

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Find The Courage To Know The Truth**

**By Helaine Iris**

**Find The Courage To Know The Truth by Helaine Iris**

Find The Courage To Know The Truth

Helaine Iris

© 2004

"Making the decision to have a child—it's momentous. It is to decide forever to have your heart go walking around outside your body." Elizabeth Stone

My daughter amazes me. She's just been through a roller coaster growth cycle. I'm going to share this vulnerable, recent event from her life that has beautifully illustrates a powerful life lesson. I have her permission to share this story with you.

It all started about six months ago when she began her senior year of high school. To give you some background, our daughter, who tends to be on the reserved side, is not a risk taker, and attends a very small, private, alternative school in rural Vermont. There are 10 kids in her class and for the most part they all socialize with each other.

It's a close-knit group of students. There's not a lot of a potential romantic option in such a small pond yet my daughter began to develop a crush on one of her classmates. As the year progressed and social events increased and friendships deepened, her feelings for this boy deepened as well.

I was delighted she was talking to me about her experiences and feelings all along the way. We spent many a conversation exploring how one deals with having feelings for someone when you're uncertain if your feelings are to be returned. We discussed at length possible strategies for approaching the conversation. We considered the pros and cons of letting things naturally unfold vs. trying to second-guess where we thought this young man might be based on his interactions with her.

Over months we talked and talked. She expressed her hopes, her fear of rejection; ultimately, she feared that if she told the truth of how she felt, it would ruin the friendship, which was clearly valuable to her.

## Find The Courage To Know The Truth

About a month ago the tension was approaching fever pitch for her. The friendship had grown the crush turned to love, and they were beginning to spend serious time together. She was filled with the fantasy of how wonderful it would be if the relationship moved to the next level. Still she was unable to ask this young man the seemingly simple question, "do you like me and want to be more than friends?"

It became painfully clear to me that my daughter was avoiding having the conversation because she was afraid to know the truth. On a deep level she was convinced that she was going to be rejected. The distress of not knowing and the tension it created although miserable was safer than facing possible disappointment. It was very understandable and yet, something needed to give.

What truth are you resisting facing?

I often experience this very human phenomenon with my clients. The tendency to avoid the truth inadvertently creates complicated, energy draining situations: from relationship issues to not wanting to hire a bookkeeper to sort out your finances because of what you're afraid you might discover.

If you're afraid of seeking the truth because you believe that your worst fear will come true ask yourself if you can really know for sure that it will. Isn't it just as possible that you might be worrying for nothing? How much energy does it take to stay in the dark?

If you're afraid because you don't have the confidence to get through whatever tough emotions arise look for evidence from your past that you can. When have you survived and actually grown from other challenging life lessons? Building a support system to help you deal with what ever comes up can be invaluable and confidence building as well.

Finally, the day came. My daughter told us she couldn't take it anymore. She found the courage to face her fears and decided she was ready to tell him the truth. My husband and I took her out to our favorite Sunday morning breakfast restaurant and coached her. By the end of our meal she was ready and drove off to meet him.

There is a happy ending to the story, but not the happily ever after kind. It turned out the young man didn't return her feelings, he was happy being great friends with her. She came home heartbroken yet not devastated AND most importantly, relieved that the truth was out on the table and she could be free to be real with him. She activated her support system in a big way and began to recover.

Yes, it took a few days to sort it all out, and the friendship has grown. They're communicating on a more satisfying level. What an incredible opportunity for a seventeen year old to learn how to face truth and build self-confidence in the process. My daughter amazes me.

It's YOUR life...imagine the possibilities!

Helaine Iris is a certified Life Coach, writer and teacher who loves her life. She works with individuals, and self-employed professionals, who want to thrive in their business while crafting a life that's in absolute alignment with their highest ideals. For a solution focused, free initial consultation visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her

helaine@pathofpurpose.com

## **The Five Best Gifts to Give Your Family**

**By Margaret Paul, Ph.D.**

When we think of giving gifts, we usually think of things to buy for people. Yet if you think back on gifts you've been given, it might not be the material gifts you received that are foremost in your mind - it might be the kind of gifts that deeply touched your heart and soul. It might be various ways, other than material things, that people expressed their love to you.

There are five gifts of love that we can give to our families that can make a huge difference in their lives.

### **THE GIFT OF CARING AND COMPASSION**

We all yearn to feel cared for, yet many of us withhold caring and compassion for others. A profound gift we can give to our loved ones is to listen with our heart, to understand and accept rather than to judge, and to stay open to learning rather than to protect against being hurt.

Think about the last time someone actually listened to you and gave you understanding and acceptance. The feeling of being understood and accepted with caring and compassion is one of the best feelings in the world. Instead of focusing on getting this from others, why not focus on giving it to others? You might be surprised at how wonderful you feel in giving this gift to your family.

### **THE GIFT OF COURAGE**

One of the best gifts we can give our loved ones is our own courage. This means being having the courage to stand in our truth, to be honest about what we want and don't want, what we will do and won't do, what is and what is not acceptable to us. It means having the courage to take good care of ourselves, even if others don't like it. It means not succumbing to our controlling behaviors that come from fear: anger, withdrawal, compliance, resistance, but instead being honest and above-board about ourselves. It means being willing to face conflict rather than give ourselves up to avoid it.

When we have the courage to face conflict and tell the truth, we not only provide our family with a role model for courage, but we provide opportunities for our loved ones to step up to the plate in the face of our truth and learn to be courageous too.

### **THE GIFT OF SERVICE**

We are on this planet to learn to love ourselves and each other, and to help each other. One of the best gifts we can give our family is to role model this by doing service. Helping others fills the heart and soul in ways that nothing else can. If children do not see their parents doing service and helping others, they may never learn the great joy and fulfillment that comes from giving. One of the best gifts we can give to our family is to provide ways of doing service.

## THE GIFT OF CREATIVITY

All of us are born with various ways of expressing our creativity. Expressing creativity is a profound way of connecting with Spirit, since expressed creativity is a direct expression of Spirit. Providing your family with many ways of expressing their creativity is a great gift. Creativity can be expressed in so many ways - cooking, crafts, building things, music, art, movement, telling stories, writing, humor, photography and video - the possibilities are endless! Creative family projects are especially wonderful in creating family closeness.

## THE GIFT OF LIGHTNESS OF BEING

Lightness of being - fun, joy, laughter, playfulness - is a great gift to give to others. Lightness of being is infectious - our laughter and playfulness can help others take life less seriously and "lighten up."

Lightness of being is one the results of all the other gifts - of caring, courage, service and creativity. When we give these gifts, we feel a wonderful lightness within, the lightness that is the result of fully giving from the heart. Our own lightness of being can bring lightness into our whole family. Children love it when their parents are playful, funloving and joyful. Laughing together as a family is one of the most precious experiences in life.

We need to focus of giving these gifts each day, not just during a holiday season or special occasions. These gifts are far more important than any material thing we can buy for someone. In fact, we might not be so focused on material gifts if we frequently give the gift of love - of caring, compassion, courage, service, creativity, and lightness of being.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?" She is the co-creator of a powerful healing process called Inner Bonding. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

or

. Phone sessions available.

The Five Best Gifts to Give Your Family

Shake the Tree

Courage Is A Gift

Telling the Truth...or Not

The Courage to Be a Loving Parent

If I Can, Anybody Can!

Online Dating Secrets Revealed!

The Truth About Diabetes

Tattoo Secrets

How to Gain and Retain More Customers

Find The Courage To Know The Truth



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**