

Shout from the heart

Excerpt from the book "One" by Ken Wilber

(you might enjoy this text more if you translate duty/demand into commitment to care for the life that wants to live through you. Pflicht und Pflege - Kirsten)

...all of those for whom authentic transformation has deeply unseated their souls must, I believe, wrestle with the profound moral obligation to shout from the heart – perhaps quietly and gently, with tears of reluctance; perhaps with fierce fire and angry wisdom; perhaps with slow careful analysis; perhaps by unshakable public example – but *authenticity* always and absolutely carries a *demand* and a *duty*: you must speak out, to the best of your ability, and shake the spiritual tree, and shine your headlights into the eyes of the complacent. You must let that radical realization rumble through your veins and rattle those around you.

Alas, if you fail to do so, you are betraying your own authenticity. You are hiding your true estate. You don't want to upset others because you don't want to upset your self. You are acting in bad faith, the taste of a bad infinity

Because, you see, the alarming fact is that any realization of depth carries a terrible burden: Those who are allowed to see are simultaneously saddled with the obligation to communicate that vision in no uncertain terms: that is the bargain. You were allowed to see the truth under the agreement that you would communicate it to others... And therefore, if you have seen, you simply must speak out. Speak out with compassion, or speak out with angry wisdom, or speak out with skillful means, but speak out you must.

...there is no room for timidity. The fact that you might be wrong is simply no excuse: You might be right in your communication, and you might be wrong, but that doesn't matter. What does matter as Kierkegaard so rudely reminded us, is that only by investing and speaking your vision with *passion*, can the truth, one way or another, finally penetrate the reluctance of the world. If you are right, or if you are wrong, it is only your passion that will force either to be discovered. It is your duty to promote that discovery – either way – and therefore it is your duty to speak your truth with whatever passion and courage you can find in your heart...

And so: given the measure of your own authentic realization, you were actually thinking about *gently whispering* into the ear of that near-deaf world? No, my friend, you must shout. Shout from the heart of what you have seen, shout however you can.