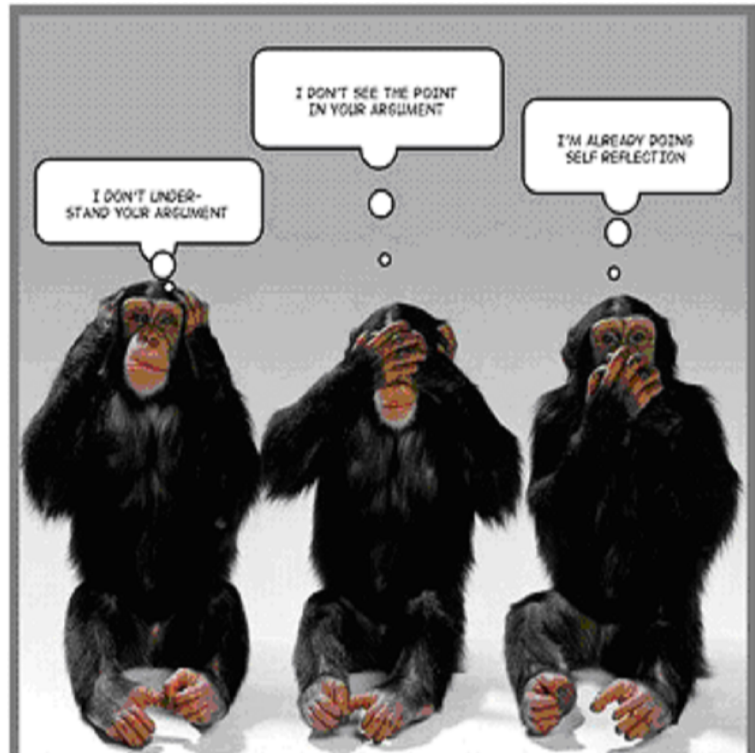


Getting Real

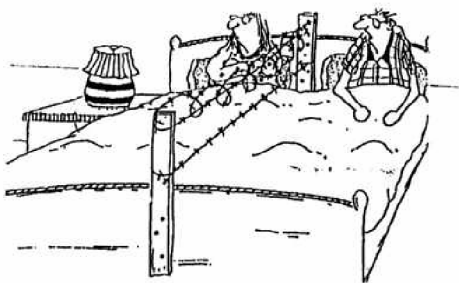
The Ten Truth Skills

1. *Experiencing What Is*
2. *Being Transparent*
3. *Noticing Your Intent*
4. *Welcoming Feedback*
5. *Asserting What You Want and Don't Want*
6. *Taking Back Projections*
7. *Revising an Earlier Statement*
8. *Holding Differences*
9. *Sharing Mixed Emotions*
10. *Embracing the Silence*



❑ ---**What Is**--- Imagine this situation: *You are driving on the highway and another car starts to pass. Instead of following through it slows down and remains next to you in the adjacent lane. The driver inside is looking at you and laughing. What do you see? Do you see someone laughing AT you or trying to get your attention? You see the driver laughing but you don't know why---you cannot see or know that, you can only imagine, infer, interpret or guess. The simple fact is that he is laughing--- that is what is.* By noticing, by feeling, by observing 'what is,' you can learn to distinguish the subjective experience of the world in its pure form from the emotions, expectations or beliefs surrounding it. Imagine how much this will help you to relate your experience of daily life accurately and honestly...

❑ ---**Being Transparent**--- Also known as being "free," or really just having nothing left to hide. Self disclosure, through and true, is a comfort with revealing to another your actions, intentions, emotions or sensations. For many, with holding the true nature of such things presents a comfortable illusion of control. If the other party is missing such information then you reserve the right to change it for any reason and without fear of judgment, right? In reality, holding back your cards only makes it harder to stay connected with your true self. Genuine self expression is not about gaining something for others or prompting them to change, it's about aiding the process of others seeing you more honestly.



"Apparently I have done something to upset you."

❑ ---**Noticing Your Intent**--- Do you intend to *control* or to *relate*? Communication that is rooted in the desire to control a situation or an emotion resulting from it is, at its core, an ego-based defense mechanism. In the reality of today's world, the need to control outcomes is often both unnecessary and a detrimental vice that inhibits the experience of emotional freedom. The first task is to examine the intention and ask the self-empathic question: "*What do I really hope to accomplish here?*" If the answer begins with words like: "*To make some one realize...*" or other similar phrases, then the reflection process is well served to breathe, look deeper, and process before continuing. This is the first step to relating more and controlling less---one must be open to the possibilities of each moment, spontaneous and unrehearsed.



❑ **---Welcoming Feedback---** To be open to receiving the thoughts and observations of others around you is another way to connect with and experience *what is*. To welcome it is to be curious about the way you affect the world, and the wake you leave as you navigate the interactive landscape. Questions like “*How do you feel about the way I just did that?*” or “*Do you have a response to what I’m saying to you?*” can help to frame this process on a casual level, from one conversation to the next. This process helps to maintain a bi-directional flow of communication and is an essential element to creating a workable rapport with those you communicate with. Eventually, you will be able to attune yourself to both verbal and non-verbal cues to feedback, and become sensitive to whether your behavior serves your needs, aims and values or not.

❑ **---Asserting What You Want and Don’t Want---** Similar to asking for your 100%, but goes further into the realm of discerning it from what you want to avoid. Doing this affirms your right to want what you want. Whether or not you feel that a request is unreasonable, the core point is that you are willing to make it clear that it is your desire. This is a skill; it is refined over time. When you become adept at it, you also free up your attachments to getting everything you want because with each request you lighten the load on the others. Small requests/needs/desires that are “saved up” or put on the back burner to make room for the bigger things will carry more significance if not met. Asking freely keeps your energy flowing; you are saying yes to yourself irrespective of another person’s response.

❑ **---Taking Back Projections---** Even as far back as the bible, one of the many teachings of the savior was to be “mindful of the speck in [their] neighbor’s eye while failing to notice the log in [their] own.” Observations you make of others are not always objective, and often reflect the things you see in yourself that you dislike or take discomfort in. Awareness of this, and your tendencies to do it, helps you to approach sound judgment with humility. In the same light, it can also help to remind you of the nature of others judgments about you. Where do these concepts leave your life in stagnation, or blockaded from freely expressing yourself in positive and intentional ways? Awareness in this area is keynote to progress.

❑ **---Revising an Earlier Statement---** This is possibly the hardest skill of all. True flexibility means having a comfort with the ability to change your mind and inform the necessary individuals in an efficient manner. You may notice at times that expressing something can release the feeling attached to it, and what follows may be a different desire entirely. The conundrum lies with the inner voice that speaks to one of how others will perceive a seemingly whimsical or indecisive mind. For many, the virtue of integrity is tied to knowing what you want and taking decisive action on it. However, if that same person is, in doing so, unable to clear up misunderstandings or make up after arguments, the log jam of free flowing energy will once again impede progress. Willingness to revise earlier statements or positions provides you with a pathway to continually forgive yourself and others and begin again.

❑ **---Holding Differences---** This refers to your ability to have and hold your own point of view in a space while also considering and being genuinely interested in differing viewpoints. To hold those differences and not feel a threat or affront to your position is paramount to the eventual development of a balanced decision making capacity. Holding difference helps you achieve a greater sense of clarity regarding the big picture. You replace the *either/or* with the *both/and*. Your decision making ability will improve, the relationships between things that may have appeared before to be mutually exclusive becomes clearer, and eventually you are more able to experience the mutual benefit of a relationship. Thus, actions taken in relation to the collective whole now have clearer causal relationships with the things they affect.

❑ **---Sharing Mixed Emotions---** The confusion of ambivalent feelings pulling a person in more than one direction is perhaps one of the most commonly felt human emotions on the spectrum. This feeling is highly worth expressing. It is as normal as night and day to feel angry and appreciative, grateful yet disappointed, or hurt but also empathic. The ability to express multiple complex emotions allows you to let go of the “shoulds” about needing to feel consistent or decisive. In doing so you allow yourself to freely experience whatever comes up in your awareness as relevant to a situation.

❑ **---Embracing the Silence---** You can only be as authentic as you are self aware. You can plan as much as possible in advance but you cannot predict another person’s actions or reactions. Knowing what is taking place in the moment requires attention, and attention must be refined before it can be intentionally given. Silence is your connection to that awareness. It is an acceptance of not knowing as a pathway to knowing. Whether that feeling comes with a sense of helplessness is up to you, but it need not. Do not cheat yourself out of the pure creative capacity of the present moment by needing to fill the spaciousness of the non-verbal connection with unnecessary bulk filler. This is a time to remain pure and open, and to embrace.

