people are not able to share what goes on within themselves. They don't have the ability to purely disclose what they really feel so that it can be properly received by another person. When those are the circumstances, the message may easily get distorted. Yet often what people feel inside themselves is one thing and what they express is quite another. For instance a person may appear to look like Rasputin, but internally be as light as an angel. However, how do you know that if the person cannot explain to you who he is and what he feels? And how will you ever know if you regard the person not worth the time it would take to get to know him, and then simply ignore him?

Feedback comes in different forms, too. Depending upon the conversation, a telephone receiver might be caressed or slammed down. A single word from someone may evoke a smile or a feeling of disdain. One spoken in response may provoke a frown and a desire for revenge. Communication may make a person hug in return or fold his arms across his chest to signal feedback of the "don't come near me" variety. Feedback from a telegram may feign a response of a few words, feelings of resentment, or may even be ignored. Tears of gratitude or a feeling of awe might be the first reaction upon receiving a gift of flowers. Airports and train stations are places literally filled with forms of communication. There are so many ways, so many places to communicate. And so many possible replies!

Communication is a part of our lives. We communicate with people in everyday life. But dialogue is also undertaken between different parts of society, different governments throughout the world, different religious groups, and so forth. If we are honest about it, we will admit that there are problems of communication existing on all these levels. The generation gap is often a reality—even between "generations" of pupils and teachers, teachers and school administrators, corporate executives and businessmen, prime ministers and cabinet ministers—the list is endless and encompasses all facets of life. The opening move—that risky gambit—is elusive and often never made. People, governments, and societies fight the cold war of no words but burning emotions, which fester and are continually stoked by certain actions or even cold shoulders.

Communication can be either vertical or horizontal. We communicate vertically with God and True Parents as well as employers and different aspects of leadership. And horizontally we are to connect with our peers. But forms of horizontal and vertical communication should harmonize in all facets of life. A corporation should put into operation the Management Information System to facilitate communication. One department should have the freedom to communicate horizontally with another. However, when any department or branch communicates to either middle-level or executive-level management, the laws of vertical give and take should be put into practice. But there should be reciprocity in communication—subordinates should listen to management and vice versa.

When channels of communication are open both vertically and horizontally and there is a healthy exchange of ideas and implementation, everybody benefits. Everybody is well-cared for and "life" flows throughout the entire system. The channels should stay open constantly and never be switched off. This is important in your relationship with God. Never put down the receiver of your hotline to God; always leave that connection wide open.

While he is still on the ground, the captain of a plane puts on his headset and usually does not take it off until after he lands the plane. He receives the commands from the control tower in order to properly take off and land to avoid colliding with another plane. He has to be directed which runway to use; he must be cautioned about weather conditions on the ground. Yet if he took the law into his Own hands and made his own decisions about take-off and landing, he would no doubt face sure disaster and jeopardize the lives of his passengers. Split-second timing is often a part of his decision-making process, but when he is in constant communication with ground control, he is much less likely to endanger the people whose lives are entrusted to him.

My advice to you is to put on your spiritual headset—keep it on day and night and always communicate with God. Just as the pilot is in constant communication with ground control, you should be in constant communication with "God" control. Use your hands, feet, mouth, and body according to His directions. When you do, you increase your chances of flying toward your destination non-stop and having a smooth flight. Of course it is possible to hit some air pockets and experience turbulence, but if you discover your "plane" is going down, simply yell for help. If you do, God will no doubt hear you and help you steer back on course.

Communication is everything. In order to raise your values and standards, what you communicate must be important and should be positive and optimistic. Quality is important in the art of successful communication. It is a talent to be able to pack a great deal of meaning in your words and then communicate it so that it will be well-received and understood. Some people start to talk and find it hard to stop. They don't like silence so they *keep* on talking. Perhaps such a person has a great deal of knowledge, but if he cannot stop talking about it, he will not actually communicate his message to others with too much clarity. Learning to communicate with succinctness can help you in all areas of life.

"I love you" are three pretty powerful little words. Intimate. Endearing. Private. Such a message can be sent not only through your words but also with your eyes, your arms, even your whole body. A kiss can communicate many things, depending upon how it is given. When the skin of your mate touches your skin, you definitely experience a form of communication. It is not just the physical body that can embrace, but also words and feelings and emotions. Where you choose to communicate words of love has a great impact—be it in the middle of a blooming flower garden, in the ebony darkness of a moonless night, under a tree with a summer breeze engulfing you, in the middle of a field in a snowstorm, or as rain gently cascades on the two of you as you walk down a crowded city street.

After you consummate your marriage and you and your spouse become lovers, you may find yourself using flowery words new to your personal vocabulary. You may learn how to talk with the sweet words a poet uses. But if a person was not a good communicator before marriage, he will not magically change simply by virtue of entering into that sacred union. He may try harder, but it will still be difficult for him. For instance, if a husband says very little and is not able to convey to his wife words that she is waiting to hear, her heart may turn cold before he finally drums up enough courage to tell her that he loves her. The man may be so shy that he can only speak through body language but is unable to utter even one

word of love. She may sense that he feels something for her but since he never says anything to confirm her suspicions, she is forced to keep wondering for sure. Another few weeks pass and after several hesitations and a few full starts and stops, he might attempt again to speak a few words of love. Yet another time when he and his wife are alone, his face flushes and then turns completely red. He closes his eyes and mumbles the words ". . . love you . . ." half into the chair, half into the air. And then he faints! Can't you just see it? Learning how to communicate is everything.

But another type of man might be so cocky and conceited that he says to his girlfriend, "Listen girl, my mind is made up. We're getting married tomorrow. I'll give you three hours to think it over." The woman might become so indignant with his method of "communication" that after she receives his message, she decides to parlay with her own unique brand of expression, and promptly pours her plateful of spaghetti over his head! His way of communicating is not subtle, but then neither is hers. She surely gave him "feedback!" I wonder if the man got her message. Truly communication *is* everything!

A minister stands in the pulpit during the weekly service and tries to convey something to his congregation. If you had been sitting peacefully in the pew before he started his sermon, but became so inspired by the words you heard that you jumped up from your seat to purchase a ticket to Timbuktu in your desire to serve God, that minister was definitely successful in getting his message across. The gist must have been from God and the minister was simply a good instrument. He must have communicated the spirit of God, not just filled a time slot.

Why did God first work through Noah but reveal much more of His truth through Abraham, Moses, John the Baptist, and Jesus? During Jesus' time, people might have said, "We already have words from Moses; his message is good enough for us." But God had more to communicate to people than what He was able to convey through Moses. And Jesus *did* portray a great deal more of the picture of God. But isn't it also plausible that since the time of Jesus, God still may have something more to say? Many Christians think God has already said enough and therefore become incensed when someone else is referred to as a prophet of God. They wonder how God dares to talk further, especially since we already have the gospel. This is a stumbling block for many Christians as well as adherents of other religions. They turn that proverbial deaf ear on any new words from God. But this doesn't make sense to me. This great God we believe in must have the same emotions and feelings we have. This world is not yet whole or God's perfect ideal, so we must not be doing enough. He must need

to tell us more. We are not completely satisfied no matter how much communicating we do; would God be any different? Wouldn't He constantly want to communicate with us?

Many Unificationists are now trying to promote fellowship between different religions and especially within Christian denominations and communities. God is trying harder than ever to convey His inner self and substance to ministers and hopes to use us as His messengers to do so. Because we try to mediate between God and them, we become "messiahs" in one sense of the word. We are the harbingers of God's news to the people of this day. People may say, "Why do we need to know anything more about the Messiah? We already have Jesus." But we know that the Principle is a life-giving message which we have been commissioned to share. Knowing the seriousness of that task and how crucial this time is, we must communicate with God in order to evoke Him to speak through us as we witness.

Perhaps many of us have been rejected by a minister or a person we witnessed to, causing us to turn on our heels and walk away perhaps teary-eyed, perhaps fuming because he was not willing to listen or yield to the possibility that God is still trying to communicate with mankind. The next time that happens to you, think about how many times God has been kicked out of peoples' lives and even this world. But regardless, He never stopped trying to communicate His love. Let it be an inspiration to you not to quit.

How many times do you feel that God has approached you? How many times have you approached God? Are they too numerous to count? Remember that when you prepare to witness to people and especially ministers, it is essential to first season your heart. Get right with God before you go. Witnessing is one definite form of communication. The most important thing is that you bring the message of life; you are not going with the intention to bury someone with words. Ministers have probably studied theology much more extensively than you have. If you blindly enter a theological dialogue, you may not adequately be able to debate theology, and are missing the essential point: you are to give life, to communicate that *indeed* God is alive!

You have been given the gift of His new truth and what you have to communicate is not just the word, but the heart of God. The other person has to hear your sincerity and detect the dedication in your voice; he has to see the light of truth shine through your eyes and the passion of your commitment emanate through your facial expressions. That is direct confrontation. And to me, that is the most effective way of communicating.

Countless groups of people send out letters asking for donations for any number of good causes. If you receive such letters, I would venture to

---



say that you look at them and the vast majority of the time you throw them in the garbage. But if one person meets you personally and gives you his story—tears running down his cheeks, and with a lump in his throat, tells you his people are dying and in need of food—you would no doubt give generously. If he kept on talking, you might even give *more* than generously. And if he showed you pictures or a slide show and you could see the effect of famine or drought, you may feel so touched that you might quit your way of life and go to serve his people, even personally carrying sacks of grain to the desert.

Communication is everything. The person who could evoke such a reaction from you softened your heart through his sincerity and desire. He brought you a message with his entire being—even his tears made a difference. The flyers you receive from people asking for money may be impressive, especially those with photos of crying children. They may touch your heart enough so that you open your wallet and pull out five dollars. But they are still only pictures of people who are quite removed from your life. What those pieces of paper communicate is symbolic, but probably don't touch your heart deeply. You personally don't know the little boy named Pedro or the little girl called Ling Tan who are pictured on the pamphlet. They look like precious children who have been dealt a bad break in life; the fact that they are orphans may even tug at your heart-strings, but reason might set in, and you could easily rationalize not to give any money because they live thousands of miles away and really don't have anything to do with your life. Yet if Pedro or Ling Tan stood in front of you and you could see that the rips in their clothing were real, and see that the dirt caked on their legs was not a photo touch-up, you would probably feel differently. Your heart would be moved and you might embrace them, and with tears, communicate how sorry you are that they have had to live such a miserable life.

The message that money is needed to help the unfortunate is the same. In either case, you are the recipient of that message. But the sender and the vehicle of communication makes a big difference in the way you respond. In fact, they pretty well determine the feedback. The highest form of communication is face-to-face, eye to eye, body to body. And the supporting cast is made up of voice, emotions, and heart.

We Unificationists have such a good chance to communicate with God and between ourselves. We can listen to the beating heart of our brothers and sisters during their prayers. We might be curious about the undulations of emotions sweeping through them. To detect that is to communicate. Feel their vibrations, their words, the involvement they have in prayer. In

that sense, unison prayer has great value. It gives the opportunity to speak to God in a vertical manner, yet at the same time, reveal certain things which remove barriers and allow communication between each other. If you have had a fight or disagreement with someone and your heart feels hardened toward him, it may be difficult to approach him and resolve the problem. Yet when you hear him go to God in prayer and feel how earnestly he struggles in *that* relationship, something within your heart might melt.

Communication is everything. Heart-to-heart communication is the highest, and the greatest heart belongs to God Himself. The most intimate way anyone could ever communicate with God is heart-to-heart, not from intellect to intellect. The Principle explains that His heart has existed from the beginning, and in fact is the origin of all things. That same kind of motivator is also found within man. It is not in the brain or the muscles. It is not in the deeds he does. Those are just the effects. They are just vehicles and messages which are communicated based upon what goes on within the heart.

Certain deep feelings can be expressed well through words. Of course the tone of voice is a communicator, but if you look at a person as you hear his voice, you can tell so much more. If you look at a person but he does not speak, he still does some expressing through his gestures and movements, underlining what he feels in his heart. But if you also see tears streaming down his face, you know that his heart has flooded with emotions. The valve of his heart was over-pressurized and tears resulted.

Can you communicate with nature? How does the creation respond to glorification? God fashioned the creation and mankind according to certain principles. How does a flower respond if you nourish it with water and plant food? What about if you add the element of love and tenderly touch its leaves and petals? It responds by growing and blooming. How does an animal respond to love and good care if you create a beautiful home and environment for him? A dog might become a loyal companion and even defend you from any intruder.

When there is give and take, reciprocal relationships exist in many directions. God is to be found not just vertically, but also horizontally. In fact, God can be found in all six directions of human relationships and in every different level of intensity. This is not simply a philosophical concept, but a realistic and down-to-earth principle of life.

There are guidelines in creating and sustaining relationships, but so often we forget to use them or fail to notice them. How can feedback come if we do not send any signal? In order to send a message, we must acknowledge the receiver, whether it is a person or an object. If we talk into noth-

ingness, if we only communicate into the air, how is it possible to expect a response? We must communicate with someone or something. When we look at the creation, we are often so overwhelmed that we cry in astonishment. And we get a response. Have you ever felt a weeping willow gently enfold you in its arms while you sat beneath it? Have you ever noticed how sweetly the birds sing when you praise their talent by applauding their concert?

The five points of communication also apply to your relationship with God. Make a big noise in heaven and a response *will* come. Life derives through this vertical relationship. It comes from God through True Parents. If we are imbued with life and spirit from God, we will definitely act alive. If we communicate with God in deep prayer and then communicate with a brother or sister on the horizontal level, we will notice how different those relationships are. Whereas our heart was "flying high" with God, we are often sobered when we once again plummet back down to humanistic concepts. We turn from the heat and warmth we felt when we were communicating with God, to the relative "coldness" of other human beings, and we tend to look at everything with our own viewpoint.

Why is it so difficult to continue this vertical connection? Why is it so difficult to maintain the same intensity of communication and be eloquent in our communication on the horizontal level as well? It may be easy to bow before the great and almighty God, but ask yourself what you would be without people? If you were the only person on earth, but God would place beside you one other person, who would he become to you? That person would be your god. Without him you would die. That is a hypothetical situation and you may feel that you don't need to worry about such a thing. But I urge you to come down to the basics. Who is your neighbor? Jesus pointed it out. He said, "As you did it to one of the least of these my brethren, you did it to me." In order to live we need people, not just God. If you haven't noticed until now, take a good look—God most definitely appears in people. There is no doubt that the spiritual being you pray to and relate to with your emotions and heart is real. And your relationship is a beautiful thing, but have you been able to perceive that He is the initiator, urging you to go to your brother or sister and find God within him or her.

Father formulates that same basic concept in terms of the family unit. He tells us that our spouse is our second messiah and that our children become our third messiah. But even when we have those other two kinds of relationships, the one we have with *the* Messiah should continue to flourish because the person who is a "messiah" not only represents God, but also connects us with Him.

When we reach perfection, our children will look up to us as their true parents and in their eyes, we will seem equal to God. Because children mirror the image of their parents, we must educate our children properly and according to the will of God. Your will, as well as your feeling, thinking and action, therefore must become identical to the will of God. Until they are, you cannot be true parents to your children. It is so important to communicate the original substance of God through all levels—even to our children and their children. There is only one way to close the generation gap—constant communication! That is why it is absolutely essential. And further, the quintessence of that communication must be of the highest quality.

If a person is impervious to the reaching out by another, that person with the outstretched heart may eventually die. He may end up in an asylum or could even commit suicide. Communication is life-giving; through it we honor another person or another thing. In order to survive physically we must have air, water, food, and shelter. In order to survive spiritually we have to communicate with God and with each other.

Yet we also have to communicate with everything around us. Even the paint on the walls deserves our attention. If we look at the ceiling, we may notice some cobwebs in the corner. When we clean them out, the reciprocal relationship may be unstated between ourselves and that ceiling, but nonetheless, it is still life-giving. We feel better when we live in a clean environment, and when it is cleaned, the environment feels better and seems to respond by shining.

If you were bound and determined *not* to communicate, you might close all the curtains, turn off the lights, and lock the door. Yet even in total darkness you would still be "communicating" as you stood on the floor. Our early ancestors went barefooted and "communicated" with the ground when they walked upon it. They no doubt noticed the blisters that formed made their feet tough, yet they also caressed the twigs, leaves, and pebbles. But that too was "communication." You may communicate your delight to a beach when you wiggle your toes through its sand. You may relish that kind of exposure to nature and crave the feeling of ecstasy that runs through you. It is a good feeling, a wonderful feeling. It is an original feeling—one that God instilled within you.

Differentiate what you communicate, with whom you communicate, on what level, and what importance is to be measured through your message. Make sure that the important things are emphasized more than those of lesser consequence. The headlines of a newspaper seem to scream out to be noticed. They have a story to tell; the executive editors and publishers

---

are the ones who decide what news goes on the front page and that which will be shifted to the last page. Many levels of society may not agree with them and be upset that the media only wants to play psychological games with the mind by putting certain words in the headlines just to attract us enough to buy their paper. Advertisements also have a great deal of impact upon us. They teach us and preach to us in their effort to convince us to buy their product. This kind of communication certainly speaks to the individual even though the hope is to reach thousands or millions. But in themselves, the message and vehicle are often very effective ways of communicating. Sales figures show how much the public uses the advice they see in advertisements, because people seem to buy more of the products which certain organizations and companies spend a great deal of money and time on promoting. Their method of communicating by inundating us with the merits and value of the product, really does work!

Traffic lights are necessary to regulate the traffic in any large town or city, but when the traffic gets really heavy, a policeman may need to jump right in front of the traffic light and use his own hands to direct the cars. By doing that, he communicates the law. When he does, he will motion for certain people to stop, and allow certain people to proceed. But at that point the law is no longer transmitted symbolically through the traffic lights; it is then conveyed directly through the law enforcement officer. The red, green, and yellow lights were only symbolic representations of the policeman.

Communication goes beyond speaking or hearing or sending messages. Some form of communication is interwoven in every facet of daily life. Although we rarely think of it in that way, holding a pen or reading a newspaper are yet two more forms of communication.

Many times we misread or misunderstand each other. When we live with the same people for months and years, what we want to communicate and what we *do* communicate may be two quite opposite things. But rather than allowing our feelings and resentments to fester within us, we should realize that all types of communication are healthy outlets for our spiritual and emotional growth. Relationships are constantly growing and developing, too. Therefore if we really want to speak to someone, we should do our best to communicate whatever we feel, keeping in mind that we must continue to respect and love the other person. Unfortunately, we are often left to wonder what reaction the person has and so we shy away from any confrontation.

But when someone speaks to us, we might also feel that what was communicated was only half the story. We are left to wonder what the per-

son really meant by what he said. Sometimes when we talk to someone, the person may just turn and walk away from us. Or the person could yell at us. What does he mean by doing that? We may wonder what we did wrong. In reality, the person may be consumed by problems which are hidden from our eyes, and we are merely the recipient of some emotion that the person needed to express. Perhaps one word that we said stirred up something within him and he could not help but respond in that way. Yet these appear not as crossed-wires, but more like a direct hit. Walking away or yelling are certainly forms of communication!

Sometimes three people will speak at once and you cannot understand any one of them with total comprehension. If there is something important on television but someone suddenly starts speaking at a crucial moment, you could become angry and aggravated and may even shout, "Shut up!" You may not be as angry at the person as the situation. Yet what you communicate may hurt him.

Information which is communicated has to have relevance and a certain priority. You must make sure that the important things are given proper respect and are communicated in a way that others can sense their magnitude. If an executive telephones a manager, that manager realizes his superior has an important message. But if all of a sudden the executive calls all managers together, they realize that something very important is going on. The executive obviously has a message which he wants everyone to hear, but does not want to communicate by telephone or through a memorandum. He calls them together and speaks to them personally—conveying his message in depth and in detail. If he pours out all his heart, then even through his eyes and gestures, people are more able to understand the seriousness and the ramifications of what he says.

Organize your life according to levels of importance. And then communicate accordingly. Remember that communicating with God has the greatest priority. If either God or Father calls us, we should drop everything else and start running.

Put God first. If He turns off the light in your world, you will find yourself in the dark. If He stops your heart, you will find yourself dead. The source of all energy and love for existence, multiplication, and regeneration is God. Therefore, you must be wise. Don't pull out the plug of your relationship with God. Communicate with God and you will receive everything necessary to survive, multiply, and live.

It is a simple thing, done according to the same five principles of communication. You are the sender; you have a message which you are sending to God. The vehicle is your voice, your heart, and your very vibration.

---

The receiver is God. Make sure that you reach Him, not just other spirits. Proclaim your point through the heavens in such a way that God Himself will be able to hear it. Once He hears your prayer, you are sure to receive feedback.

This works in conjunction with the Principle of Creation. You have to live by certain laws in order to create, sustain, and multiply life. On the basis of the existing polarity of all entities in the universe, the give and take process is the main life-giving force. It is the vehicle to bring life from God to all individual entities of the creation.

Be sensitive enough to perceive what God wants to communicate through your superior, and your brother or sister. Don't disregard the messages they give you. Remember how adept God is at communication. God wants to speak to you constantly. But you have to keep your ears open to be able to receive certain messages that He wants you to know. He uses all kinds of vehicles and messengers to reveal His heart. But we cannot just receive God's message and then not respond to it. We want to talk with God and expect that He will tell us something in return which we can benefit from. But God *also* wants to gain; that desire to receive love in return is built into His heart.

The feedback which imperfected human beings give to God is not necessarily of the highest quality, but the more man receives from God, the more the quality of that feedback improves.

Since we use those same principles to communicate with the world and between ourselves, we should be the messengers of God who bring His word across to the people. We should do it as long as it takes until people of their own volition offer feedback to God and hear His response.

Whether you are communicating with ministers or people you are witnessing to, be sure to first communicate vertically with God. The basic thing is to be in harmony with Him. The more times you visit them, the greater should be your preparation and the more you have to be the channel and the real vehicle which God can use to get His message across. It is not you—your intelligence or your abilities—that are at work. It is God. You therefore should strive to merely be the best possible messenger. Be the channel through which God can convey His entire being. Allow Him to use His body language, His voice, His feeling, and His heart through you. The more detail we can convey about the nature of God, the greater the response will be. And as we become totally one with God, we should just turn around and speak. Then what will come across is God's "self." We must pray—we must communicate with God—before we try to be His vehicle.

Sometimes two people talk, but end up talking not with each other but

rather *at* each other. Neither of them understands what the other is saying. They may comprehend the meaning of the words which are spoken, but they do not really understand one another. One may be talking from a different viewpoint and on a different level with a unique vision and depth. The other one simply cannot comprehend it. One has a more vertical perception, the other, a more horizontal perception. Sometimes we say what we mean but get no response. This prompts a response from us—perhaps as volatile as an emotional explosion. As a result, the other person might be hurt and filled with pain. If we only glare at each other but do not look together toward God, it will be difficult to understand one another.

Talk on a higher level is refreshing. Low level talk is depressing and can spiritually poison us. If we only talk about football or listen to certain types of music, we may become spiritually weakened. Yet if we begin to talk about religion or philosophy, or Jesus and True Parents, the whole atmosphere is lifted. The contents of what you talk about makes all the difference. We invite either God or Satan depending upon what we communicate.

How do people read you? People are spectators and will also look at the aura that you radiate, and feel the charisma you exude. They will look you up and down, gauging whether in their eyes you are a success. What kind of image do you project? Are you a success in your *own* eyes? No matter how much we dislike it, people judge us by what we look like—at least at first meetings. But often those first impressions last. Many experts on human behavior and psychology feel that we behave according to how we believe we appear to others. Remember that a smile says a lot about you—one that is warm and genuine will make you appear the same way. Your attitude bespeaks a great deal about you. Project yourself—communicate yourself—through the vehicle of either spoken or silent service, and you will be loved in return.

What do you communicate when you are sitting in a chair or when you are standing and waiting for a bus? Unless people are able to perceive through the projection of your facial expressions and body language, those individuals may misinterpret what you have to say as you try to communicate through words and actions. For example, would you believe me if I speak about love and heart but have a sour-looking face? If my face was so tired that no muscle moved, you could look into my eyes and still see the reflection of love in those pools. Let those eyes of yours, those "windows of the soul," express what you really feel. Let them reflect the love that you harbor within your heart.

Whatever you want to communicate, make sure you do it totally. You



have to be believable and to do so, you must completely involve yourself in the process of communication.

Sometimes your face may reveal that you feel cynical about something. Your eyes may laugh, but nobody knows if you are making fun of someone, whether you are laughing about yourself, or instead your look is one of sarcasm. People will no doubt be able to perceive something by looking at your face. As we reveal our hearts, we should express ourselves totally. We have to try to formulate our communication—not just in words, but also with our facial expressions, our gestures, and our body language. Sometimes you may find that there is a discrepancy in coordinating your real feelings with what you express visibly. This is a point to work on, and one to balance out.

Since we are communicators of the love of God, we must work on getting across that essence. We have to project that love to His children; they may not have been able to understand or feel His love. Therefore, we have a great responsibility. It is a tremendous task. In order to be efficient and do well in any job, you need to know what you are doing. You must first be trained, and then come to take full responsibility.

It is absolutely necessary that what we learn becomes a part of us or we will not be believable. If we coordinate the message with the vehicle, what we express will not become a lie. But if our actions are wholly different from our words, we will be hypocrites. Your message then becomes a lie because your face says something different from your words, which echo skepticism. If you talk about joy but make a sad face, you are living a lie. If you don't experience joy, how can you talk about it? However if you are happy, you exude the same from your entire being.

If you meet a perceptive person, you will find out soon enough that if your tongue holds you back from conveying the totality of your heart, the other person will detect your hesitancy.

Be yourself. William Shakespeare talked about the virtue of being true to yourself. This plays a big part in communication. You have a big problem if you try to be somebody else. Sooner or later that mask will slip and your real self will be uncovered anyway. Therefore, it is best if you are natural. If you want to act like someone else or be someone else, you will eventually run out of material. And your life will be just a performance.

The person who has to talk and talk to come across with his concept is most insecure. But a person who can state precisely and concisely what he believes, has power. A person who knows what he is talking about can convey a concept within a few sentences. And one most important facet of communication is listening. If you are not a good listener, you will appear to be very uninterested. You definitely communicate something when you

respect someone through listening to him; that is a great act of love.

The word, the vehicle of "communication," is so important. Just as essential is practicing it. Unless we communicate, our spiritual growth is stunted. Both physical and spiritual communication is important. But spiritual communication is quite different from being under the direct dominion of God.

For example, a medium may be able to break through to the highest realm and God may be able to speak through him or her, but that does not insure that such a thing would happen every time. I went to a medium in Sacramento, California twenty-two years ago. She went into a trance and received revelations about my future. Afterward she told me that she had never before experienced anything like that. Therefore, it is possible for one person to open up a channel so that another person can "see" God. But that person will not stay in the high realm. A medium is just a medium. A television is just a television. They can be "plugged in" and turned on or "unplugged" and turned off. The essence has to come from somewhere else and go through the "machine." But those are means of communication, ones that we can use to our advantage or disadvantage.

Relationships. Communication. Give and take makes all the difference. If you don't have them, you die internally. If your mind and body refuse to have give and take, you can *die* internally. Of course sickness interferes with the give and take process, but you also feel the effects. The same is true when you have no spiritual give and take with either God or others. You feel only half alive because you *are* only half alive.

Always work to discover a person's positive points. Don't worry—negative ones are there and you will find them soon enough. But they are certainly not the best thing to focus on right away. Doing that only tends to cloud your view and perception of the person's value. If we only work on discovering a person's bad points, we will never touch his heart. Communicate with the person's God-given attributes and beautiful character traits.

Of course all of us *do* have our bad points. They cannot be completely ignored because sometimes they protrude so much, they even poke out someone's eye or heart. If we relate based solely on those points, the relationship will be completely unsatisfactory for both parties. But in order to unite people and bring them back to God, we should look for the good points and polish them with our love and attention. Yet if we all make a concerted and joint effort to test our wingspan in communication, we will be able to fly to the new world on the wings of love.

Since the highest form of communication between human beings is face-to-face, why shouldn't it also be the case with God? The Bible says that the day will come when we will stand before God. That is the day when God will be able to totally express Himself, and show us who He is and what He is. Father speaks about going to God in a tearful prayer and also refers to God's suffering heart. But how can anyone experience that simply by reading a book? How can you see God shedding tears or as a loving Father in reality? How can you know that He is the one who wants to embrace you unless you meet Him somewhere and you can see that in His eyes and through His facial expressions? Where is He to be found? In spirit. In deep prayer. Probe the spirit world. *Communicate*. And come into harmony with your Eternal.