

# TRUTHSPEAKING

ANCESTRAL WAYS TO HEAR  
WHAT PEOPLE ARE REALLY SAYING  
AND SAY WHAT YOU REALLY MEAN



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# **Truthspeaking: Native Ways to Hear What People Are Really Saying and Say What You Really Mean**

by Tamarack Song

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Acknowledgments

The Wisdom Keepers

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To Truthspeak is to state clearly and simply what one thinks and feels. There is no judgment or expectation, no disguise of humor or force of anger. This manner of speech is sacred, because it wells up from the soul of our being rather than from our self-absorbed ego.

The suspension of our integrity that prevents us from Truthspeaking is possible only because we have learned to speak from our heads rather than our hearts. In our culture, the rational self is esteemed, and we are trained to approach life from the head. However, to know ourselves, we need to get back in touch with our hearts and listen to our Heartvoice—the Voice of Truth.

I wrote this book for one reason—to incite a revolution of the heart. For too long we have been taught to say what others would like to hear, and what makes rational rather than relational sense. We have been encouraged to be assertive, but we have not learned how to listen. To tell the truth is our ideal, yet most of us tell dozens of lies every day.

A Zen koan encourages us to speak our Truths without punishing. In the coming pages, we will acquaint ourselves with a way of life based on the gentle, clear, and heartfelt communication which the American Indian elders I apprenticed to called *Truthspeaking*.

Notice that I said “reacquaint.” You and I already know Truthspeaking: we are genetically programmed to be spontaneous, in-the-now beings with astute expressive and listening skills. We evolved the ability as a matter of survival.

It is only since we have become urbanized that we have begun protecting ourselves by suppressing our thoughts and feelings—and defending ourselves from the thoughts and feelings of others. The following four chapters lay the foundations for dissolving these boundaries, so that we can again say what we really mean and hear what people are really saying.