

EQ AND RESONANT COMMUNICATION - REFLECTION



I ask for what I desire as we begin this topic



I pray that my entire being become open to God's grace



I imagine these texts being addressed to me, and note my response

Grace: that we find in communication a way to live in fellowship with God and others

It should be presupposed that every good Christian ought to be more eager to put a good interpretation on a neighbor's statement than to condemn it. Further, if he cannot interpret it favorably, one should ask how the other means it. If that meaning is wrong, one should correct the person with love; and if this is not enough, one should search out every appropriate means through which, by understanding the statement in a good way, it may be saved.

Ignatius of Loyola - *Spiritual Exercises* (SE 22)

"We should be slow to speak and patient in listening to all...Our ears should be wide open to our neighbor until he seems to have said all that is in his mind"

Thoughts of St. Ignatius Loyola for Every Day of the Year, 39

"Communication has the power to build bridges, to enable encounter and inclusion, and thus to enrich society. How beautiful it is when people select their words and actions with care, in the effort to avoid misunderstandings, to heal wounded memories and to build peace and harmony."

Message for World Communications Day 2016 - Pope Francis

"Let no one seek to be considered a wit, or to affect elegance or prudence or eloquence, but look upon Christ, who made nothing at all of these things and chose to be humbled and despised by men for our sake rather than to be honored and respected"

Letter of Ignatius to the scholastics at Alcalá.
[Unpublished *Historia de la Assistencia de Espana*, Book 1, ch 6], 1543

QUESTIONS FOR REFLECTION

To which extent does our communication bring life and edify others?
What threatens to corrupt and distort our communication?