



Signpost Nine

I speak my truth from a place of love.

Learning to Trust Myself

Journeying – willingness to go somewhere new

Discovering – staying open

Listening – check, share, check

Connecting – head to heart

Sharing – being courageous

From a place of Love – complete humility

Just like the other signposts, this one is deeply layered. Integrating this into my heart and life is a process that will continue to unfold for the rest of my life.

Learning to Trust Myself

Long before I started learning how to speak my truth, I had to go on an inward journey of *discovering* my truth. I had chosen to be who people needed me to be most of my life. I had no idea what was true for me, and I surely did not have the skills to express it. My thoughts were conditioned to others' truths and the world's truth. I was willing to say anything that would get me noticed, liked, seen, accepted and included.

I didn't know I had a say in my truth. Really. *I didn't know that I had a say in my truth.*

I was taught early on that the truth could be found outside of me. I learned that “truth” is whatever someone else tells me it is. Subconsciously, I was angry about this. There were moments when I knew I had a voice, but I didn’t feel worthy of expressing it, and I sure as hell was not clear or confident about speaking it.

Because of this, my relationships with God, myself and others were messy, inauthentic and dishonest.

I was living in extremes. The pendulum would recklessly swing from suppressing my voice to exploding in hurtful and unkind ways. It wasn’t my truth I was expressing, but my wounded little girl screaming to be heard.

I was so conditioned to go outside for answers that I was lost going inward. Inward felt confusing, self-serving and arrogant. I now understand it is the exact opposite. The most loving thing I can share with others is my truth, which is sharing the deepest parts of my being from a place of love.

Journeying

I had to be willing to be stretched and go someplace new. I had to leave my comfort zone and the way I interacted with others and allow a new way of being to surface.

Discovering

Discovering means getting curious and staying open. For me, it was like muscle memory. My codependency and people-pleasing, and my repeated, automatic responses were so strong because of repetition. For the discovery process to happen, I had to allow some openness and some space to occur. Space in my mind, space in my thoughts, space in my heart and space in my soul. Space, I keep coming back to creating space and stillness in every signpost ... practice and repeat.

Listening

In the beginning of my Truth Discovery Journey (TDJ), Pat and I created a tool that we called Check-Share-Check. I still use it today. Being fully present, I find some gaps in my thinking mind and I check in with the deepest part of my heart. What is really going on here? What is really coming up to the surface in this situation?

I share it with someone safe, who is on a healing journey of their own and that I trust. Sharing it with someone gets it out and allows openness for feedback. Why do I need to share it with others who are on a healing journey of their own? Because “people can only meet us as deeply as they have met themselves,” Matt Kahn. Their feedback is going to be filtered through their perspective and experience.

I check back in with myself and make sure my truth is my truth and not people-pleasing truth. Especially people I trust who are on their healing journey, I can easily get confused with my truth. Check-Share-Check is to help build confidence in finding out what my truth is and to learn to trust it. I have to be mindful on my last check to make sure that my truth is my truth and not me wanting to agree with someone else just because that is their perspective. Just because I trust them doesn't mean that our truths are the same.

Connecting – Head to Heart

My repeated answers were head answers. I needed a shift to happen, I had to learn the process of connecting with my heart and listening. This meant not the first, loud, quick, and usually fearful answer that came to mind, but the soft, gentle, taking deep breaths and long pause answers that when, given space, rise from the bottom of my heart and usually take a little time.

Sharing – Choosing to Be Courageous

I believe the consciousness of the whole world has changed because of Brené Brown. Her book, *The Gifts of Imperfection*, helped me understand and shift the whole courage thing.

“The root of the word *courage* is *cor* - the Latin word for *heart*. In one of the earliest forms, the word *courage* had a very different definition than it does

**today. Courage originally meant 'To speak one's mind by telling one's heart.'
Speaking honestly and openly about who we are, about what we're feeling, and
about our experiences is the definition of courage."**

~ Brené Brown from *The Gifts of Imperfection*.

Sharing Courageously - "To speak one's mind by telling one's heart."

From a Place of Love

This means surrendered humility. How would God say what I am about to say?

Speaking my truth isn't the most important part of this spiritual principle. The most important part is *what I bring* to what I say.

How I say it.

Is it rooted in kindness? Is it spoken with an energy of humility? Am I being fully present? Am I speaking in the way I want others to speak to me?

This awareness of my pendulum swinging and taking people out in the process was huge. When I didn't speak my truth with kindness and gentleness, pressure inside me would start building and I would find it hard to breathe. Resentments would build which caused me not to trust myself. I had to learn the process of trusting myself, and I had to learn to be safe with me before I could be safe with others AND be a safe place for others.

When I am balanced spiritually, physically and emotionally (what pours out of me is balanced by what is pouring into me), I seem to be able to confidently and kindly speak my truth. When I am out of balance, I either deny my truth or speak it recklessly. I don't beat myself up for messing up. I clean up what needs to be cleaned up by asking for forgiveness and then deal with the real issue of getting back to a balanced, centered, grounded, peaceful place. And speak my truth from a place of love.

Stillness and Being Balanced

Stillness is where my answers are, and they are buried deep. It took some time of going through the layers of people-pleasing to reach my truth. It took some time to understand that God didn't give my truth to others, He gave it to me. As I strengthen the muscle of connecting with my truth, repetition gives me the courage to speak it, and love encourages me to speak it in a kind and gentle way. The most loving thing I can share with others is the truth of who God created me to be.

“Our purpose is that which we most passionately are when we pay attention to our deepest selves.”

~ Carol Hegedus

What are some baby steps, some small ways you can do this?

Say what you mean, mean what you say.

The Practice - Sewing It to Your Heart

Mark Nepo in his book, *The Book of Awakening* uses a phrase that deeply resonates with my heart. He calls it “split living” and defines it as not honoring what we know to be true.

“I know that every time I see or hear the truth but hold to the old way of being or thinking or relating ... I embark on a divided life, in which I listen to the divine inner voice secretly at night, but deny it in the light of day.”

~Mark Nepo

Is there an area in your life where you are “split living?” Not honoring what you know to be true for you?

Is there an “old way of being or thinking or relating” that is no longer your truth but you are still living from? What is keeping you stuck? Can you meet yourself gently and compassionately at this stuck place and comfort yourself as to loosen your grip?

What does trusting yourself in your relationships look like?

Who modeled courage, being kind and speaking their truth in your childhood?

Has codependency and people-pleasing played a part in your inability to connect with, know and speak your truth?

At times we can all forget where we end and other people begin. At times we hurt others by not being honest with ourselves and speaking our truth in kindness. Are there some relationships you would like to improve by practicing this spiritual principle?

You are LOVED

You are WORTHY

You are ENOUGH

-Vikki