

The Spirituality Corner

by Toni Brasted, Ph.D., CG-C, RA.

Living your truth.

We are so busy that we often do not listen to or tell our truth. Many of us just glide the surface of our lives. Our everyday motions and emotions fill our lives up, yet we feel unfulfilled.

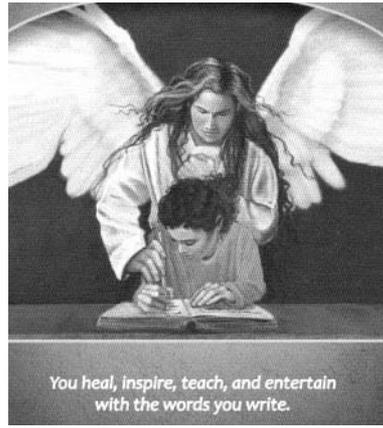
By not paying attention to our inner wisdom, our real truth, we are unsure of what is really important to us. We end up forgetting who we really are. We go through life not really knowing what brings us joy and who we really are.

What do you really believe to be true about yourself? Who are you at your very essence? Who are you when no one is looking? What brings you joy? Are things the way you want them to be? Are you sure that you act always in a way that reflects who you are?

We're so used to the way we think, speak, and act that it's hard for us to even imagine how it would feel to be completely free. For example, if you move to a new area, or start a new job, do you do certain things so that you give the 'right' impression to the neighbors or co-workers? Do you, for example, feel you need to be friendlier than ever to give the right impression? Or perhaps you are afraid to speak your truth with friends and family; perhaps there are things you would like to say but are too afraid to. And therefore, you mislead your words to cover up the real message.

Have you ever been in an argument with someone about a minor issue or about silly things and later you realized that your anger was not about that little thing, but about something that person did or failed to do for you in the past?

We are used to behaving in a way that makes our day-to-day living easy. But that is an illusion. What we really end up doing is not speaking and living our truth.



We end up denying ourselves true expression from our heart because we're worried what others might think, what the consequences might be, and that we will end up in a situation that's worse than if we just continue "pretending". Recently, while I was doing IET - Integrated Energy Therapy for a client, I found out that her 5th chakra, the chakra of communications, was completely blocked. I asked her if she was having trouble with speaking her truth and she responded: Of course; "in the office I have to be appropriated all the time".

This affirmation might be true for some of us, but I just want to remind you that being appropriate does not mean to lie to yourself. You can be very appropriate and still speak your truth if you learn the art of choosing the right words. Remember, it is not what you say, but the way you say it that might hurt you or others. Every situation in our lives that is causing us struggle or pain is an area in which we are learning about being true to our soul. If you are in a situation where you feel uncertain what to say and how to say it, stop for a moment, say a prayer, and ask God to help you to speak your truth from your heart with compassion for the other person.

That is the best you can do for yourself and the person on the receiving end. Compassion is the ability to put yourself in the other person's shoes. Coming from compassion means coming from truth. How he or she deals and interprets your message is no

longer your concern. As long as you speak with compassion from your heart, you have given it the best service possible. If he or she doesn't take it well, it's out of your control. You are not responsible for how other people feel. If we all start taking responsibility for our own feelings, instead of blaming others, we all will have a better place to live on this planet.

Let's consider the reverse! What if someone says something to you or acts in a way that you find hurtful? Rather than immediately jumping to blame the other person for causing this feeling in you, take a step back. See this as an opportunity for you to grow, to learn a new way of looking at the world that will enable you to live more peacefully.

If you really look at the situation or words that hurt, you'll probably come to realize that it's a reoccurring message.

By that I mean that similar messages have hurt you before from the same person or maybe other people. See this as your opportunity to learn your deep truth and stop repeating the same hurtful experience.

Anything anyone says or does to you is never a true reflection of you. Nobody can judge you for who you are. Any views expressed by anyone about anything are nothing but their personal opinion.

Imagine you bought a new suit and someone said to you that they don't like it. Someone else comes along and compliments you. Who's right and who's wrong? Nobody is right or wrong. These are all just their own personal views shaped by their own experiences. Maybe your new suit is exactly the same color and style of the one the person making a negative comment used to have and worn at the day she was fired from a job she loved.

It does not mean that your suit is ugly, it means that seeing you wearing your suit might bring back memories that still hurt.

Furthermore, it is just an issue of individual perception and preference. How you feel is the important issue, not the opinion of others. Fascinatingly, it works both ways. If you understand this concept, you'll find that compliments don't matter so much either because you know that these too may just be personal opinions.

Living your truth is not easy. You will have to pay attention in your feelings before you speak up, you will have to learn to speak with compassion while at the same time you deliver your truth. You will have to take the risk of being rejected or misunderstood. At this point you might be asking: "What is the benefit of coming from my deepest truth?"

It is easier to plow along and tackle things in my normal way." The benefit is the joy, the peace, and the serenity that so many of us desire. Speaking and following through on your truth is important because it's empowering you to be who you really are.

Be gentle to yourself. When you begin digging out your true self it can sometimes be painful. You might have some regrets, notice missed opportunities or come to the realization that some things just have to change and you have to have the courage to do so.

To succeed you will need to commit to seek, speak and live your truth on a daily basis.

Create the space to tap into your inner wisdom. That could take the form of meditation, journaling or communing with nature. I invite you to put aside some time each day to connect with your truth. The result will be life enhancing experience!

To learn more, visit my website:

<https://doctorsofthesoul.net>