

## Words for wondering

### Intention and its Impact on Speaking with Consciousness

by Ilene Bergelson

When it comes to the integrity of our communication, we can only be as honest with other people as we are with ourselves. Therefore, if we are fooling ourselves about where we are coming from, our communication is going to also lack that level of clarity and integrity.

We may reveal a different message through our behavior or in other ways. For instance, we may say one thing and do another or just seem to have a different emotional state about what we are saying and what we are doing. If our listener is intuitive, they are going to figure it out. They may be consciously aware of the discrepancy, or it may be a vague feeling in their gut.

Even if our listener *is* aware of why our message feels like it lacks integrity, they may not call us on it. Think about it-- how many times have you been in an experience with somebody, an exchange with someone, and you feel like:

- ❖ there's more to that story than what you're getting
- ❖ you're really hearing only part of what's actually important
- ❖ there's missing information
- ❖ information's being withheld intentionally
- ❖ you're not really being told the actual situation

How often do you feel like speaking up is something that would serve the situation or that you feel comfortable enough to do? You may even choose not to call attention to the situation out of respect for the other person's privacy.

The primary responsibility of knowing where we are coming from and why—our intention—rests with us. The more we communicate from a place of consciousness the more clearly our listeners will *experience* our intention and our integrity.