

## Emotional Honesty & Connection

All people have an innate need for connection. Connection is an attraction that drives all people towards things, experiences, attitudes, ideologies, substances, activities, religions, acts of spirituality, nature, power, relationships, emotions (love, desire, compassion, excitement), and people who desire to be loved, accepted, bonded, wanted, needed and seen. Connection—True Connection—requires from the one seeking it, a heart and mind that are full of honesty.

Connection cannot be forced, manipulated, coerced, threatened, bought or ransomed. Connection is a natural response, an outcome to, a by-product of, a consequence of, honesty, responsible and humble (integrity) choices which create in the soul of the individual, a pairing with 1) God or a Higher Power, 2) oneself, and 3) another. Connection is not discovered or something you “run into” or arrive at—connection is a fruit of the seeds of emotional honesty, rigorous responsibility and humility. As you learn to nurture these seeds (honesty, responsibility and humility) in you, you will live and be fully present in the experience and space, and breathe the air of connection.

So how does one nurture these seeds of honesty, responsibility and humility? Well, there is one seed that activates the other two’s spiritual power, and that is the seed of Honesty. Honesty, when understood, has the spiritual alchemy to animate personal responsibility and humility (personal integrity). Everything hinges on a person’s ability and willingness to be genuine, frank, clear, direct, reputable, honorable, real, creditable, just and truthful—to oneself first. Living in this manner of rigor around self is called emotional honesty. Emotional honesty is the impetus since everything that is told to you by your own mind, your morals, your beliefs, standards, values, past experiences, outside sources such as friends, parents, spouse and associates, your intuition (spiritual), fears, shame, insecurities, leaders, pride, children—everything—must go through your personal filter of emotional honesty and be scrutinized there.

You must think about the issue presented and put thoughts to the issue. As you think, you will begin to feel emotions. Emotions follow thoughts—not the other way around. You then use your gift of agency to choose how to think about everything that is presented to you. You must engage it in thought and emotion. Being honest with yourself is key in coming up with the correct answers for you. You must be honest with yourself about how you think and what you feel. Emotional honesty is a skill to be perfected and honed. You

need to practice asking yourself questions which oftentimes are uncomfortable to hear the answers to.

As you reflect on the characteristics of honesty listed above, can you ask yourself, “Am I those characteristics—frank, clear, direct, real, and so forth? Do my choices and behaviors reflect those characteristics?” Honesty can be shown through outward indicators such as paying your bills on time, being willing to follow through with commitments you make to yourself and others, telling the Truth about something even though you will have an uncomfortable outcome, finding money in the parking lot of a store and returning it to the owners, not using a service that you are unwilling or unable to pay for, not taking something that is not yours, not engaging in gossip, standing up for what you believe in and value (especially in the face of adversity), and giving support and validation to those less fortunate than you—in any capacity.

Being emotionally honest requires a nearly-constant review of your thoughts, feelings, perceptions, motives, attitudes, beliefs, fears, morals, expectations, and justifications, numerous times throughout every day. You must learn who you are internally and not hang your hat on your external expressions of what you do and what people think of you. Many of us are duplicitous and hypocritical, mostly because we are unconscious. Are you one of them? Your internal world will be exposed at some point along this experience called life—are you ready for that?

Being emotionally honest is exposing yourself to yourself in such a way that you are honest with all that you think and feel. Emotional honesty means that all of your internal dialogue is up for inspection and examination by yourself. It means that you begin to live a life where your inside dialogue of honesty matches your outside expressions of honesty. It means you don’t live as a hypocrite because you are unconscious or because your private thoughts and feelings don’t have a volume button for others to turn up and hear what you really think. Be congruous! Be full of integrity internally and externally! Be authentic! Be mentally and emotionally clean and clear, internally and externally.

What if all of your thoughts and feelings were out on display for others to see and hear? Would you be more conscious about what you give yourself permission to think and feel? Would you be more careful and deliberate about the perceptions you choose to have and react to? Would you be more empathic and understanding (not enabling) of yourself and

others? Would you be less judgmental and angry? Would you be more patient? Would you ask more questions and stand in a place of curiosity rather than quickly evaluate, condemn and sentence your victim? Would you be willing to truly love as God does? What would you look like if you were mentally and emotionally exposed? If you were vulnerable to others' purview to evaluate and know your private thoughts and feelings?

Emotional honesty is a protection for us. Our good works bless the outside world—don't stop engaging in them, and begin to review your internal motives and agendas. You must become aware of what drives you—what "makes you" feel the way you do. What gives you permission to engage in dishonest or destructive behavior? What gives you permission to hurt others, knowingly or unknowingly, with insincere or unfair information or erroneous "facts" that you think you know about them? What tells you, "You are better than another" and that you get to behave in lofty, supercilious or condescending tones? What supports you to believe that your hurt paves the way for you to do, say, and act in any way you choose because you have been injured? What frightens and scares you and thus reinforces your philosophies of entitlement and self-aggrandizement? What do you need to stop believing in, which fills you with self-doubt, uncertainty, anxiety and shame?

Who are you? What energizes you? You must know who you are. We are commissioned to "know thyself." Don't let that declaration intimidate or frighten you. It is a charge that suggests a progression of awareness, not immediate perfected behavior. We, as humans, participate in and create illusions that mark us with the "appearance of perfection." These observations and beliefs come from others, and sometimes from ourselves. We want to be seen as being successful in business, or making a significant amount of money, or honing a talent, yet we always fall short; we don't do it perfectly. This type of drive to be perfect is full of pitfalls and distortions because we are mortal and we will never be able to be perfect in this human state. Yet, we inadvertently or advertently continue to participate in a cycle of control, endeavoring to manage our lives and the perceptions of others in pursuit of the goal of being perfect.

We need to practice being conscious of what we do, think and feel. We need to practice being curious about ourselves. We need to practice asking ourselves the deeper questions

instead of staying on the surface with thoughts such as, "I am tired. That's why I am grumpy." It is true that you may be tired, and it is not emotionally the Truth that your tiredness gives you permission to be grumpy. What else is going on? Find out—ask yourself and be willing to be accountable for the answers that will come.

Becoming emotionally honest will empower you and free you from the illusion of perfection and control. It will break the bonds of slavery to your unconsciousness. Be aware! Be awake! "Be thou humble" and you will be taught by intuitive wisdom who you are, what is moving inside of you and what "gets" you to do, react, think, and feel the way you do. Becoming emotionally honest gives you the freedom to have more choices than living in the rigid perceptions that your initial reactions to life's challenges, bring. When you become willing to ask yourself and get curious about, "Why am I . . .?", "Why did I . . .?", "How come I . . .?" and stop giving yourself permission to cast your gaze around the room at others—you will begin to live a life of emotional honesty and become a rigorously responsible being. Then and only then will you begin to perfect yourself as God commissions—because you are willing to look at your imperfections that are currently silent and unconscious to you. As you do, you will learn, grow and increase in true wisdom, light, and compassion—not their illusionary counterfeits.

Emotional honesty is made possible by our connection to God or our Higher Power, who enables us (gives us power) to heal our pasts, change our natures and become honest and full of integrity. As we choose emotional honesty, we invite His power to make the necessary changes to our nature, until we become full of honesty, joy, power and peace.

As we develop these traits and hone these characteristics of emotional honesty, we cause the seeds of integrity to grow and mature and thus thrive and flourish in our Souls and in our lives. Connection to God or a Higher Power, self and others is the sweet fruit born from the seeds of emotional honesty (integrity).

Connection equates to healthy sexuality; they are one in the same. If you want true connection, you must be honest—there is no other way to obtain it. Therefore, take the challenge to live in emotional honesty and watch how your feelings about self, your relationships with God or a Higher Power, and others deepen and become more satisfying and pronounced with safety, trust and peace.