

*How to Tell the Truth*

*When you just have to talk,  
try being silent.*

*When you feel reluctant to say  
anything,  
make the effort  
to put what you're feeling into  
words.*

*This is a place to begin.*

*Pushing gently  
against the current  
of your own impulses  
is an effective technique  
for dislodging  
and discovering  
your truth.*

*How to tell the truth?*

*Taste it  
and remember the taste in  
your heart.*

*Risk it  
from the bottom of your love.*

*Take the risk  
of telling the truth  
about what you're feeling.*

*Take the risk  
of telling your loved one  
your secrets.*

*It's true  
you might be misunderstood.*

*Look and see  
if you're willing to trust  
yourselves  
to misunderstand each  
other  
and go on from there.*

*When someone speaks  
to you  
and you feel yourself  
not wanting to  
hear it*

*try letting it in.*

*You don't have to  
agree that  
they're right.*

*Just take the risk  
of listening as if they  
could possibly  
be speaking  
some truth-  
and see what happens.*

*Listen as if.*

*Listen as if you can't  
always tell  
what the truth is.*

*Listen as if you might  
be wrong,  
especially when you  
know you're  
right.*

*Listen as if  
you were willing to  
take the risk  
of growing beyond  
your righteousness.*

*Listen as if  
love mattered.*

*Paul Williams,  
Nation of Lawyers*

## David Whyte - on Courage

Courage is a word that tempts us to think outwardly, to run bravely against opposing fire, to do something under besieging circumstance, and perhaps, above all, to be seen to do it in public, to show courage; to be celebrated in story, rewarded with medals, given the accolade, but a look at its linguistic origins leads us in a more interior direction and toward its original template, the old Norman French, Coeur, or heart.

Courage is the measure of our heartfelt participation with life, with another, with a community, a work, a future. To be courageous, is not necessarily to go anywhere or do anything except to make conscious those things we already feel deeply and then to live through the unending vulnerabilities of those consequences. To be courageous is to seat our feelings deeply in the body and in the world: to live up to and into the necessities of relationships that often already exist, with things we find we already care deeply about: with a person, a future, a possibility in society, or with an unknown that begs us on and always has begged us on. Whether we stay or whether we go - to be courageous is to stay close to the way we are made.

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## John Graham - on Courage

“So, what makes people act courageously? Almost universally it takes two steps: First, you increase your skills and tools – this reduces risks anyway. Second, you increase your courage by anger, adrenaline, desperation or guilt. But these are short-term emotions and they will eventually make you burn-out.

The deeper motivation for courage is meaning. What courageous people do, satisfies their deep conviction about the right actions and the meaning of their acts. When you’re doing something meaningful – you feel great. And when you are afraid, you see the risk as the price you have to pay to achieve your purpose. It’s just a road block. The meaning, the purpose, makes it more worth to take that risk. This fuels your courage. Courageous people don’t see the risk in isolation – it’s a part of their path to the purpose... Look at Mandela. The risk of jail and even death is perceived differently when you’re on a mission to end apartheid peacefully. It’s the meaning that makes the difference.”

John Graham is President of the Giraffe Heroes Project, whose mission is to find real people acting with extraordinary courage on a range of issues and help them tell their stories to millions of others.

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Thomas Moore writes, “How many times do we lose an occasion for soul work by leaping ahead to final solutions without pausing to savor the undertones? We are a radically bottom-line society, eager to act and to end tension, and thus we lose opportunities to know ourselves for our motives and our secrets.”