

Telling It Like It Is

We practice the *Art of Allowing*. Which means reaching for the thought that feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is."

Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is—tell it like you want it to be. If you tell it like you want it to be long enough, you will begin to feel it like you want it to be. And when you feel it like you want it to be, it be's like you want it to be.