

## Article 285: Happiness and Intimate Communication –part 2

Can you be proud of yourself, feel in control of your life, have an optimistic outlook, and be committed to a noble purpose without being concerned about the outcomes of your life and actions? The answer is a resounding YES! Concern for outcomes creates judgments and destroys true pride, control, optimism, and commitment; prevents you from creating real meaning and noble cause, withholds happiness; and stifles open, honest, intimate communication.

All work and play is meaningful or meaningless for you as you desire, ...and your communication follows this same pattern. Meaningful communication puts meaning into your self and life, ...and meaningless or misleading communication puts those matters into your life as well.

Are you maintaining lasting, loving relationships? If you are judging ...you are not, for, no matter what you may believe, love and judgments are mutually exclusive, ...you can never judge or criticize lovingly! ...nor can you communicate your judgments and criticism lovingly. Which would you rather have and live with, your judgments and criticism ...or loving relationships? Which have you chosen so far in your life? Are you willing to consider that by never judging or criticizing in thought•word•action you create intimately loving individuals and relationships? ...which last as long as you are not judging or critical in your mind. What you think ...you communicate, and what you communicate you think.

As happiness requires lasting, loving relationships, it also requires lasting, loving communication, ...actually, loving relationships•loving communication•happiness are one and the same. How do you, a speaker, manage to sound interesting in your loving-relationship and create happiness? Well, it is commonly accepted that a speaker is interesting if he or she speaks about what the listener is already interested in, ...therefore, to be interesting, speak of and about your listener, not of yourself. The problem with this is that the only thing you actually know is yourself, so how can you speak “knowingly” about your listener? Ask questions that encourage your listener to speak openly, honestly, and intimately about himself ...or herself. Afterwards, you’ll discover what an interesting and caring speaker you are. Try this with your intimate relationship.

Just as the purpose of schools is to protect and transmit to each generation the beliefs and ways of its elders, you use your relationships with others as a way to pass on your own beliefs and opinions to others, ...are you willing to abandon the tradition of your beliefs and opinions?

...even if open•honest•intimate communication, loving relationships, and your own happiness depend upon your doing so? Well, don't be so certain, for unlike the specialist who knew more and more about less and less until he knew everything about nothing, you believe that you have fewer and fewer misconceptions about more and more things in your life; ...both you and the specialist are mistaken.

To maintain anxieties•worries•regrets•depression, fulfilling happiness, a meaningful life, or a loving relationship, you must use the language, with all of its faults, in particular ways. Just as you maintain your judgments and the attitudes and feelings they spawn by using your language to constantly judge in thought and words and actions, you create•maintain•expand your happiness and loving relationship by the way you think and speak your language.

**In one form or another, communication is everything!**

Change your language of communication ...and your beliefs•thoughts•attitudes•emotions•words•actions will also change. This is not a matter of “what” you communicate, for most of this is determined by the structure of your dichotomy language. For instance, your duality language has you believing in the dual nature of things~yourself, your intimate partner, and your happiness/unhappiness included~and then, in mind and words and actions, you set these matters in opposition and lose your trueself, your intimate partner, and your happiness. All of these losses, and many more, occur because of the structure of your language of thought and communication ...and have very little to do with *what* you communicate, ...are you using your language against yourself? ...to destroy your loving relationships and happiness? ...to avoid living as you truly desire? Are you communicating against yourself and everything you truly desire? Why might that be so?

Through language-perverved reasoning and understanding, you have been taught many misbeliefs about happiness, communication, and loving relationships and shown how to justify those distorted beliefs ...and your conflicts, illbeing, and unhappiness when you try to live them. This is the process that has carried countless deceptions from generation to generation masquerading as “truth” and common sense. However, you can get the “feel” of true happiness by touching it carefully with your mind through ohi communication and listening to its profound message, ...then the masquerade of language, which you have been living and constantly straining against, will become clear to you.

For lifetime after weary lifetime, you have followed the often-languaged assumption that you would grow into goodness if you correctly restrained yourself from evil, or you would gain happiness if you carefully judged and controlled unhappiness, ...however, most of what you gained was steeped in judgments, control and being controlled, restraint of self, constant struggle, distorted and deceptive communication, and lack of happiness and pleasure in self. Unfortunately you live in these ways even today. When will you consider whether or not such languaged-beliefs•assumptions•actions are reasonable? ...and likely to create the communication and happiness you truly desire? Your languaged-beliefs and miscommunications have, long enough now, distorted your mind and life ...and withheld the self and happiness you truly desire.

You are willing to change your ideas of physics and chemistry, of medical treatments and surgery, of biology and engineering, of astronomy and the quantum world ...yet you maintain the fundamental concepts of your language, and the misbeliefs and deceptions they spawn, without any serious reconsideration, ...and you continue communicating in these ways and constantly struggle to free yourself of your own creations ...in the hope that you will, in this, discover happiness, ...have you ever heard of any other thing as foolish as this?

By continuing your unhappiness  
and lack of open, honest, intimate communication  
you are disrespecting yourself.