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The interactive force

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Jamesian

Their relationship consisted

In discussing if it existed

— **Thom Gunn**

Spiritual awareness is a balance between our rational and intuitive selves. In his book *The Celestial Vision* (Bantam Books) James Redfield says so, categorically. Awareness comes to us via the truth of other human beings. The process of interacting with others helps us focus on the best in self and there is simultaneous reciprocity.

The process is a matter of intent. The universe responds to this and as our thoughts and beliefs go out into the world like prayers, the environment gives us what we seem to want. The key is to keep our energy high and use the power of intention in a positive way. The systematic increase in everyone's energy leads to higher potential of the group.

As groups meet and people begin to speak, members who intentionally focus on the highest level of energy expression know that they are intentionally sending love and energy to uplift each other. Energy shifts naturally from one person to another and as this happens most members of the group experience a rise in adrenalin. There is a rush of inspiration and ideas flow out.

Complexity of individual interiority is mirrored and fulfilled in the discovery and activity of group work. Our feelings towards each other without doubt reflect our feelings towards ourselves. When we allow people into our lives and allow ourselves to experience energy, we begin to inhabit more and more the kingdom of the eternal. Fear changes into courage, emptiness becomes plenitude and distance becomes intimacy.

Yet there are times when all relationships travel through the black valley of despair. This tests every aspect of the relationship. Attraction is lost and so is the magic. Sense of each other darkens and there is soreness felt. Sometimes as relationships turn and group members fix on each other's points of mutual negativity, when they meet only at a point of poverty between each other, it gives birth to a ghost, which devours every shred of affection. Persons become helpless and repetitive. Vigilance is needed at such points as is care in order to redirect the conversation. When the group recognises possibilities it is a gift and the group remains open to blessings. Protective distances collapse.

However, sometimes energies get blocked; this happens when there is grandstanding, blocking and acquiescing

Grandstanding

This occurs when a member who is speaking keeps the floor longer than is appropriate. It usually occurs in the following manner: The group is flowing nicely. Each member carries the intention to send as much energy to everyone else possible. Then, as the energy naturally begins to shift to someone else, the speaker fails to notice and continues with his own ideas, thinking of other things to say in spite of the group's decreasing attention.

The other members have the perception that the group is now out of its best flow and usually become restless. In extreme cases, the group might degenerate into a battle of egos as the confusion leads several members to vie for the floor, each thinking that he or she has something better to say.

The key to overcoming grandstanding is immediate recognition. If everyone sees what is occurring the problem can be averted with as little disruption to the group as possible. The ideal solution, of course, is for the speaker to see what is taking place and stop himself. If that doesn't happen, the person who felt the energy move to him or her could intervene diplomatically by saying something such as, "Can we return to the point you made earlier? I'd like to comment." If the current speaker doesn't allow this, other members can intervene as well, moving the energy finally to the correct person.

Blocking

Another problem that often disrupts a group is blocking. As the group moves forward, one member interrupts, taking exception to what the speaker is saying. Sometimes speakers will disagree naturally as a result of the true energy flow, in which case others will shift their attention to the new speaker's point. However, blocking occurs when a member speaks even though the energy has not shifted, and the general feeling on the part of the group is that the blocker has interrupted.

Another sign of this problem is that when other group members speak in support of the first speaker, the blocker continues to argue, often repeating himself. Usually, a person who blocks once continues to interrupt over and over, creating a regular pattern of bids for attention. Blocking is a very serious problem in a group because it can effectively thwart all movement forward.

Like the grandstander, the blocker must be confronted diplomatically. If the blocking is general, anyone can intervene. But if the blocking is focused on a particular individual, the person targeted may be in the best position to confront the blocker, at least at first.

Acquiescing

Another problem that can befall a group occurs when the energy of the group moves to a particular member who fails to take his turn to speak. Once again, this would feel like a letdown of energy, a lull in the flow. The group might have been engaged in a perfect conversation, over a long period of time, when as usual, the energy of the current speaker begins to wane and shift to someone else — only the new person is silent. The members look at one another in confusion, or perhaps someone actually picks up on the person who should be speaking and looks his way, but still nothing happens. The person remains quiet.

When this occurs, it prevents the group from being as effective as it could be. The contribution of every member at the right time is critical to the overall flow of truth. Often the eventual outcome, in terms of productivity, can be severely limited by just one person who acquiesces. The basis of this problem, of course, lies in the person's self-confidence and trust level with the other members of the group. Sometimes the acquiescence can be prevented or kept to a minimum just by making sure the members are comfortable with each other, or by merely slowing the group process down.

We've all been the grandstander, blocker, or acquiescent at one time or another. But, by being conscious of the pitfalls in the group dynamics, we can learn to avoid them. Any glitch in this area can be overcome if the members stay alert and openly discuss the difficulties they perceive.

The scope of interpersonal spiritual awareness is large. When we reach a level of awareness in which we know that most of our consciousness arrives through other people, we begin to use the energy dynamics we've learned to uplift all the people in our lives.

The more love and energy we give, the more rapidly awareness messages come to us, and the more creative, effective, and inspiring will be our individual lives.

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