

CHAPTER 36

DEVELOPING HONESTY INDUCTION

Overview:

Without integrity there is no consistency and a perpetual split between heart, mind and body. Being impeccable with one's word is an essential agreement to avoid a state of guilt and it's inevitable projection. Lack of trust of others begins with distrust of oneself even though these self loathing and mistrusting personal judgments are often denied and buried deep. It could be helpful to have client listen to Billy Joel's song, Honesty and take their emotional pulse before this. And remember, when one protests another's guilt it is their own hidden guilt echoing.

DEVELOPING HONESTY INDUCTION

Have you ever noticed that there can be different versions of the same thing - that depending upon what you wish for and want something to be you can color the way you see it - explain it even feel about it, so that after a while, you can't tell the difference, between, what it was and what you made it to be in your mind - perhaps that's why they say, if you repeat a lie often enough, it is soon accepted as truth - or as a friend once told me - we convince ourselves of how something is wanted or something is needed to be true, time and time again - but in truth -this belief is cow manure, just make believe - like weapons of mass destruction, it was all made up - perhaps someone's wish to prove this or assert that, perhaps a show of power after being weakened, to gain face, after being humiliated, - a desire to demonstrate power - hasn't most done similar things, at one time or another - criticizing someone, to justify what we did, to them, or someone else, to put someone down perhaps, rationalize why, you pretended to be something, you're not, to get something or avoid something you believed was needed to survive, be happy or just get that extra pleasure being looked for - And whether it was a white lie, a fib, a misleading statement or an omission of facts - being dishonest - to ourselves or others, has never made anyone feel good about themselves, or others, and it certainly hasn't helped people, have a truthful relationship, built on integrity, has it?