



## Mindful Truth Telling

I have come to the conclusion that what most dramatically transforms lives from normal misery to unreasonable happiness is telling the truth. Mindful truth telling is a path to greater intimacy with others and greater freedom in our own lives. As we witness and experience honest conversation, we begin to release the heavy load of pretense. We see how nurturing and sustaining contact with each other is a result of our willingness to be who we truly are.