

“Self-image sets the boundaries of individual accomplishment” *Maxwell Maltz*

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COMMUNICATION, do we realized its importance?

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All human beings have a tool so essential and at the same time so powerful in their hands: communication. We use it every day; it is our way of making ourselves understood. For all of us communicating is natural, and for all of us it is indispensable for without it we could not express our opinions, ideas or feelings. However, despite recognizing its importance, I have to wonder whether human beings really do communicate? When we speak in our home, at work or with a friend, are we being listened to or simply heard?

We often might find ourselves in situations where we say things like “I don’t feel like talking today,” or “What from what I just said do you not understand?”

From there we can take two paths: we can leave it at that with no further explanations, or we can generate a positive environment by trying to rectify and analyze our words and our actions by understanding what led us to them.

Some time ago I read a book called, “The Four Agreements” by Don Miguel Ruiz. I found this book very interesting and I would like to share some of the ideas that are mentioned in the book with you. The main idea is that when we can identify, understand and accept the four agreements into our lives, we will be able to create a pleasant atmosphere and a positive energy around us.

The four agreements mentioned are: 1) Be clear with your words, 2) Don’t take things personally, 3) Don’t make assumptions, and 4) Always give your best. Sounds simple enough doesn’t it? The important thing, however, is to incorporate these agreements into our behavior until they become a part of our mentality. While always respecting the other person we should try to say what we feel and what we think, expressing ourselves honestly and sincerely. Firstly, other people cannot read your mind so quite simply if you do not say what you feel or think, other people won’t know. Secondly, the moment we recognize the importance of communication we will understand that the person you are speaking with is simply communicating their ideas or feelings in general. Others don’t communicate with us honestly to accuse us of things or to make us feel bad. In other words, if we don’t take things personally, what is said will not affect us and we will avoid feeling bad. Thirdly, have you ever stopped to think about all the time that is wasted on making assumptions? ‘Did he say that to me?’ ‘Why did she do that?’ or ‘Why didn’t she do that?’ In the end we wind up creating soap operas in our minds. Is it really worth the trouble? I don’t think so, it’s too much energy wasted. That is why it is so important to be open and ask if we have any doubts about anything or if we need someone to clarify something. You shouldn’t doubt yourself for a second, because simply by asking a question you are creating an open and direct channel of communication. Finally, if we were all conscious of our actions and if we always give our best to others, no one will be able to reproach or accuse us of anything. No one would be able to judge us. Giving your best is within your capability, and no one could ever doubt your efforts.

Now you may ask, Could I incorporate any of these agreements into my daily life? What is stopping me from doing so? What are the benefits of incorporating each agreement into my life?.

If we all make an effort, we might be able to see the things around us as less complicated. I’m sure that if you gradually incorporate this behavior in your life things will go better and better, and the daily pressures will decrease little by little.