



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 02 of 27th January 2015
Episode 121

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 53)

"Working Hard at Working Smart" (part LXIX)

2015: Raising The Bar: Family Values... Honesty



Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness is attained. Be honest to those who are honest, and be also honest to those who are not honest. Thus honesty is attained.

Lao Tzu c.v.

The future we want: The Promise: The Force Beyond

The Most Essential Spiritual Practice

by Matt Kahn

One of the most commonly overlooked spiritual practices is daring to be completely honest with everyone you encounter. Some may say others cannot handle their honesty, but true honesty is not a strategy or a weapon of any kind. It is the willingness to be open and absolutely transparent in sharing how any moment feels in your heart. It has nothing to do with confrontation, accusation, or any form of blame. True honesty is the willingness to stand completely exposed, allowing the world to do what it may, and say what it will, only so you may know who you are - beyond all ideas.

Feelings such as fear, shame, guilt, doubt, denial, envy, anger, and resentment arise whenever we have prevented ourselves from speaking our deepest truths, or withheld a depth of sincerity from being shared with others. With nothing to withhold or hide, the truth is spoken freely - at no one's expense. The truth contains no form of judgment. Instead, it celebrates how intimately you know yourself by how open and available you're willing to be. Knowing this, life's deepest wisdom always remains the same - you'll feel better when you're totally honest. It is important to remember, there is no "how" in honesty. There is only the unwavering heartfelt willingness to share what is so. Everything else miraculously works itself out **through the radiant perfection of eternal grace.**

Any form of discomfort reminds you when you are not being completely honest with yourself or others. Whenever you are being completely honest, you allow yourself to clearly recognize what choices you have previously avoided. When previously avoided choices are finally acted upon, you invite the precision of integrity to clear out of your life what no longer serves you. In doing so, space can be made to invite a new horizon of possibilities into your life. Beyond all teachings,



practices, and modalities, honesty is the only path you were born to follow. It is the sole means by which reality transforms itself - out of the pitfalls of desperation and into the supreme joy of heartfelt relief.

This is why honesty is also the ultimate healing modality. Honesty is the absence of avoidance, no matter how inconvenient a situation appears, or how afraid we are of being rejected in response to what true sincerity of heart wishes to share.

Inevitably, life transforms when the value of honesty is no longer dominated by an attachment to convenience, or the threat of rejection. When honesty is regarded as your highest value and acted upon with kindness and compassion in every personal encounter, you invite the precision of life's inherent perfection into all areas of life. In doing so, every relationship and circumstance transforms at the rate in which true sincerity of heart leads the way. This reveals life's natural way of being, which cannot be known on the deepest level until you're being completely honest.

Above and beyond any measurement of spiritual attainment, it is the absolute willingness to be completely honest with yourself and others that reflects the clarity and maturity of an awakened soul. Such complete and radical honesty is also a direct means by which an over stimulated nervous system unravels - dissolving all perceivable barriers and boundaries to reveal the heaven that is already here, and the hell that never was.

It is nothing short of cosmic irony how the willingness to be radically honest in all areas of a personal life acts as a direct invitation to see through the imagined fabric of identity. This is all so you may taste the supreme reality of the true eternal Self. It is an indescribable Self that is nowhere else but here, and nothing but One throughout the aliveness of all. It is the only Truth there is. It is the only reality that you are. It simply awaits your arrival, whenever it is time to allow unwavering heartfelt honesty to guide you back to a source that no one has ever left.

© Copyright 2012 True Divine Nature, LLC



*Honesty is more than not lying.
It is truth telling, truth speaking,
truth living, and truth loving.*

*James E. Faust
American, Lawyer, Author, Politician*

Making a Difference Make it a Priority

Family Values: Honesty

Raising Honest Children

To be honest means to speak the truth, even if it's difficult or gets you into trouble. Honest people communicate in an open, upfront way; they do not lie, cheat, steal, or manipulate information to conceal it from others. The exception is occasionally telling a "white lie" to protect someone's feelings. In recent days we have seen how dishonesty harms other people, even causing financial and political ruin. Today more than ever, children need to learn the importance of keeping their word, telling the truth, and being trustworthy. Honesty isn't just the best policy—it's the only way Society can function.

Help Kids Learn What's True and False

Teach your child the basic difference between truth and falsehood. To demonstrate, tell a family story, and come up with a true ending and an outrageously false one ("And then a giant bird came and carried Grandma to the mall"). Then ask your child which he or she thinks is true. While it's normal for young children to have an active fantasy life and sometimes use make-believe to escape blame, correct them gently. You could say, "You're saying that Mr. Nobody spilled the milk, but I think he had some help from you. I need you to help clean it up." By age 6 or 7, kids can be expected to take responsibility for their actions.

Don't Overreact to Mistakes

When parents are very punitive, kids may engage in blatant lying to escape punishment, even if what they've done is an accident. Children don't want to think of themselves as bad, so they deny having done a bad thing. Explain that you will love them even if they do something bad, but that you expect them to be honest.

Give Appropriate Consequences

If your child is caught in a lie, create appropriate consequences. For example, if she

has taken cookies without your permission and then lied about it, take away all cookie privileges for a week. If your child stole money from you or a friend, make him earn it back by doing chores, raking leaves, or taking out the garbage. Look your child in the eye and say, "The rules in this family are we don't lie or steal." But don't label your child "a liar" or "a thief," since kids tend to live up to (or down to) your expectations.

Deal with Exaggeration

Kids often tell whoppers to impress someone. "I color better than anyone else in my class," and "I've been on an airplane 25 times" convey sentiments that children badly want to be real. Or they exaggerate to feel superior ("My father makes more money than yours," or "I have 500 Transformers at home"). On the playing field, kids may unfairly add points to their game or falsely protest. Rather than label a hyperbole-prone child a liar, take your child aside and say, "You wish you could do that, but you know it's not true."

Model Honesty

Model honesty by admitting when you make mistakes or returning incorrect change if you've been given too much. Hold yourself to a high standard of honesty. Kids are highly attuned to parental hypocrisy. Demonstrate the honest behavior you want to see in your children by saying owning up to errors, for example, "I forgot to make the doctor's appointment" or "I made a mistake at work today." This teaches your child that even though honesty is difficult sometimes, it is not something to be afraid of.

Point Out the Downside of Dishonesty

Explain that even if a friend has gotten away with cheating, there will be consequences to the dishonesty later (she will have trouble on the next math test, for example). Highlight how destructive dishonesty can be. For example, remind your child that cheating on a test means betraying the teacher's trust and defrauding the other test-takers, as well as failing himself or herself. Point out examples of dishonesty and honesty in the news and public life--crooked business people who go to jail, whistleblowers who tell the truth.

Expect Truthfulness

Set up an "honor code" at home. Choose certain

tasks, such as completing homework or making the bed, which you trust your child to do. Explain that when you ask, "Did you make your bed?" you will forgive your child if he or she says "no," but that there will be negative consequences for not telling the truth. Thank your child when he or she tells the truth about something that was difficult to tell you, like, "I broke a dish," or "I failed my math test."

Play by the Rules

Talk to your kids about playing by the rules, and strongly discourage them from sneaking into or renting R-rated movies, or playing video games too mature for their age group. Explain that not only are there reasons why these rules are put into place to begin with, but that it is dishonest to deceive others about your age. Be consistent yourself, and don't pretend your kids are younger to get them a lower price entrance fee or meal.

Explain Tactfulness

The only exception to total honesty is when you might hurt someone's feelings unnecessarily. For example, discuss what they could say if they don't like a gift a relative gives them. Practice some tactful ways of expressing gratitude--such as "Thanks so much for the sweater, Aunt Ruth. It's a great color" or "It was so nice of you to think of me." Explain what distinguishes dangerous lying (cheating on a test) from hurtful truth-telling ("Your haircut is ugly!").

View Lying as a Tangled Web

"Oh what a tangled web we weave when first we practice to deceive, wrote Sir Walter Scott. Talk about this old adage with kids. Explain that it gets harder and harder to correct a lie once you've told it, and you have to tell more lies to keep it going. It's much simpler to tell the truth in the first place--to everyone. That way you won't have to remember who knows what.

The Ecotourism Society of Seychelles [TESS]

P. O. Box 436,
Room 108, Orion Mall, Victoria.
Tel: (248) 2522778 / 4323347
Email: info@sey-tess.com,
marcmarengo@hotmail.com
Web: <http://www.sey-tess.com>

The journey continues...