



## Communication Coaching, Classes & Workshops

Because what you say Matters.

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### COMMUNITY

“The modern quest for community is a quest for one’s personhood...The essence of community is wholeness...that meets my needs and those of the greater whole of which I am a part. Community is a deeper reality within which I move and have my being. It is one of the names of God. Community is a gift of myself, what I give in endless participation with my world.”

~David Spangler

The term community comes from the Latin *communis*, meaning ‘common’. The words communication, communal, communion, and community imply sharing, finding common ground, and experiencing relationship with ourselves and others. The state of community exists first in consciousness; it need not apply to a physical location, and can be a way of being.

Our primary community is that of our bodymind. We are made up of quadrillions of cells, with each cell having a unique task to accomplish and a special role to fulfill. Cells are organized into tissues; tissues are organized into organs and organ systems. When the vast internal community works in harmony, we grow, heal and fulfill our tasks in life.

Recognizing that in community, we are each other's medicine is fundamental ~ regarding both our own inner community and the world community. In our inner community, our body produces its own antibiotics, insulin, pain medication, chemicals to achieve altered states of consciousness, and other elements we need to heal, grow and function. The body-mind produces everything we need in exact amounts, provided that the body-mind's internal communication lines are free from interference. As a result, our body can express the perfection of the indwelling spirit that forms the core of our existence. We are our own medicine.

In the stage of Community we are aware that everything is interconnected and interpenetrating. We cannot escape our connection. We must acknowledge the fundamental truth that humans both **need and exist in** autonomy and interdependence.

The term spiritual comprises two words we are familiar with. **Spirit and ritual.** Both are aspects of community. Many ancient and traditional societies have established rituals to honor the cyclic and periodic chaos of the natural world, such as volcanic eruptions, storms, tornados and earthquakes. Participation in these ceremonies acts as a focal point for the community. In these rituals, individuals bring their uniqueness and their gifts; they share both their shadows and their light.

We need to awaken from our sleep so our reality can once again be transformed with and through our participation in the world. In community, we find the places within ourselves where we have lost participation. We choose to return to internal exploration again as it is necessary for the world of we are a part.

To the degree that I do not participate with myself as a community, I am unable to creatively and effectively participate in the world around me.