

Honesty

What is Honesty?

Practicing Honesty: Honesty with Self, Honesty with Others

How Does Honesty Lead to Happiness?

Honesty is an opportunity to move through the world gracefully without harming other people. To speak or act dishonestly is to put our own desires or needs ahead of someone else's. Dishonesty can cause much disappointment and pain to those you come in contact with and ultimately to your own sense of self. To be honest is to cherish yourself and others.

Honesty is a personal choice that arises every time that one human being connects with another. Every individual has the opportunity to be straightforward and honest in their dealings with every person he or she comes into contact with, regardless of their health, family situation, possessions or resources. When we act or speak from a place of genuine honesty and integrity, we help to create a culture of honesty for everyone.

Imagine a world where everyone plays fair, acts justly, and speaks in a straightforward manner. Even the thought can make us soften and smile. It may take an enormous amount of courage and inner strength to bring this about, but why not get going right now? Honesty starts with each one of us.

To have integrity – to act honestly, and be true to our word is to trust that we have purpose and the ability to contribute in meaningful ways. By being honest with others we also take care of ourselves and some thing deep inside us can rest.

Having a good conscience is both a pleasure and a relief. Honesty in all things is a powerful antidote to strain and stress. We can look ourselves in the mirror, sleep easy, and derive contentment from the trust that others place in us.

We all play different parts in the drama that is dishonesty. All of us know what it is to be lied to, and who hasn't exaggerated or been deceived by someone else? In a world saturated with material objects, there are hundreds of temptations to feed the fear that we don't have enough – power, money, or charisma – and to reinforce the illusion that we can take a short cut to happiness.

Dishonesty commonly feels secretive, yet is often remarkably obvious when it is taking place. Somehow we intuit instinctively that we are being misled. Whether gross or subtle, we also know exactly when we ourselves are not telling the truth and therefore misleading others.

The greater the trust and confidence we put in someone else, the harder we fall when we learn we have been deceived or betrayed. The destructive cycle may even convince us that it is no longer worth behaving well ourselves. Once trust is broken, it can be impossible to repair. The fear of being found out will invariably increase, and the stakes can get very high.

Much of what goes on in the world is fueled by a distortion of reality. In a society fuelled by rampant competition, it takes resilience and daring to remember that we may be able to get

the job, partner and lifestyle that we hope for in a fair and open way. We rarely lose anything of real value through being honest. Nor does honesty need to be strident or blunt. It can be subtle, considered and refined.

There are numerous reasons to become mindful of less than honest communication and leave lying behind us. Whatever anyone has done, whatever anyone has said, there is always the option to let it go, to make amends, to move beyond a pattern of living that is constrained by dishonesty. To move towards a life that rests with confidence on our integrity, on our most basic instincts to tell ourselves -- and then others -- the truth.

The energy of the truth is a powerful protection, an energy that sends waves of influence throughout the world and down the ages, unlimited by space or time. Truthfulness is much more than not telling lies.

Excerpted by Elizabeth Gosselin, From: 16 Guidelines for Life, Mar. 14, 2012

Quotes On Truth

Is it true, is it kind, is it necessary, [is this the right moment to say it]? ~Four Gates of Speech
“What a tangled web we weave when once we practice to deceive.” ~Old Saying

The Five Levels of Truth-Telling: First, you tell the truth to yourself about yourself. Then you tell the truth to yourself about another. At the third level, you tell the truth about yourself to another. Then you tell your truth about another to that other. And finally, you tell the truth to everyone about everything. ~Neale Donald Walsch Conversations with God

The Light is more than some abstract, unknowable energy force. Light is Truth. If Light is truth, then darkness must be lies. Each and every lie we tell to ourselves and others casts the shadow of separation upon us. Every time even the most minor deception is revealed and the truth is made known we are re-united with the Light. So, Let there be Light. Those are the words by which you can create your own magnificent world. ~Renee Bledsoe, Addiction Alchemy

“When in doubt, tell the Truth.” ~Mark Twain

“The Truth is always exciting. Speak it, then. Life is dull without it.” ~Pearl S. Buck

“We tell lies when we are afraid....afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger.” ~Tad Williams

“The biggest consequence to telling a lie is, it leads you to telling another one.”
~Gary King

“Our lives improve only when we take chances ~ and the first and most difficult risk we can take is to be Honest with ourselves.” ~Walter Anderson

“The moment there is suspicion about a person's motives everything becomes tainted.”
~Mahatma Gandhi