**Intrapersonal – Interpersonal Communication:**

**Indian Philosophical Approach**

**Dr. Dayeeta Roy**

**Asst. Professor in MIT WPU**

 **Email id: dayeeta.nagroy@ gmail.com**

**Abstract:** Communication is the basic function of human beings that has been widely discussed in different fields of study. There are different models, theories and interpretations are available but the purpose of this paper is to explain about the importance of intrapersonal communication and its relationship with interpersonal communication. Different philosophers describe communication in various ways. However, Indian thinkers focus on the intrapersonal communication and it can be the medium of interpersonal communication. According to Indian model, complete picture of communication cannot be thought of without taking into consideration the in-depth and holistic view of human beings, their goal of life and its interrelation with society, world at large. According to the Indian tradition, *Śabda* (words) originated from *Nad-Brahma* or *Śabda-Brahma* and it has four aspects: *Para, Pashyanty, Madhyama,* and *Vaikhary*. Similarly, according to the Indian approach, self-realisation is the primary goal and knowing oneself is the beginning of all wisdom. Thus, communication from Indian point of view has deeper/wider meaning. This paper finds out the qualitative outcome from intrapersonal communication. Most of the people do not know that intrapersonal communication happens in themselves. Moreover, it can be a part of our daily activities, hence, one can be able to reduce conflicts, sufferings so on. It is a firm conviction that intrapersonal communication is the foundation of all other interpersonal communication. Without proper understanding of intrapersonal communication, it would be difficult to achieve our desired goal. The method of this communication depends on praying, meditation, reflection etc. and with the help of these one should be able to interact with own self, can recognize own self, to know the strength and weakness. Therefore, one can be aware of own self.

**Introduction**

Human existence is primarily based on the fulfilment of basic needs. Human beings are hardwired for communication (verbal and non-verbal). From the moment we born we start communicate. As babies, our first communication act involves as crying----letting the world know that we have arrived. If babies don’t cry, doctors are slapped on the back, literally, it makes to cry. The main intention behind this activity is that to open babies’ windpipe and make us breath. Actually, our surroundings provoke us to communicate and this is the fundamental motivation to live in this world. From the very beginning, if we don’t communicate with the world then we will die after sometime. We need to communicate in order to survive.

There are many stories in our culture that we do communicate and listen our mothers voice when we are in the womb. The most popular story which is mentioned in the *Mahabharata* epic about Abhimanyu’s *Chakravyuha* story. Arjuna’s son got to know the secret of battle plan of *Chakravyuha* before his birth, when he was in the mother’s womb. The unborn Abhimanyu was listening to this battle plan from his mother’s womb which he remembers in the later life after his birth. The importance of this story is, it is one of the basic necessities of human life and it starts from the birth time and it will end by death. Communication can be compared with our innate and vital force i.e., breath. Human beings create meaningful life and re-construct their surroundings world through communicative language to bring it meaningful. Without this ability, life will be redundant and futile.

Our life is regulated by our basic desires and these are obvious for the nourishment of our vital force. One of the basic needs include food, from which we get energy. Energy comes from food only i.e., whatever we consume, either it produces nourishment for our entire development, both mental and physical. Otherwise, it may lead to harm or suffering. We tend to think that nourishment only as what we take it through mouth. On the other hand, apart from food, we consume or experiences many objects through our eyes, ears, nose, skin --- these are also our food (this food does not only satisfy our hunger but it gives us immense strength of physical, mental and spiritual growth). Similarly, conversation/communication is going around us and we participate in it, are also food for us. If consumed food is healthy then only, we grow in proper manner. Likewise, communication is a skill and it is the source of mental and spiritual nourishment. At the time of birth, every child has tried to communicate their words to others. Therefore, this skill creates an atmosphere from where we get nourishment for mind and soul. In a similar vein, when we interact to others, it nourishes us, uplifts our thought process and enhance the meaning of life. At that time, we are feeding them love and compassion.

On the other hand, there are many people around us, they are creating tension, anger, conflicting circumstances that causes violence and suffering. It creates toxic communication around us. It leads sufferings to human kind. Therefore, in short, communication is occupied two sides of the same coin. From one side it is intra to inter and on the other side it is inter to intra i.e., *vice versa*. Though it is *vice versa* but it depends on the person to person. Whenever, we are doing self-talk or inner-speech at that time, one is totally engrossed within--- with one self. Therefore, this word connotes ‘within-individual’. Before communicating with others, we should communicate with our own self. It means, being able to communicate with yourself, being able to understand/to know yourself. This is the primary method to reduce any kinds of conflicts or violence. Every individual has own thought process/ capacity of interpretating the information/ accept the outer environment and accordingly they behave with the other persons. This is the perfect apprehension of the idea peace and harmony.

In simple, communication is the act of conveying information. Communication is a process with an interchange of elements i.e., sender, message, receiver, decoding the message, and feedback. On the other hand, communication is described as verbal, non-verbal or as a body language and these are enlisted as intrapersonal, interpersonal communication. Actually, human existence depends on this vast fundamental skill. It is fact that communication starts from intra to inter level and *vice versa*. Intra-personal communication includes self-awareness or self-talk. Thus, this paper will be restricted to the concept to internal communication as communication within the mind of a person, how we perceive, how we feel, how we correspondence with others etc. therefore, it plays an important role in human life since man was born.

**1. Understanding Communication and its Meanings:**

 Communication is originated from the Latin word ‘communico’ which means to make common, to share, to transmit the thoughts.[[1]](#endnote-1) So, communication has some purpose and it helps to develop intelligence in a person. By communicating we share meanings. It is a process to transfer information that takes place between the source and audience. This act of communication includes behaviors which an individual and group enact, sustain, meditate, correct, and integrate to build the relationship with.[[2]](#endnote-2) Communication is a process of conveying the opinions, thoughts, feelings to others that are also influenced by the social and cultural environment. Communication needs a common language (verbal mode), but other than language, so many factors are involved such as culture, non-verbal techniques etc. so communication is multidimensional. From the psychological perspective, communication is defined as the process where one individual uses stimulus to modify other person’s behaviors.[[3]](#endnote-3) With this explanation, it appears that communication involves oneself and others, intrapersonal to interpersonal communication. Interestingly, we would like to mention that communication exists even among the other species of animals, birds and insects but it is limited to certain noises like chirping, crying and movements and is basically related to their instinctive needs like hunting, preying and mating. But in this paper, we are concerned about human communication which is more complex, varied and has several objectives.

 Communication is a process of transmission of one’s opinion, thought, feeling, believe, imagination to others and it is influenced by our socio-cultural environment. In the communication, it is important to respect other persons opinion also and after understanding the feelings of another person then only you can able to react. That is why, before communicating with other persons (what kind of relation you have maintained) must be able to communicate with yourself. The one of most important aspect of communication is to maintain peace. In our country, though we have many people with different languages, diverse mode of communications but the purpose of the communication is one and the same. That means to maintain peace and prosperity. On the basis of this understanding, it can be understood that communication is a skill. This skill is not only language specific but it is related to the culture of the group to which the individual belongs.

Primarily, all message that we send or receive through communication are administered by mental sieve. The mind set of an individual depends on our family, friends, neighborhood, school, society and community. Unless, we understand this attitude, the mindset and the background of the person with whom we interact, our communication skill would be imperfect and ineffective. That is why, we are looking towards peaceful communication which allows to maintain a tranquil and calm atmosphere inside and outside both. It has immense power to preserve lifelong relationship with other persons. Not only that it has the ability to build strong nation as well as to keep balance in our professional and personal relationship. It can be said here that human communication is a communion and it is external as well as internal. Therefore, communication skill determines the growth of human personality. It is closely related to the behavior and experience of human consciousness.

 Moreover, any communication starts with the words element which is the origin of the expression of the whole universe. The existence of the substantive world depends on word and if we search of the origin of every object, then we will find word at the end. Every word has power. In *Tantra* philosophy, Goddess *Kali* is also considered as a Goddess of knowledge. Goddess *Kali* wears 51 heads skull around her neck. These 51 (*Munds*) heads are the symbol of 51 letters. Every letter has a sound. Thus, it is also interesting to mention that whatever may be the number of the languages in the world but no language contains more than 51 sounds in it. that is why, in the Indian tradition, *Shiva* and *Kali* concepts are so important.[[4]](#endnote-4)

 According to Indian approach, communication starts from inward search for the meaning of reality---- this process leads to self-awareness then to freedom and finally to truth. Thus, it transcends language, meaning and its interpretation is reception-oriented, not expression-oriented like the Western models. It is the main crux of Indian approach of communication i.e., intrapersonal dimension of communication. It is rooted in the spiritual understanding of our traditions. Communication has various dimensions like intrapersonal, interpersonal, group, mass communication etc. This paper will explain the importance of intrapersonal communication and how it is the foundation of all other communication. Moreover, how does intrapersonal communication elevate to spiritual dimension. This communication is the beginning of all communications.

**2. Meaning of Intrapersonal Communication:**

On the basis of the meaning of communication, it is considered as a ubiquities process. This process of communication happens in the intrapersonal level. Simply, only one communicator involves in this communication. This type of communication ensures the existential import of a conscious being. Thus, in this process communicator is the only receiver and sender. In this model, any individual can go deeper and deeper of their own self and they want to excavate the real nature of self. But this is the ultimate level of communication. Generally, it can be defined as communication with one’s self. It includes self-talk, acts of imagination, visualization, memory and recall. In this way of communication, we do communicate with our inner self. It occurs every time and we discuss many things in intrapersonal level. It creates positive as well as negative thought process. Whenever we are doing intrapersonal communication, it involves self-awareness. Not only that how you must understand others mind by your self-concept. Practically, we judge other people so easily, that can create lots of problems. That’s why we do intrapersonal communication to make sure that one need not to be biased but make your own identity.

 Moreover, in the process of communication, people understand themselves and their emotions. When we talk to ourself, we understand ourself in a better manner and it can help us to know one’s emotional state. Furthermore, it helps you to recognize the situation of others. If any particular situation, if someone does not feel comfortable then we can readily understand that this same situation is not happy/relax for others. Therefore, we sometimes try to keep ourselves in the shoes of others to feel what they feel. This is also part of intrapersonal communication. If any person is very much into intrapersonal communication, then it helps people to confront any kind of difficult situation. Actually, these people have a good mental potentiality, concentration and focus power. They can easily analysis the problem. Intrapersonal communication also enhance the problem solving and decision making ability within us. Therefore, the meaning of intrapersonal communication and its relevance cannot be measured in one sentence. Now let’s talk on the components of this communication.

**3. Components of Intrapersonal Communication:**

Human beings and human society constantly trying to understand intrapersonal communication. In reality, language, script, grammar, behavior, are all the result of intrapersonal communication. The whole world literature is also the production of intrapersonal communication. In the determination of communication process, we mainly include five components: a) source, b) audience, c) medium, d) message and e) effect. These five factors are present in every communication in their original form. That is intrapersonal, interpersonal, group communication and mass communication. The only difference is that in some communication, the nature of component is obscure on the other hand in other communication, the component is clear. In the intrapersonal communication, source is the ten senses of a man. They transfer information individually and in a combined form. In this process, the organs of knowledge play a major role. The audience is also quite mystic in this communication. This is known to us in the form of mind, intellect and ego. As far as the question of medium is concerned, it also functions through senses. The structure of message is mysterious in nature.

The message is received by the conscience is dependent on the type of senses. Like, eye receives the visual message, ear receives the audio message, skin receives the touch message, nose receives the smell message and tongue receives the taste message. On the other hand, organs of actions do not take place any role for the intrapersonal communication. Therefore, it is clear that in intrapersonal communication, message is of five types. Other than intrapersonal communication, smell doesn’t play a role in other communication. Actually, the components of communication are many in different communication systems. Similarly, the nature of impact is different in various communication. Generally, we can say that communication can be of any type i.e., intrapersonal, interpersonal, group and mass communication but the nature, form, and basis of impact remains the same and that is man’s conscience. In the intrapersonal communication, the impact takes place on the soul of a man. In interpersonal communication, the effect take place on the soul of the people who are involved in the communication process. The influence of group and mass communication is also experienced on the conscience of the people who are engaged in the communication process. Thus, we can rather say that no matter what type of communication is but definitely its impact takes place on the conscience of a man. The purpose of communication is to understand the man’s conscience. Therefore, it would be interesting to point out in this reference the importance of intrapersonal communication in the Indian perspective.

**4. Intrapersonal Communication in the Indian Perspective:**

Intrapersonalcommunicationis a process and it has a relation to a person’s body and soul. It is a psychological process in which man himself is the subject. It includes sentiments, thought process of a person. Largely, this type of communication takes place between man and the God or other secretive power as well. This communication is guided by a person’s organs of knowledge, organs of action, and mind. Intrapersonal communication is the central point of all different types of communications presents in the world and it is impossible to imagine all other types of communication without it. In the process of intrapersonal communication, all the social sciences or study systems attempts are made to develop the vision of knowledge that can help to understand the subject properly.

India is a multifaceted and multicultural nation with rich heritage and practice of ethnic, religious, linguistic, social, cultural communication practices between and among groups. It is a birth place of different people who have different culture, tradition, food habit, art, architecture etc. Though cultural variations are there still Indian soil is spiritual. Spiritual life is the true genius of India. A search for the beginning of the Indian philosophy would take us down the long corridor of time to the distant days of the *Samhitas,* *Brahmanas*, *Aranyakas* and *Upaniṣads*. *Upaniṣads* teaches us about the spiritual oneness. Underlying the variety found in the world, the world of thoughts as well as physical world. This is not only resolved all contradictions and differences, it also embraced life in all its aspects and formed the basis on which social organization was formed. Thus, this concept of world cultural in the form of *Vasudheiv kutumbakam* has been initiate in its life blood. Therefore, Indian philosophy is a search of ultimate truth and their communication depends on the intrapersonal level.

 The entire scheme of life is divided by four ideals i.e., *Purusarthas*. *Dharma, Artha*, *Kama* and *Mokṣa* and *Mokṣa* is the ultimate goal of life. *Dharma* is the means and ways of life. *Artha* and *Kama* are the basis of worldly life. These *Purusarthas* are the springs of man’s action, *Dharma* is the righteousness, it is the law of inner growth. It makes the harmony with a man’s spiritual evolution. *Artha* is the possession of material things and wealth. *Kama* is the fulfilment of sensuous and aesthetic desire. *Artha* and *Kama* must be guided by *Dharma* for them to be means of *Mokṣa*, the highest goal of life. Therefore, if anyone follows the four-fold value of life and accordingly we do communicate (compassion) with oneself and others then only significance of life will be fruitful. Apart from four ideals, gradual qualification to the ultimate state was formulated through four stages: *Brahmacharya, Grihastha, Vanaprastha* and *Sannyasa*. So, Indian view of life and Indian way of communication is conceived as spiritual. Actually, the end of this approach tends towards spiritualistic. Material enjoyment is necessary for the survival of life. Whenever, we are in materialistic plane, we are not communicating with oneself rather we have to communicate with the world at large. Therefore, it creates lots of sufferings and dissatisfactions. But from the very beginning if we start our life journey from within (intra) then only we can recognize/understand the way of human life evolution or changes. If communication system is based on deep insight over the spiritual nature of the universe and human existence then the meaningful life can be achieved.

**4.1 Intrapersonal Communication and Vedic Spiritual Insight**

Before entering into this discussion, we would like to mention Indian model of communication which provides a broad spectrum about this discussion. In the larger Indian world view and philosophy, communication is viewed as a process of achieving *Sadharanikaran* which means simplification.[[5]](#endnote-5) Conceptually, it means achieving oneness or commonness. This word is also signified the idea of *Sahridayata*---being associated in spirit. Essentially, the process is accomplished when communicating parties (the senders and receivers) achieve the process of *Sadharanikaran* for attaining *Sahridayata* (commonness and same-ness). Interestingly, from the Bhartrihari’s perspective, communication seems to be a process of an inward search of meaning.[[6]](#endnote-6) This process leads towards self-awareness. This final achievement of truth allows a person to realise God. Moreover, *Sahridayata* is two-way communication and mutual understanding is possible in a society with irregular relationships. Process of communication happens sequentially. Firstly, the sender has *Bhavas* (mood, emotions, feelings, thoughts etc.) in mind, is the initiator of the process. Now, the sender has to pass the message i.e., *Abhivyanjana* (expression) for expressing those *Bhavas* in a perceivable form. Secondly, receiver receives the message and understand the sender’s *Bhavas* and takes its *Rasaswadana* (receiving, decoding and interpreting the message). Both sender and receiver are not static and they are involving in encoding and decoding. *Sadharanikaran* is successful when commonness of experience takes place. If everyone understands the Indian model of understanding, then we can avoid conflict which comes out from communication. *Sadharanikaran* offers an explanation of how successful communication is possible in Hindu society where complex hierarchies of class, caste, languages, religions are prevalent.

The root of human existence and this universe, Vedic Rishis found the root sound i.e., *Sabdabrahman* or *Nadbrahman*.[[7]](#endnote-7) Human speech is classified into four categories such as *Vaikhary*, *Madhyama*, *Pashyanty* and *Para*. Communication takes place through all these mediums at different level. *Vaikhary* and *Madhyama* are part of daily life but *Pashyanty* and *Para* are spiritual model of communication. Speech can be superior with spiritual practices is called as *Vak*, which is powerful enough to achieve our desired goal. *Vaikhary* speech is the manifested form of words. It is external level of communication. Here, the word is commonly used by the speaker and hearer heard this voice. Interestingly, before uttering the words, it can reside in mind or intellect. It is named as *Madhyama.* It can be called as inward speech. The innermost speech is called *Pashyanty* and it is the level of intuition. Now, fourth level is *Para* which is equivalent with *Sabdabrahman*.[[8]](#endnote-8) Therefore, we can understand the *Para* is the ultimate and according to this communication all are treating as one soul (*Ātman*). This world is conceived as one unity (*Vasudeva Kutumbakam*). This is the underlying principle of Indian mind and communication. The basic of the spiritual communication can be discussed at three levels such as intrapersonal, interpersonal and communication by *Yogī*.

Let’s talk about the human communication and from the Indian point of view, we explain it in terms of intrapersonal level. Intrapersonal communication means where oneself is communicating with their own self and the aim of thinking, reasoning, analyzing and pondering is the purpose of this communication. Therefore, intrapersonal communication occurs in the human soul only. Afterwards, this person can express his or her knowledge. The significance of this communication is, as a person, people act as communicator as well as communion. S/he spokes to himself/herself, s/he has done a dialogue with himself/herself, s/he asks question himself/herself and answered by himself/herself. In principle, intrapersonal communication is influenced by internal stimulus and external stimulus. Internal stimulus is influenced by psychological or physiological factors. While external stimulus in influenced by the environment around. Here, communicator respond according to the external factors. So, we can say this type of communication is internal dialogue. Self-understanding develops in line with the changes that occur in our lives. We are not born with an understanding of who we are, but our behavior has played an important role in how we build personal self-understanding, self-respect. Ultimately, intrapersonal communication leads towards spiritual approach of communication.

**4.2 Spiritual Intrapersonal Communication**

Indian soil is rich in spirituality. Vedic seers, *Rishis*, *Munis* were in the search of ultimate truth, they have used intrapersonal communication model intensively for the attainment of ultimate goal. They have declared that self-knowledge is the foundation of all knowledge. Self realisation through self-exploration and self-discovery was the common way to them. Therefore, intrapersonal communication plays an important role in it.

 It is clear conviction is that Self-knowledge is the highest. This is the only royal path to true happiness and peace. All other forms of knowledge are not getting so much importance like Self-knowledge.[[9]](#endnote-9) This self is realised through *Śravana* (listening), *Manan* (contemplation) and *Nididhyasan* (deep meditation). Inner communication between the lower self and higher self is the way. Its objective is to uplift the person where he stood. It is also the way/corridor to go into the inner world from outer world. Try to be in tune with the divine in you and then you are in tune with the others. First, there is inner harmony then there comes outer harmony. This is the basic understanding of the spiritual communication. Basically, we have engaged with the outer communication alone in a large manner, so that it would be difficult to focus our inner world. But spiritual intrapersonal communication is so effective, that helps us to find out the ultimate goal of life. Afterwards, we can uplift our potential soul towards interpersonal communication and we can avoid all sorts of pain and sufferings. It is necessary to mention that how does the intrapersonal communication turns into interpersonal communication? It is well-known that if any person is intellectually and spiritually enlightened then they can communicate with others in an Empathetic manner. They have immense potentiality to judge, to interpret, to understand others mind and accordingly they behave.

In Indian culture, *Guru-shishya* *sambad* was most influential/potent communication mode accelerating and complementing the process of self-realisation. It is the most commonly used communication system of ancient India, prevalent till date. All the *Vedas*, *Upaniṣads*, *Puranas* and most of the literatures are the by-product of this communication tradition. The seeker of the ultimate truth, the disciples was the fertile ground for the illumined Master/*Guru*/*Rishi*----the seer of the truth.[[10]](#endnote-10) The highest truths of spiritual tradition have ceaselessly flown through ages by means of this *Guru-Shishya* communication tradition. The real *Guru* of India is Enlightened and they were the man of free spirit, who attained insight into the universal source by rigid discipline and practice it rigorously. Then only one is free from all kinds of prejudice. It is India’s glory that she has gripped fast to this ideal and produced in every generation and in every part of the country from the time of the *Upaniṣads* and Buddha to Ramakrishna.[[11]](#endnote-11)

In fact, we are all ignorant of our true nature. We forget our divine essence. Someone who remind us the real nature is the real *Guru* or spiritual master for us. In fact, there is no greater *Guru* than our mind. The Supreme spirit, the source of all knowledge, the teacher of all teacher is ever present within the heart of everyone. When our mind is purified through moral life, prayer, meditation etc. it comes in touch with the inner light of supreme Spirit. The purified mind becomes a channel for the flow of divine knowledge. But before this self-realisation, we illumined master to remind and guide us. Srimad Bhagavad Geeta, the cream of our *Vedas*, the essence of our *Upaniṣads* can be seen as an example of communication process. Dynamic process of spiritual communication inherent in the Geeta comprises of intrapersonal, interpersonal and divine commune, leading to the purposeful action with self-realisation and perfection. Lastly, *Guru-shishya* communication has flourished in India through the ages to satisfied the need. If this link of communication will break, the nation has witnessed the most vulnerable moments of national life. That is why, it can be said that if sender passes on the message and receiver acknowledges this message successfully, then only true communication is possible. The result of all communication does not fall under the successful communication because the essence of the communication can’t be reached to the receiver. In this connection, our art and literature also play an important role because when we see any art form, getting pleasure within. It can be explained with the help of *Sadharanikaran* model. At the point of climax in a movie, when all the audience becomes one with the actor who lives an experience through his/her acting on stage and start simultaneously recalling the same experience. This process has been described as *Rasaswadana*. At the moment of *Sadharanikaran* happens, sharing or commonness of experience takes place in full form.

The Indian approach of communication would not be completed if we are not discussing the concept of medium (*Sarani*). Unless and until we don’t understand the importance of *Manas* (mind) and *Śarīra* (human body). At least for the spiritual dimension of intrapersonal level it is necessary to understand. *Manas* is considered as sixth sense organ in Indian perspective. It is *Vibhu* of the five senses but it is not the final authority in this regard. *Vibhu* is *Ātman*. The mental life is not the objective rather the claim of a higher than the mental life is the whole foundation of Indian belief. Human life is a means, not an end. On the other hand, body is the locus of mind and soul. Bodily life is not the ultimate truth though it is for the essential worldly existence. The body is the temporary abode of soul and it is an instrument used by the soul. Actually, *Śarīra* is a *Sarani* (means), soul resides in the body to attain *Mokṣa* (liberation). Therefore, body plays an important role for communication, while we are communicating, our soul-mind contact is necessary for the proper understanding of the meaning that whatever sender sends the message and in what manner receiver receives this message. Specially, the role of body is to combine different nervous system to perform sensual perceptions and become a channel of communication to contact with mind. While mind deals with one’s knowledge of the message. For example, a message receives from visual organ is felt by mind with the connection of the particular sense organ then understood as an image that is communicated with oneself first. Afterwards, it communicates with other.

Though mind is a common sense but it is still a part of consciousness. Conscience includes mind, intellect and ego. They all reside in the physical body. That’s why they are known as conscience. Resolutions, interpretations etc. is in the scope of mind. Pride, arrogance etc. is coming under the room of ego. Knowledge is coming under the intellect. External environment provides shape to the subject and intellect dedicate these objects to the soul for its understanding. Any object is conceived by mind, chosen by ego are determined by intellect. Mind after thinking segregate what is correct or what is wrong and sacrifice it to the intellect. Then intellect permutation and combination the ideas with the help of soul.

**5. Outcome**

On the basis of the above discussion, it is clear that the nature of intrapersonal communication is inconsequential and introvert. Apart from the nature of intrapersonal communication, it is also important to know about its relationship with other communication. In reality, intrapersonal communication is the center of all communication. Actually, intrapersonal communication is like energy and all the other forms communication are operated from intra personal communication. Intrapersonal communication develops a web like interior where man integrates all the mysterious secrets of communication. The purpose of intrapersonal communication is to meet with the divine power who has created the world. Therefore, in the journey of intrapersonal communication, man understands the potentiality within oneself and receives the power of world control and generosity of God. On the other hand, in the physical world, human being connects with the vastness of the extensive society by connecting with mass communication through intrapersonal communication.[[12]](#endnote-12) From this it is clear that this communication plays most important role in human society at large.

**6. Present Relevance**

The process of this communication is comprehensive and unknowable. The whole world, philosophy of knowledge and relationship resides in intrapersonal communication. This communication is most prominent as it teaches an individual to know oneself before knowing others mind. Human beings stay connected with their relations through intrapersonal communication. In this context, contemplation and compassionate attitude is important to maintain. The sentiment, the willingness, the motivation for every relationship of a man exists inside the person not in the outside world. If someone does not aware about the importance of intrapersonal communication, then only conflict, dissatisfaction happens within oneself and world at large. At the personal level, intrapersonal communication uplifts the person from where he stands and gradually leads towards the higher goal, the Ideal Supreme.

 From the practical point of view, the main component of intrapersonal communication is compassion. This compassionate communication should be related to empathetic concern and perspective taking. Compassion has the element of empathy. Whenever people feel empathy towards those is distressed, they should want to communicate compassionately towards suffered person. Both compassionate conversation and compassionate touch may occur after if one feels empathy towards a person in interaction. Another point of attraction is that those who are largely involved in intrapersonal communication, they are really aware of their thought process, their mental stability, their capacity to solve the difficulties. The idea of self-esteem, self-respect evolves from intrapersonal communication. It is the central aspect for this communication and it refers the person’s subjective evaluation of their abilities. Self-esteem is mainly linked with our psychological factors. If someone feels low self-esteem, then it can lead to various problems of depression, loneliness etc. Therefore, it should be increased by meditation. Meditation also energises our self-esteem.

 Self-control, self-respect, self-esteem, self-image, self-talk these all are related with our ‘self’ or ‘soul’. The experiences of Self are changing, these are not static. Whenever we interact with other people, we receive different positive and negative feedback. On the basis of these feedback, we should make our judgement properly. Hence, our critical outlook, positive thinking/ non-judgemental attitude/ compassionate behaviour/ strong mental strength depends on intrapersonal communication which signifies by ‘inner speech’ and ‘inner voice’.

“If you want others to be happy, practise compassion” ----- Dalai Lama

1. **Notes:**

 *Indian* *Communication Theory and Practice*; Singh, Om Prakash; Vani Prakashan; New Delhi; 2016; p.19 [↑](#endnote-ref-1)
2. *Intercultural Communication: The Indian Context*; Rao, N Ramesh and Thombre Avinash; Sage Publication; 2014; p. 9 [↑](#endnote-ref-2)
3. *Psychology as the Root of Communication Science*; Syam M.S. Nina W; Simbiosa; Rekatama; 2011; p. 15 [↑](#endnote-ref-3)
4. *Indian Communication: Theory and Practise*; Singh, Om Prakash; Vani Prakashan; New Delhi; 2016; p.75 [↑](#endnote-ref-4)
5. *Intercultural Communication: The Indian Context*; Rao, N Ramesh and Thombre Avinash; Sage Publication; 2014; p. 15 [↑](#endnote-ref-5)
6. *Ibid*; p. 17 [↑](#endnote-ref-6)
7. *An Introduction to Sadharnikaran Model of Communication; An Interdisciplinary* *Journal* 3(1); Adhikary, N.M.; Bodhi; ISSN 2091-0479; Kathmandu University; 2009; p. 69 [↑](#endnote-ref-7)
8. Bhartihari says that speech is threefold and he treats the third level of *Pashyanty* as ultimate. *Ibid*; p. 79 [↑](#endnote-ref-8)
9. *Self-knowledge*; Nikhilananda. S; Sri Ramakrishna Math; Madras; 1947; p.22 [↑](#endnote-ref-9)
10. *Complete Works* *of Vivekananda* (Vol.6); Vivekananda Swami; Advaita Ashram; Calcutta; 1974; p.496 [↑](#endnote-ref-10)
11. *Indian Cultural-Salient Features, Challenges and Possibilities*; P.L.Dhar; Retrieved from http//www.slideshare.net/PLDhar/Indian Spiritual Tradition on 28/10/2015. [↑](#endnote-ref-11)
12. *Indian Communication: Theory and Practise*; Singh, Om Prakash; Vani Prakashan; New Delhi; 2016; p.73

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