



Being Meaningful Without Being Mean

Kovdoskaisu Mountain, Finland

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Introduction

Definition of Meanness: unkind, spiteful, unfair, nasty, disagreeable, ego driven

Opposite: kind, deep, intentionally pure

Definition of Meaningful: signify, convey, design, have in view, aim, plan, intend with integrity

Most of us are afraid of speaking our truth and/or honest feelings. However, without truth, there can be no trust, peace, or love, whether for ourselves or another.

We must never neglect our authentic selves, but the trick is how to be our authentic selves, without hurting another. When we are speaking our truth, we need to learn how to deliver this truth in a way that someone else can hear us. This paves the way to guiltlessness and freedom. It is not our business how someone receives or responds to our feelings and messages; it is only our responsibility in how we put it forward.

Meanness is something that injures another's soul and our own for that matter. When we are mean to another, we are, in fact, being mean to ourselves. We can never feel good if we are cold or cruel. In the end result, nothing good can come from it.

It is a proven fact that our health depends on us staying away from meanness or being mean ourselves. It is far more toxic than people realize. The unseen is extremely powerful and can be very destructive. Therefore, the more we clarify and clean up our communication, the healthier we will be. Being comfortable in our own skin is the key to serene, prosperous and peaceful life.

Exercise 1

Meaning What We Say

We need never be afraid of being wrong, as this will lead us to dismiss, deny or destruct. A good and strong way to start an honest, healthy dialogue is to start our sentences with:

I feel

or

I think

or

I suspect

or

I know

Which is easiest for you and why?

Which is the most difficult for you and why? How will you change that?

Exercise 2

Feelings - Heart Commitment

If someone does something that has really harms or hurts us, it is imperative for us to **commit** to our own feelings about the event and then state how we feel.

To name a few:

I feel hurt

I feel angry

I feel disappointed

I feel abandoned

I feel scared

I feel nervous

I feel sad

I feel devastated

Document events that are happening to you and using your feelings. How will you better communicate it in order to resolve the problem or situation constructively?

Exercise 3

Thinking - Intelligence

Confidence

If our intelligence is telling us that something is wrong or right, it is important for us to feel **confident** enough to state it.

To name a few:

I think it is dangerous

I think it is uncertain

I think it is challenging

I think it is fabulous

I think it is appropriate

I think it is timely

I think I may be over-reacting

I think it is wise or not wise

Document events that are happening to you and using your intelligence, how will you better communicate it in order to resolve the problem or situation constructively?

Exercise 4

Suspecting – Intuition Consciousness

If our intuition is telling us that something is good or bad, it is necessary for us to feel **conscious** enough to state it.

To name a few:

I suspect we don't know enough

I suspect something else is happening

I suspect timing is off

I suspect the person is not who you think they are

I suspect I am not being told the truth

I suspect betrayal

I suspect this cannot work out

I suspect something hidden

Document events that are happening to you and using your intuition, how will you better communicate it in order to resolve the problem or situation constructively?

Exercise 5

Knowing - A Psychic Intellect

Certainty

If our knowing is telling us that something is certain or doubtful, it is smart enough for us to feel **certain** enough to state it.

To name a few:

I know this is right

I know this is wrong

I know this is moving too quickly

I know that I don't know

I know that _____ is the answer

I know that what we put out, we receive

I know that it has not revealed itself yet

I know that I know

Document events that are happening to you and using your psychic intellect, how will you better communicate it in order to resolve the problem or situation constructively?

Exercise 6

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

Everything that happens to us is important and an opportunity to grow, develop and learn. Every mistake we make is a gift that leads us to smarter ways of being. Every injury is a present to create a healthier future. Every bit of grief and sadness we feel, births an advancement to a better way living.

There will never be an absence of problems, but there is always a better way to deal with them. The Golden Mean is finding the middle way. Sugar coating is as detrimental as meanness...as both are not the real truth and therefore will not lead to anything constructive, developmental or transparent.

Being authentic and meaningful kills our damaged ego. EGO means Edging Goodness Out. The only way to creating harmony and serenity is through respect and meaning. Giving everything its true meaning births a world for ourselves, that is heartfelt and therefore heavenly.

Being kind is at all times crucial to have in our mind.

Being truth needs to be the main attraction in our booth.

Being real is imperative to knowing how we feel.

Being discerning is the discipline that keeps us learning.

Being quiet is often, at times the best diet.

Being aware is the realization of what is fair.

Being loving is the instinct to never be shoving.

Being understanding is the foundation for a more solid landing.

Being willing instigates a journey that is somewhat thrilling.

Being of hope most definitely helps us cope.

Being of reason need never be out of season.

Being forgiving creates a healthier and happier living.