



DEEPENING COMMUNICATION

MODULE 8

BRINGING DEPTH TO *Communication*



Welcome to Module 8, Deepening Communication. There are many, many aspects to explore when it comes to deepening our communication. We can look at all of the ways that communication takes place: touch, looks, gestures, presence and movement . . . and bring more depth and richness to this. We can also look at the things that hold us back in communication, including: our prejudices, unresolved issues, agendas and undercurrents. Over the many modules that you have completed during this program, and the previous Enriching Relationships Program, we have explored a variety of aspects of communication and you have already deepened enormously.

Last module we watched the Deepening Conversations Masterclass and looked at all of the different ways that we communicate and how we can find multi-dimensional richness and depth in all moments. This module's video has covered a different aspect of communication, which includes: knowing how to deal with what comes at us, agendas, control, undercurrents, and our part in not controlling conversations. We also looked at approaching conversations with a clean slate and no agendas, allowing us to be responsive to a deeper form of connection and purpose in each moment.

The focus of this workbook is to cover a slightly different angle: we will be taking a moment to bring the art of observation into our relationships. We will look at how we can zoom out to gain perspective and find our “same page”. We will also look at the truth of truth and what oneness really means and how this applies to our relationships.

Enjoy exploring all that this module has to offer.

Zooming **OUT** TO GAIN PERSPECTIVE

Zooming out is such an important part of finding perspective. Perspective allows you to feel more settled, aware and detached . . . which in turn supports you to be open to more of the depth of the situation. If there are areas in your life where you are definitely not on the same page as your partner, it is really important that you start to explore these areas together so that you can hopefully come to the same page, and this togetherness being a platform for deepening. What is often the problem in relationships is that people are used to discussing areas of life in a tug-of-war, from their separate pages (world views, opinions, hurts etc). This will never get you anywhere, only battered, bruised, worn down and resentful. This is where zooming out comes in. If you are clearly on a different page to your partner then you have to zoom out to find what base of shared understanding you do have. Are you only one page separate? Are you in a whole different chapter? Are you reading a different book? Is it the same author, or a completely different area of the library?

Example 1: You and your partner may be arguing about where to live. You may want to live close to a good school, your partner might want to live close to the beach. You might be thinking about the kids' education and they might be thinking about the family recreation time. You might be thinking of resale value, they might be thinking of where they want to live forever.

Let's Zoom out: You are reading from the future security, education, financial success page and your partner is reading from the future connection, quality of relationship, lifestyle page. You are actually reading from the same book, the **'Trying to look after your family as best you can'** book. Once you realise you are reading from the same book but just focusing on different aspects it is much easier to approach the different pages from knowing the foundation of the same book. So why are different pages more important to each of you? What are the fears that draw you to the solutions offered in one page over another? What are your core values that resonate with the other pages? Are you carrying any loading, hurts or scars from past experiences that push you towards the page you are on?

What you get to do in this exploration is to uncover what it is that has driven you to the page you are on and whether that is a deeper knowing and sense of truth or whether it is an avoidance of what you fear or haven't resolved within yourself.

Zooming **OUT** TO GAIN PERSPECTIVE

Zooming out can make life so simple. It encourages us to not go down the rabbit hole of hurts, fears and reactions and instead, step back (detach) and observe (feel) what is really going on. This isn't the act of disengaging or caring less. It is actually a gesture of more care and more connection to allow yourself to take in a bigger more expansive perspective. A lot of the time this involves taking time out of the equation. When we take the pressure off having to get on the same page NOW and instead enjoy all of the understanding, growth and depth that can come from the process of getting on the same page, it makes life simpler, relationships soooo much healthier . . . even enjoyable!

Example 2: You and your partner argue all of the time. You trigger each other and deep down you are both so hurt that there is a little part of you that likes (feels relief through) lashing out. It is a vicious cycle that seems to have a life of its own without any real feeling of being able to control it.

Let's Zoom out: You are actually reading from the same page but just in completely different books. The page is 'I am over being hurt and I can't stand being treated x,y,z way'. Your book is '**Why don't I have more meaning in my life**', their book is '**I don't want to deal with my past issues yet**'. No wonder there is tension! In this example the future of the relationship definitely needs to be explored and a real and honest conversation needs to be had about the realistic compatibility between each other but this cannot be done through reaction and blame. As you zoom out, you might find that it takes a while to find a same page in a same book. You may need to go way back to the point where your same page in the same book is that you don't want to seriously injure or kill each other. If this is the case, there is a lot of work to be done to continue building a foundation that can even handle the conversations needed if you were to decide to separate.

NOTE: This is definitely a 'get support from a professional' example.



EXPLORING PERSPECTIVE || *Zooming out*

Question 2: Pick an area from the previous workbook (Question 13) where you and your partner are not on the same page with where you are coming from. What new things did you discover about yourself through exploring where each other is coming from?

Question 3: Using this same example, what new things did you discover about your partner through exploring where they are coming from?

Question 4: How does this change your understanding of where they are at and how they see things?

Question 5: Zoom out on an area of your relationship that you are not on the same page with. What is the point of zooming out where you do come together? Describe in detail because this is a foundation for future communication.

Question 6: Having more understanding of where your partner is coming from and now standing on the platform of the zoomed out perspective you share with your partner, how can you look at and understand this area of life differently where you didn't previously stand on the same page?

Communicating TO COME TO THE SAME PAGE

Below are examples of how you can handle the most common situations through being genuinely open to exploring where someone else is coming from and you are committed to only bringing constructive contribution to the table.

- 1. You feel that where your partner is coming from is destructive (for you or them), it has many flaws and doesn't stack up to the truth you can feel.**

TIPS: This is an opportunity to stay open and feel all aspects of their "page", what exactly are the flaws, why do they invest in it and if there are any elements that have truth. Even the smallest elements of truth allow you to confirm something you do resonate with and support the potential for more openness. The more open your partner is the more willing they will be to shift from their current stance as the openness gives them the opportunity to receive a different perspective. It also gives you something to build upon in future discussions to start a foundation that can build mutual understanding.

REMEMBER: The best way to bring old ways or systems to an end, is to do it from the inside; an "inside job" bares much more weight and is an infinitely more powerful approach. Therefore, spend time understanding the page they are on (without judgement) because without understanding why your partner "needs" that book / page you won't ever be able to shift to a more mutually resonating page. This is also one of the key ways to build intimacy and for people to feel met at a deeper level.

You feel the page your partner is on is constructive and you are able to stay open to them and what they are bringing even though it is challenging as it triggers stuff in you.

TIPS: This is an opportunity for you get onto a Self-reflection and Honesty page and learn a lot from the page your partner is on. This is also very powerful as you are building a foundation in the relationship where it becomes a standard to not react but instead start with Self-reflection and Honesty. **NOTE:** This is a very powerful moment for the relationship where you set a standard for how to be honest during times when your partner is reacting to what you are bringing.

REMEMBER: This reflects a lot to your partner for times where he / she is being triggered and has an equal opportunity to make a choice to either react (and go down the rabbit hole) or choose Self-reflection and the growth that follows.

Communicating TO COME TO THE SAME PAGE

3. You and your partner are both coming from a constructive page and you learn loads from each other.

TIPS: Use this as an opportunity to push the boundaries and grow, confirm and expand as much as you can.

REMEMBER: The real magic and spark starts to come into a relationship when you know how to advance when you are advancing. The trap can be cruising at a time when there is no tension or a lack of fighting and not putting as much engagement or care towards the relationship as when things are a little tougher.

4. You and your partner are both on destructive pages but you realise, pull yourself up and step back to gather some perspective. You re-imprint the moment by coming from a more open, self-reflective and honest place.

TIPS: You could have easily gone down the rabbit hole together and maybe even had a party with the Mad Hatter but you decided not to and that is something to really appreciate. It doesn't matter if your partner thinks they scored a win because you apologised for being destructive or reactive. What matters most is that you are settled with your quality of engagement.

REMEMBER: It only takes one person to shift the entire quality of a relationship.

Question 7: Write down some key points you can take into your communication / engagement with your partner.

THE *Energetics* OF TRUTH

TRUTH IS AN ENERGETIC VIBRATION

If you are looking to get on the same page as your partner and go deeper in your relationship, you have to be prepared to ask yourself . . . Do I / we want to be on the same page and is this at any cost? Or, do we only want to be on the same page if it is a true-quality-page.

In other words, a same page that is not only:

- A. **True for myself**
- B. **Also true for my partner**
- C. **Is evolving for the relationship**
- D. **True for all else involved?**

As you can feel, discerning the quality of your ‘same page’ and adding truth into the equation is a different matter all together, in fact essential. Otherwise, you could live your whole life on the same page as your partner and have zero percentage of true enrichment, growth or love. Makes sense right? You want to make sure your same page has value to it and isn’t destructive but the problem with adding truth into the equation is for most people truth is just a word and isn’t discerned by the quality of its vibration. In general the word truth is used to describe someone’s strongly held personal opinion and completely dismisses the fact that **truth is formed first from an energetic quality**. Well before truth has words, there is an energetic quality that can be felt, known and even measured (don’t we say that we can feel a half truth?). This takes a great deal of clairsentience (the ability to clearly sense) and it also takes an alignment to what is for “the all”. Even though vibrational awareness is extremely empowering, what we don’t like about being aware of Vibrational Truth is the responsibility that comes with it. For this exact reason, many people live without the empowerment, wisdom and deeply satisfying enrichment that vibrational awareness offers. However, if you are ready for it, the empowering nature of truth is well worth familiarising yourself with.

Knowing vibrational truth is actually far more attainable than most people realise, in fact most people already have at least a partial relationship to Vibrational Truth, with it being quite common for people to say things like, “I could feel they were not telling the truth.” If you can be open to truth having a certain feel or vibration to it then you are more than part way there.

Question 8: Write down your experience with truth as a vibration.

Truth COMES FROM ONENESS

Vibrational Truth can never truly be true for only one person. This statement can take a bit to get your head around because we live in a world where we think each person has “a right” to their own truth. What is surprising to most, is that this way of thinking and living is actually very capping. It lacks the potential of depth in collaboration that is possible when you know and interact from the deeper truth that is beholding and inclusive of everyone. We use the “many truths” way of thinking to cover up our inability to truly deal with confrontation or moments of disagreement. To avoid dealing with the moment of discord, we say the answer is that there are many truths and continue to move on in a separate yet co-habiting way. What if we instead were open to asking the question, “what veils or lenses do we each have over us that prevent a deeper (more all encompassing) truth to be felt by both/all of us?” In other words what prevents me from feeling and knowing what is deeply resonating for the all? The vibration of where truth comes from is oneness and therefore there is no separation and as a result no delineation of the truth can occur. Everyone has the ability to connect to truth and a depth of oneness. It is not only for special people or an “exclusive club”. . . it is for you me and Jo Blog down the road. The problem is we live in a world that has let lawyers and academics show us what is truth????? No wonder we are lost.



Have you ever experienced a moment where there was a lot of disagreement or debate and then one person says something so profoundly true that it stops everyone in their tracks and unifies all parties? This is a moment when someone was able to access a deep truth that touches all. This type of example shouldn't be shelved as just “one of those moments” as it is actually possible (if you do the work on yourself) to live with this level of access and awareness of truth all of the time.

Question 9: Write down your experience with a stop everything, bombshell moment, absolute, irrefutable, truth-as-a-vibration moment where everyone is silenced and even humbled to truth. Even if you haven't consciously experienced this or can't remember this from your life, you can feel, explore and reflect on a moment in history where this has happened.

THE IMPACT OF TOLERANCE ON *Truth*

Most people struggle with the absoluteness of vibrational truth because we have invested heavily as a society in the tolerance of people's differences. Now I am not saying that we become intolerant but what I am saying is that tolerance is a very low standard and we can operate from a much deeper understanding and awareness. The irony is one of the most common ways that we dismiss other people is through tolerance. Yes you heard me correctly, we are dismissive through tolerance. We say things like, "You do you and I'll do me". As much as this might feel helpful in the moment if you don't want to deal with something uncomfortable, it actually perpetuates a separation and lack of true collaboration by not being prepared to explore underneath the apparent difference and explore the deeper unified truth. What is on offer here is a way to sense what you truly feel (with no judgement or projection) about any one situation and then explore this honestly with another until you get to the truth together.



PULLING BACK THE VEILS TO REVEAL UNIFIED *Truth*

If we live in connection to our depth, the outer veils start to be pulled back and the true truth of life revealed. It is absolutely possible for every single person to connect to this depth of awareness. Although for most, there is a much needed and sometimes uncomfortable process of discarding the outer layers of hurt, protection, and constructed need . . . before the depth of your soul and the truth it resonates can be consistently revealed. In my experience most people have at least had the occasional experience of this but override this deeper knowing for the **seeming** ease, comfort and familiarity of the outer-self's desires.

NOTE: This is a massive topic so don't worry if you can't quite grasp the concept and / or the practical application of one unified truth, chances are you know much more about it than you realise.

GETTING TO KNOW *Truth*

Approaching truth from its felt and known vibrational measure allows you to walk into any situation with a truly open perspective. As you start to know the feeling of truth and allow yourself the humbleness that is required to receive it anytime, from anywhere, and through any person . . . you start to live a truly philosophical life. The beauty of a truly philosophical life is that you are not beholden to any capping or limiting ways of seeing or approaching life and this is **very** advantageous within a relationship.

THE PHILOSOPHER

We have this notion that philosophers are ancient people from books or stories that have no modern day application. The truth is, anyone can be a philosopher if they are prepared to unveil the “stuff of life” that has muddied their senses and invest in a deeper awareness of life. We also think of philosophy and philosophical thought as very heady, or lofty postulations carried out usually by some sort of Greek-looking statuesque man. In many ways this has been the institutionalised version of philosophy and the real version of philosophy is an embodied awareness of life that has at its centre an adherence to clairsentience (the ability to clearly feel life).

What the philosopher knew is that he or she did not own truth and that they were merely (although importantly) a vessel for where truth comes from. In order to have a “clear” vessel capable of sensing truth they practiced clean eating, were discerning of their thoughts and words and moved their bodies with a continuous sense of greater purpose.

THE LESSON OF THE PHILOSOPHER

The true philosophers of our past were known for their willingness to find truth from the most obscure place, the most ordinary of life, the poorest person and the seemingly unintelligent. This was of course all founded on their commitment to feeling the deeper connection and awareness within. Now the lesson of the philosopher is that they did not own truth and therefore were just as content for truth to originate from others as well as themselves. This allowed them to have true philosophical debate (nearly all but forgotten now) where no one would argue their point but instead wait for the impulse to share their awareness from their point of reflection in life and sense the expansion and depth offered through the offering of others. Without attachment or ownership you offer a foundation for another to share freely and also build upon what you lay out. When you build a house you don't have one person own one part of the steel frame and another own the other just because they were the one who bolted it in place.

This is how it is done in my marriage, my family, my business and many, many projects that I have volunteered my time for. Granted, this is not the “normal” way things are done in society at this point in time but there is certainly a real and inspiring reality to living a true philosophical way.

GETTING TO A ONE *Unified Truth*

COMPARISON AND JEALOUSY - *Eroding* ONE UNIFIED TRUTH

There are many things that erode a one unified truth but probably the most damaging of all is comparison and it's evil step sister jealousy. It is ridiculous that it is so common for us to compare because we are all so different in our vibrations, essence and qualities. We can't bring what someone else brings and comparison pulls you away from what you are meant to bring to others. We all grow up with it so we are not used to living in a world where we don't have comparison around us. We can have comparison within ourselves that we constantly measure ourselves with and we can have comparison with others. In the end, comparison always leads to division. Jealousy occurs when the comparison has built to such a state of fury that you feel justified to bring someone else down. This can be through deeds or acts but mostly it is purely energetic and can often be hidden under a "nice" veneer. The antidote and also preventative medicine to comparison and jealousy is your ability to feel exposed by the truth of someone else's choices and not make them wrong for exposing an area of your life that needs greater attention but instead allow for their reflection to inspire you in full. Successful and mastered people know how to be truly and deeply inspired instead of jealous.

Question 10: Describe a situation where you felt challenged by someone else's reflection; who they are and what they have chosen. . . and reacted with comparison or jealousy.

Question 11: Describe a situation in your life where you felt challenged by someone else's reflection, who they are and what they have chosen . . . but at the same time completely inspired.

To know truth you need to be able to see, feel and listen with your whole body, feeling the vibration that the words, gestures or deeds are coming from. You need to know the feeling of when you are reacting, when you are feeling exposed, when you are processing something, when you are attached, when you want to win or be right and most of all you need to know when you are in comparison or jealousy. Having an honest relationship with all of the above will ensure that they do not erode your connection to truth. Essentially you allow truth to take precedence over everything else, affording yourself the presence and awareness to back away from a tug-of-war and put your energy behind what is felt to be most true. It is a freeing feeling to let truth eclipse your original stance and not be held to a stance just because it was the first you had or the one you invested most in.

“The ultimate way to get on the same page with someone is to not ever be owned by a page, but instead know and live by the deep values that go beyond pages, and are essential to you and true for all.

Rebecca Poole

WHERE TO NEXT?

Write down your top 5 Take home truths when it comes to getting on the same page in your relationship.

MODULE 8- CHECKLIST

- Watch Module 8 Video
- Complete Module 8 in the workbook