

From *The Sacred Elder: Wisdom for all Ages* by Paul Hinsberger

Wisdom #95: What would you like to tell your loved ones?

Sometimes, we have much to say to our loved one and yet we can not find it in ourselves to say our words.

Sometimes, the words that we need to say are of Love.

Sometimes, they may be of a deep dark secret.

Sometimes, they are words of support and encouragement..or words that may reveal a secret that you have been holding on to.

Sometimes, they are words of your Truth. Or words that will reveal a sadness or hurt or pain that you have been holding on to for a long time.

Holding back on our words is a two sided sword...perhaps your words will hurt more than heal.

And sometimes, your words may open up conversations that may have been needed to have been said for a long, long time.

Use your words with honesty and discretion.

If your words express your heart, then it may be best to say them.

Once upon a time, I fell in love with a young woman. She was someone I had known in my high school days and we ran into each other about 5 years later. When I first knew her, I always liked her. And then as a young adult, she appeared in my life a time right after the death of my grandfather.

She gifted me comfort and we spent a lot of time together and our relationship formed that brought all kinds of romantic magic into both of our lives.

I ended up falling deeply in love with her.

One night, we were together on our way to have dinner and she said that I was not acting myself. She asked if everything was o.k. I told her that I had something on my mind and that I wanted to tell her something. It was then that I told her that I had fallen in Love with her.

She really did not respond. During dinner, our conversation was rather stilted.

She stopped taking my calls.

And then, about a month later, she called me and said that she was not ready for such a relationship and that it was best if we stopped seeing each other.

For a while, I thought "Why did I open my mouth?"

However, this telling was actually a catalyst that granted me the chance to move away into a small rural town that I had always wanted to live in: Ojai, California. I was a photographer back then and since I was a "Free Man" I moved up there and began a brand new life, filled with all kinds of growth and meeting of a diverse range of people.

I look back fondly at that relationship, understanding the role she played in my life at a critical time in my evolution. I have no regrets for having loved or sharing my heart with her. It would have been far worse had I not said anything, because this was, and is not, my Way of BEing.

As an Elder, I try to consider my words carefully. And I am not stingy when it comes to telling people that I care for them or to Bless them along the way as we cross paths. I provide some Medicine and I speak from the heart.

I consider too, the effect of my words...and also my actions.

When my time comes, I will have no regrets of having never said what I wanted to say to others. I make sure that I express my gratitude to those near and dear to me.

When I write to a group of students, I always refer to all of them as "Dear Ones" in the salutation. This is written and said from the Heart, for they all have found a home there.

When you have something to say, it is Good if you have The Power to say what you need to or also to remain silent. Sometimes, silence can speak volumes.

Do not hide from your words. Speak your Truth. Be soft when it is best to do so. Be Bold and Steadfast when you need to. Be a Warrior. Be like the Wind. Be like dew on a spring morn. Be like the Sun of Summer Noon...Be like the setting Sun...be like the snowflakes of a winter day.

And when the chance to share from the heart arises, don't hold back. Doing so, only creates a wall around your heart.

Learn to Love you words.

