

Coming Up

Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

2007

Masaka, Uganda Nov 24 & 25

2008

Sydney, NSW Mar 8 & 9
London, GB Mar 8 & 9
Brisbane, QLD Mar 8 & 9
Christchurch, NZ Mar TBD
Perth, WA Mar TBD
Wodonga, NSW Mar TBD
Warnervale, NSW Apr 5 & 6
Melbourne, VIC Apr/May TBD
Kent, GB Jun 7 & 8
Sydney, NSW Aug TBD
Brisbane, QLD Sep TBD
Birmingham, GB 1 & 2 Nov
Sydney, NSW Nov TBD

www.CelebrateLove.com.au

Embrace

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Smart Loving Evening Talks 2007

Dates & Venues to be determined

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Smart Loving

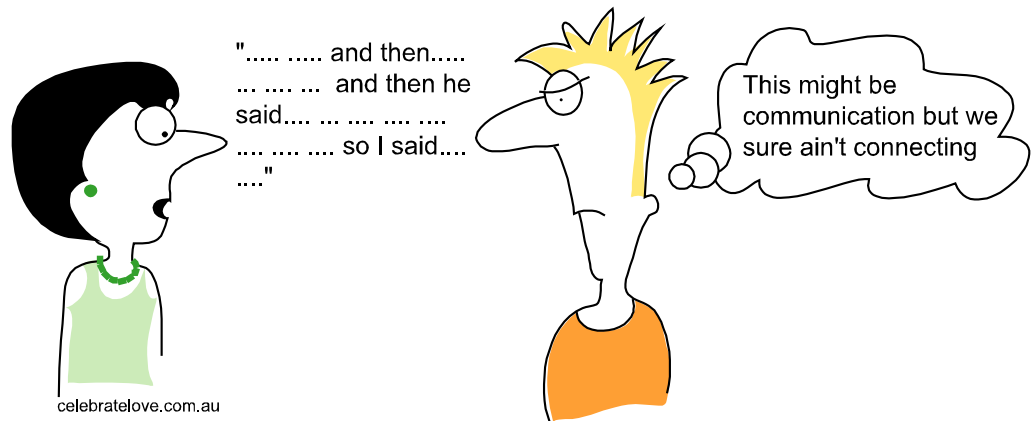
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Soulful Communication

Communication has long been seen as the key to a healthy marriage. Modern experts call into question this wisdom, suggesting that it is not communication, but *connection* that is the key to lasting marital happiness.



Communication in relationships is often misunderstood. Most people think that good communication involves choosing the right words and learning how to listen better. Or learning how to 'read' another person's body language. This is a very narrow understanding and it can mislead us into thinking that all we need to do is learn some 'communication techniques'.

A more helpful approach is to think about 'connection'. In fact, when we break the word 'communication' down to its Latin roots, we get:

- 'com' – meaning 'together'
- 'uni' – meaning 'one', and
- 'ation' – which means 'being'.

In other words, the essence of communication is about **being together as one** – it's about **connection**, about being united in all our personhood, and that means more than just doing the activity of communication well. It includes the spiritual dimension; it's about being one in body **and** soul.

In marriage, effective 'communication', will include the dimensions of both body and soul. We engage the body in the basic activity of communication whether it's talking, writing, various facial expressions or tone of voice. It is only fully personal and human however, when we also engage the soul, our internal psycho-spiritual selves.

The soul dimension is all about emotional connection. Without it, communication is shallow and is merely an activity our bodies do. So we're talking but there's no emotional sharing or vulnerability. **Soulless** communication can be technically very good, but it will never satisfy the hunger of the heart for true connection.

In contrast, **soulful** communication is intimacy at its best. Communication becomes genuine intimacy when there is emotional vulnerability. That means a willingness to both bare our souls, and receive and be influenced by the other's soul. It requires a sense of reverence for the other, a humility and awe in the face of the incredible trust that this person has placed in us. Communication skills can help us create a safe environment for this trust to flower, but it will not deliver the longed for communion of body and soul, unless we subjugate our technique to our personal vulnerability.