



## Giving Somebody Your Heart, by Anonymous

In every interaction you have with another human beingâ€™ doesnâ€™t matterÂ whoâ€™ you always have two main choices.

(The keyword is choice.)

One choice usually leads to logical (boring) interaction, politeness, formalities. And, more importantly, a lack of connectivity.

The other usually leads to interesting discussion, love (yes, love),Â aliveness, friendship, gift giving. And connectivity.

In every interaction you are either giving somebody else yourÂ mindâ€™ your intellect, your intelligent points, theÂ who/what/where/when/why of your existence.

This is the easy thing to do. The safe thing to do. It doesnâ€™t requireÂ much, if any, emotional strength or really expose who you are. In thisÂ way, you can hide from others (or from your self, depending on how youÂ look at it) and not risk rejection by not even giving somebody theÂ chance to reject you.

Or, you are giving somebody your heartâ€™ the real you, your presence,Â your true attention.

This is the hard thing to do. The risky thing to do. It involves anÂ enormous amount of emotional strength (until it doesnâ€™t). It entailsÂ entering the present moment. And it entails pushing through theÂ challenging and stifling fear of doing so.

Instead of thinking about what to say or do, you let your inwardlyÂ felt experience inform your words and actions toward others.

Think about how often you self-censor and hit the mute button. Why?Â Why not just assume that what you have to say is valuable, even if itÂ comes out not so smooth? Then maybe you say next, â€œoh, that was lameâ€•Â and then laugh.

Itâ€™s this kind of moment-to-moment truthfulness that is required.

Itâ€™s so easy (but frightening) to practice because you always knowÂ what to say or do in any interaction with somebody else. The problemÂ is having the courage to act on it.

Isnâ€™t it time to feel less anxious and less alone and less unfulfilled?

