

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

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Contents

Dedication

Foreword

Imagine

Part I The Wellsprings of Truthspeaking

Chapter 1 Where We Begin

Chapter 2 The Nature of Truth

Chapter 3 Truth at Work

Chapter 4 What Truth Is Not

Chapter 5 To Know Your Heart is to Know Truth

Part II The Art of Listening

Chapter 6 Listening from the Heart

Chapter 7 Intuitive Listening: Tapping into the Universal Language

Chapter 8 Listening With Perspective

Chapter 9 And Above All, Courage

Part III The Role of Emotions

Chapter 10 Knowing Our Emotions

Chapter 11 Anger Reflux

Chapter 12 Life According to Fear

Part IV Fixing What Smothers Truth

Chapter 13 Gossip: The Faux Truth

Chapter 14 Small Talk: Watered-Down Truth

Chapter 15 Swearing: Truth Gasping for Air

Chapter 16 Absolutes: Never say Never

Chapter 17 Lies: Truth Buried by Fear

Chapter 18 Humor: Sugarcoated Truth

Chapter 19 Secrets: The Last Frontier

Part V Creating a Truthspeaking Culture

Chapter 20 Circle Consciousness

Chapter 21 The Talking Circle

Chapter 22 Living the Culture

Chapter 23 The Culture's Heart

Acknowledgments

The Wisdom Keepers

Glossary

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.