

# How To Communicate A Difficult Truth With Love!

The truth serves everyone even though it may not seem that way at first.

The truth will set you free even though it might piss you off at first and feel uncomfortable.

**Speaking your honest authentic truth takes real courage and commitment.**

Speaking your truth is a real spiritual practice.

As children we may have learned that there were painful consequences when we spoke our truth. Our parents got upset, we got in trouble, we weren't so popular.

So we learned to hide what we really felt in order to be liked, please others, fit in, not rock the boat, or create a scene and avoid confrontation.

Sometimes we are afraid to share how we really feel with another because we are afraid of what they might think, afraid of hurting them, or the potential ramifications of what we share and the changes it may cause to our current lives.

However, holding back your honest truth doesn't serve anyone. Holding back truth creates compromise, contraction and more conflict. Holding back truth often leads to more problems and time wasted down the road.

When you withhold truth you close a part of your heart and in doing so you block the flow of your love. Withholding truth will drain you of energy, as it takes energy to suppress. Speaking your truth will free you and generate more vibrant aliveness.

**It is in sharing your deepest truth with another that you create the space for potentially more love and freedom.**

Withholding truth creates a distance between you and other people. Whether you're aware of it or not, it impacts your relationships.

When you speak your deepest truth from the heart, it can often bring you closer, leading to deeper intimacy and connection.

Authentic communication leads to deeper understanding and appreciation of who the other person is and where they are coming from. You may not agree with all they say but when you share from your heart there can at least be respect and understanding.

It is never easy to speak your truth especially when what you have to share is difficult.

Perhaps you need to tell your partner that your relationship, the way it is right now, is not fulfilling. Or you need to share with your business partner that you want to end the partnership. Or you need to set your boundaries with a friend and stand up for yourself.

Remember that it is in speaking your deepest truth that you evolve, but also it will cause others around you to face themselves and grow too.

You sharing your heart's truth will cause others to get real and serve as a catalyst for their evolution, if they are open.

**Speaking your truth even if it's difficult is a gift to those in your life.**

Speaking your truth demonstrates your commitment to yourself, as well as serving those around you.

When you don't share what you really feel unhappiness is the result. Going along with whatever happens or what everyone

else wants is a recipe for resentment.

What truths do you need to speak to those in your life?

What have you been withholding?

**When you speak your truth, your responsibility is in how you share it, to share it with as much sincerity and compassion as possible.**

So:

-Get clear on the intention for your communication.

-Center yourself in your heart and stay connected to your feelings.

-Feel the other persons heart.

-Remember that they are souls having a human experience and learning lessons.

-Speak with clarity and share your deepest truth, rather than a watered down version.

-Let go of the outcome of your communication and how it is received.

-Regardless of how it's received when you communicate your truth you grow and expand.

In any conflict, challenge, or disagreement, when all involved share the deepest level of how they really feel with love, the situation tends to resolve itself. When only partial truth is shared things often stay stuck.

**Speaking your truth is not about being right, proving your point, or arguing. It is a commitment to the expansion of love and freedom.**

When you speak your truth you honor yourself.

When you speak your truth you honor another.

When you speak your truth you honor love.

**Speak your truth with love.**

Love.Now

Kute



*Kute Blackson is an utterly unique visionary in the world of human potential. Unlike those who promise to simply help people “get” what they want, Kute’s life work instead reveals to people what they have to give, by liberating who they are most truly and deeply. The focus: Freedom. Acclaimed worldwide for his life changing, one of a kind, transformational experiences, he is considered one of the leading voices in the fields of transformation and spirituality. **Kute is an inspiring modern day spiritual teacher and a bold voice for a new generation. [He leads transformational journeys to Bali \(get more info here\)](#). He also helps women overcome any and all obstacles to love with his [“The Man Breakthrough Experience”](#) , the Women’s Seminar.***