

Raw Honesty

Working the Cutting Edge of Love

What is the “cutting edge of Love”, you may ask. There are many moments when we are faced with an important choice. The choice is simple: to trust fear over Love or to trust Love over fear. You could see this as a question to yourself... fear or Love On Purpose?

The cutting edge of Love is a moment of choice for fear or Love On Purpose.

To be clear, the reference to Love Here is not about a feeling or emotion. It is the Love that transcends and transforms yourself and your life. It is a power rather than an emotion. A Love that will kill you. The beginning of Love is the end of the Ego. In this way, it does kill the fearful self. Yet it is not violent. Fear grows in denial, confusion and blame. Fear dissolves in Love.

This is the first of a three-part series where we will explore the principles and practices to keep you on the cutting edge of Love. Applying this will empower you to live with purpose that moves you.

In Part I, we will discover and explore what it is to live with and apply Raw Honesty. In Parts II & III, we will cover the principles of Radical Responsibility and Uncommon Courage.

There is a type of honesty that opens your heart. Sometimes with so much joy it feels like it will burst open. Other times, this honesty breaks your heart open. The honesty may be about subjects or situations we would frame as good or bad, but what it always seems to be, is raw. **Raw Honesty stops the mind and opens our hearts.**

ON PURPOSE NOW.

Consider these occasions when, admitting something about our self, our relationships or life, have a heart opening effect. Imagine yourself or someone you know saying this:

- “My dad has Alzheimer’s.”
- “I want to marry him/her.”
- “I have a problem with alcohol or drugs.”
- “I am not going to gain any more weight.”
- “I love you.”
- “I want a divorce.”
- “I’d like to dance with you.”
- “I want to go on a family vacation.”

As you consider these statements, notice the effect this type of honesty has on your mind and heart. See if you can feel the cutting edge of Love? Notice these statements are not necessarily “good news.” What they all contain is a sense of Raw Honesty. A type of honesty that seems to stop the mind and open the heart.

Let’s apply this to relationships:

Much is said about relationships being built on trust. It is true that without trust there is no relationship to be had. However, after looking deeper and asking the question, “what builds trust,” we will see that it is honesty. In fact, **Raw Honesty builds incredible trust.** When someone is honest with you about their thoughts and feelings, you trust them. You might not like their thoughts and feelings. You might not even like the person, but you trust them.

Think of Charles Barkley, an ex-NBA basketball star and commentator. He gives us a glaring example of this. He is the kind of personality that people seem to love or hate. Yet, you almost never wonder where he stands or if he is being honest. He is not often being “positive” or saying what is “good and nice.” He seems to have a knack for practicing Raw Honesty. Yet, love him or hate him, he is a kind of guy that most believe they can trust.

In any relationship, when we discover that someone has been knowingly dishonest with us, there is a loss of inspiration to engage and certainly a loss of trust and creativity. We can, and surely will, be only as honest with others as we are with ourselves. **Self-honesty is the foundation of honesty with others and in relationships.** We lie to ourselves and others because we fear what will happen if we tell the truth. Fear is a cancer in our

minds and in relationships. Yet, most relationships are founded on and based in fear. The need for external acceptance, approval and avoiding judgment, keeps fear and dishonesty alive. **Perhaps the most powerful application of honesty in a relationship is with yourself about what you are afraid of.**

The practice of seeing and admitting fear and being honest with our self and learning to be honest with others is a powerful way to work the cutting edge of Love. When you do this even when it hurts, it cultivates a depth of trust and vulnerability. **When you are able to bring Raw Honesty, it makes the foundation of relationships unshakable.**

Maybe the rawest of all honesty is a willingness and practice of being where we are. You are Here.

To be certain, you are having a perspective and experience about yourself, life, and other people... Here and Now.

- **Can you be Rawly Honest with yourself about this?**
- **Can you deepen your honesty to see that it is not the situation or people who dictate your joy or suffering in these conditions?**

It is in fact, your perspective and experience (and nothing outside you) that creates joy or pain.

- **Can you bring Raw Honesty to practice ruling your own thoughts, energy and action?**

These are three things you do have sovereign authority over.

- **Will you be honest with yourself in letting go of trying to control what you can't... the thoughts, energy and actions of others?**

As you go about your week, with yourself and in relationships, try to remember this idea of Raw Honesty. See if you can be a little more honest with yourself and others. I am hoping you will be surprised at the power you feel. You might feel your raw heart as you consciously work the cutting edge of Love.

I am in the Game with You, On Purpose.