

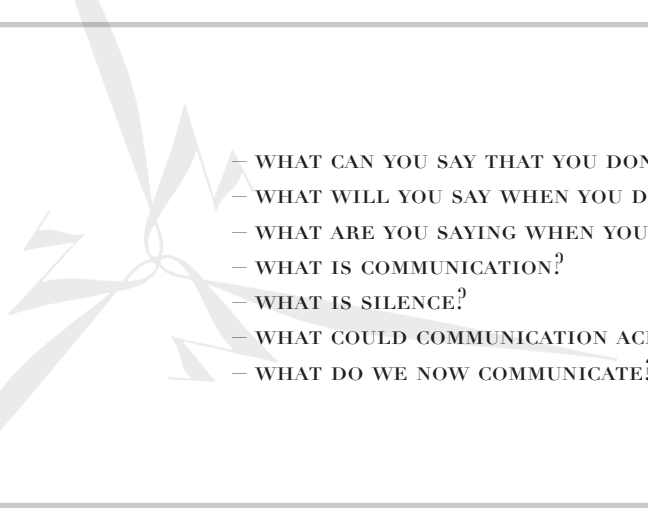
Complimentation[®]
INTEGRATED
INSTITUTE
OF



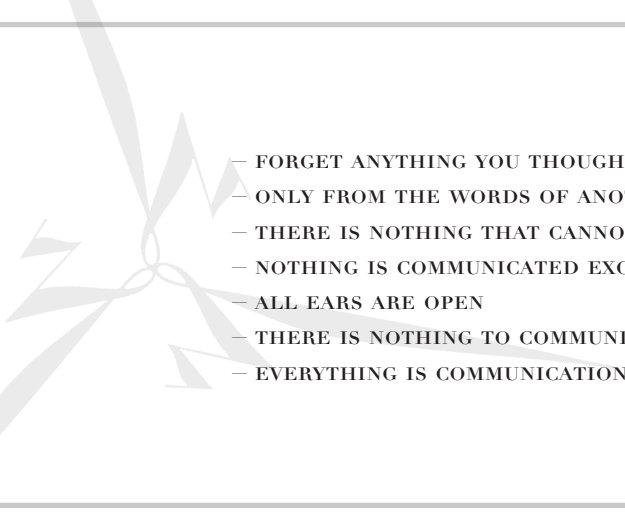
DAY TWENTY-TWO

WHAT *you're* SAYING *when you're* NOT SAYING
what you THINK *you're* saying.

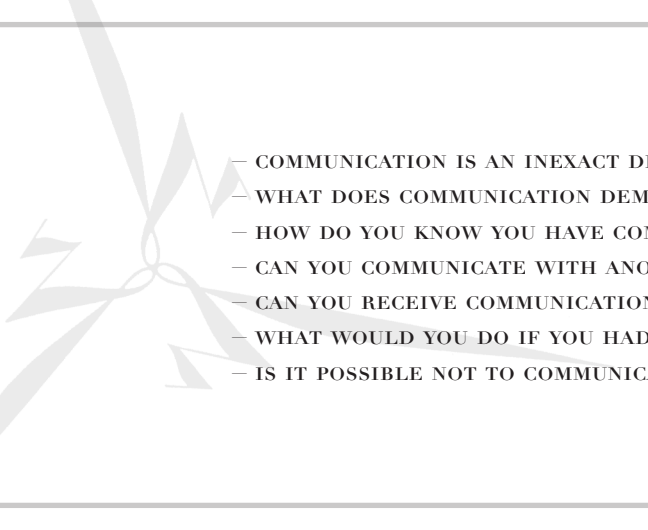
INSIDE

- 
- WHAT CAN YOU SAY THAT YOU DON'T WANT TO?
 - WHAT WILL YOU SAY WHEN YOU DON'T KNOW WHAT TO SAY?
 - WHAT ARE YOU SAYING WHEN YOU SAY NOTHING?
 - WHAT IS COMMUNICATION?
 - WHAT IS SILENCE?
 - WHAT COULD COMMUNICATION ACHIEVE?
 - WHAT DO WE NOW COMMUNICATE?

OUTSIDE

- 
- FORGET ANYTHING YOU THOUGHT OF SAYING
 - ONLY FROM THE WORDS OF ANOTHER
 - THERE IS NOTHING THAT CANNOT BE SAID
 - NOTHING IS COMMUNICATED EXCEPT THE METHOD OF COMMUNICATION
 - ALL EARS ARE OPEN
 - THERE IS NOTHING TO COMMUNICATE
 - EVERYTHING IS COMMUNICATION

BOTH/AND

- 
- COMMUNICATION IS AN INEXACT DISCIPLINE
 - WHAT DOES COMMUNICATION DEMAND?
 - HOW DO YOU KNOW YOU HAVE COMMUNICATED?
 - CAN YOU COMMUNICATE WITH ANOTHER?
 - CAN YOU RECEIVE COMMUNICATION FROM ANOTHER?
 - WHAT WOULD YOU DO IF YOU HAD NO IDEA WHAT COMMUNICATION WAS?
 - IS IT POSSIBLE NOT TO COMMUNICATE?

LAWS AND PRINCIPLES ARE NOT FOR THE TIMES WHEN
THERE IS NO TEMPTATION: THEY ARE FOR SUCH MOMENTS
AS THIS, WHEN BODY AND SOUL RISE IN MUTINY AGAINST
THEIR RIGOUR ... IF AT MY CONVENIENCE I MIGHT BREAK
THEM, WHAT WOULD BE THEIR WORTH?

- Charlotte Brontë

BUT IF ONE OBSERVES, ONE WILL SEE THAT THE
BODY HAS ITS OWN INTELLIGENCE; IT REQUIRES
A GREAT DEAL OF INTELLIGENCE TO OBSERVE
THE INTELLIGENCE OF THE BODY.

- Jiddu Krishnamurti

THE HUMAN BODY IS NOT A THING OR A SUB-
STANCE, GIVEN, BUT A CONTINUOUS CREATION.

- Norman O. Brown

14TH MARCH 2015

