

Speak Your Truth

“Speak your Truth today, for with any luck, by tomorrow it will have changed.”

Heard from a fallen Moai, Easter Island.

From Lara Ewing’s excellent workshop, *Exploring and Connecting*, emerged for me a deep understanding of the importance of ‘speaking our truth’. Only in these moments, do we fully connect with ourselves, and others fully connect with us. At this point, we and our spirit flows and reaches out to them. We are able to state congruently and clearly, what we want, what we don’t want, what we stand for and what we believe. When we can do this, only then can we truly claim who we are, and the ground we stand on.

When we know it for ourselves, we teach others ‘the who’ we are at the same time.

So what stops us? How come we don’t do it instinctively?

Well obviously there are many people who do. You may know of one or two. I had a flatmate called Bernadette, who was able to stop a Lothario, at 20 paces, with just one look. And you knew in no uncertain terms, should you be about to cross a line. This force field emanated and halted you in your tracks, rather like Peter Schmeichel, the Man U goalkeeper. She was very clear about what she didn’t want and knew she had a God given right to ask for it. She was less certain about asking for what she did want.

Defending yourself is to be applauded. Asking for yourself invites more controversy. There are concerns about being too pushy at best, or ruthless at worst. Do we have permission to put our needs before others? Will we still be accepted? Will we be granted our wish, or are we risking rejection? All those childhood injunctions “I want never gets.”, come flooding back.

But if you do have examples of when people ask for themselves, clearly and cleanly, you will know the simple power of it. You know in that moment that here is a person who honours herself. How can you do anything other than respond? The secret is in the level of congruency – with no whining leakage, ‘pretty please’ placating, or over bearing demands. Just a clear statement of desire or intent, with all parts fully in alignment, The minute we do step up to the mark and state our case, our inner power rises up and communicates itself magnificently. Others can only marvel, and seek to emulate.

I feel this is what Marianne Williamson means when she says, “And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

But we have to know what our truth is, before we are able to speak it. For many this is a lifetime’s journey, and for some never attained. Our truth lies buried under the layers of ought’s and should’s handed onto us in our early years. It’s strength was weakened by all the futile attempts by us children to be heard, and seen, by the grown up world. How many times can you

remember being *truly* heard by an adult, be it a parent, a teacher or a family friend? How was your truth too often greeted – with frustration, mockery, embarrassment or just overlooked?

Some just gave up. Others took the feisty, rebellious route – “If they won’t listen then I’ll show them!” They may have gone on to make their aggressive mark, but the force of their approach belies the deeper insecurity. Such actions are based on the belief “I’ve got to grab it. I would never get it otherwise.”

Or maybe you have memories of being listened to, asked respectful questions, consulted and having your opinions acted upon. In these glorious moments, you learnt early that you and your spirit had something worth saying, and deserved the right to be expressed; that others would pay attention. And, wonder of all wonders, the more you practised it, the stronger this certainty became.

Starting from today, listen to yourself first. Until you do, no-one else will. Listen to when your body says ‘Yes’ and your body says ‘No’. Feel when your spirits rise and when they fall. Notice when your step is lighter and your shoulders are heavier. Register your fear, your bravado, your retaliation, with their sour after taste. Delight in your pleasure and pride, allowing that glow to last its own lifetime. Check your doubt and disbelief, for today’s evidence not that of yesterday. These are the lessons we have now. These invisible lines vividly draw the space between what we want and what we don’t want. These lines are shaping our values and so describing who we are - at heart. These signs have always been there. Turn up the volume. They are urging us to turnaround and be heard.

And while doing so, let go of any belief that others are more important than yourself. Know at the deepest level that you are just as important. Dismiss the idea that your wisdom is meaningless, your inner worlds shallow, or your longing frivolous. If you don’t your voice will be a whine, and your words petulant.

Take this universal permission to give voice to who you are becoming, in your amazing uniqueness, through your words and through your actions. We need to grow into and fill the space we live in. At the same time, we need to know our shrinking, and holding back. We need to recognize our optimum state and our own individual routes to reclaiming and holding it.

We need to know that it is our purpose to honour ourselves and make our journey in this world worthwhile. Otherwise what are we doing here? What else of value can we bring to this world?

As Mary Oliver said in ‘*When Death Comes*’ “I don’t want to end up simply having visited this world.”

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24 February 08