

## **Honesty**

To be honest is to demonstrate  
a total lack of any deception.

It is to omit nothing  
because of our own fears  
of being attacked or rejected.

To be honest we must be  
totally free of guilt and fear,  
to recognize that either  
we are honest—or we are not;  
and there is no in-between.

To be honest is to experience the  
perfect harmony of having only  
loving thoughts, loving words,  
and loving deeds.

It is to take full responsibility  
for our own behavior and  
to blame no one for anything.

To be honest is to be perfectly free  
and unafraid to be exactly  
what we are...LOVE.

Gerald G. Jampolsky