



Conscious Communication

Basic Communication

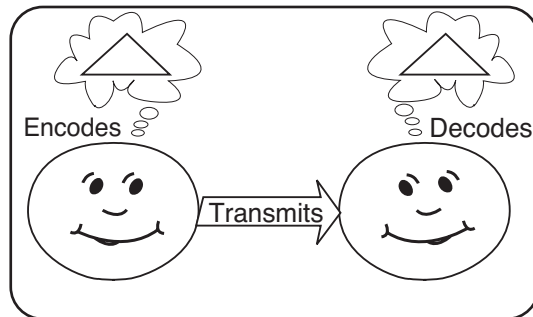


fig. 1 **Ideal communication**

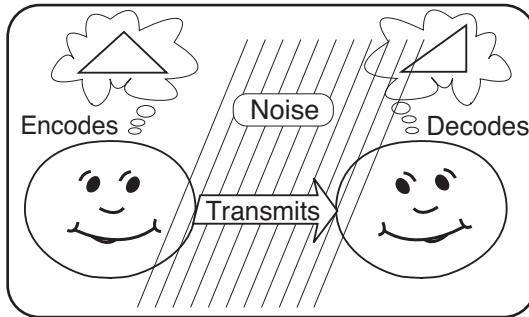


fig. 2 **Real communication**

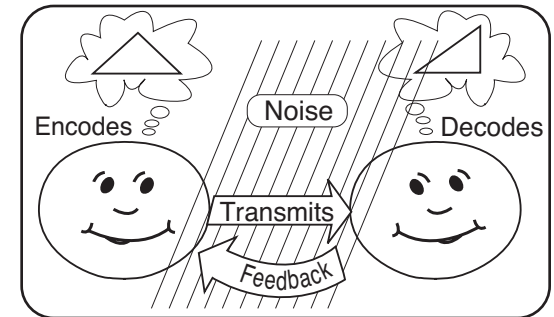


fig. 3 **Preferred communication**

What is communication?

Communication is the transfer of a message from one person to another. The message could be the sharing of information, requesting an action, or maybe expressing emotion.

Before the message is transferred, it will be encoded in symbols. Symbols may be sounds (speech, a crying infant, or a car horn); visuals (gestures, drawings, or the printed word); even touch is used to express meaning. The receiver of the message then translates, or decodes, the symbols back into meaning. (Fig. 1)

This describes an ideal communication. I call this “ideal” communication because the message is translated as transmitter intended. However, in reality, the symbols pass through various barriers, called noise, which can filter and distort the message. The noise can be sounds which distract one’s attention or makes it difficult to hear, physical discomfort like backpain or hunger, or thoughts of something else that makes paying attention difficult. (Fig. 2) [note that what is heard is not exactly what was transmitted]

As well, we cannot know what meaning the receiver is giving to the symbols without some form of feedback. How will we know the receiver actually got the intended message unless they tell us what they heard? (Fig. 3)

Now the receiver becomes the sender of the ‘feedback’ message and the process is repeated.

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