

Day 19: Honest Sharing



**A Guide by
Shree's Essencia**

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Day 19: Honest Sharing

Theme: Share an authentic thought or feeling you've been holding back, using Nonviolent Communication (NVC), focusing on feelings and needs without blaming.

Story: A Moment of Vulnerability

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It was a quiet Sunday evening when **Raj** noticed his daughter **Avantika** sitting in the corner, her eyes distant. He had been caught up with work all afternoon and hadn't noticed how much time had passed. Now, as the family prepared for dinner, he realized he hadn't spent much time with **Avantika**.

"Is everything okay, sweetie?" Raj asked gently, sitting next to her.

Avantika looked up at her father.

"I feel like you're always busy with work, and I don't get to spend much time with you anymore. I miss our talks," she said, her voice soft but filled with emotion.

Raj felt a pang of guilt in his heart. He had been so focused on his responsibilities that he hadn't realized how his absence affected **Avantika**. He took a deep breath and thought for a moment.

"I understand how you feel, Avantika," he said.

"I've been caught up in work a lot, and I've missed our time together too. I need to be more present for you. Thank you for sharing that with me."

Avantika smiled softly, her feelings of hurt slowly melting away as her father acknowledged her **need for connection**. Raj reached out and gently hugged her, feeling the deep bond they shared.

Reflection

Honest sharing can be difficult, especially when expressing emotions that feel vulnerable. But like **Avantika**, when we share our feelings without blaming others, it opens the door for deeper understanding. In this story, **Avantika's honest sharing** allowed her to feel heard, while Raj's response showed the power of **authentic communication**. By speaking from the heart and focusing on feelings and needs, **relationships become stronger and more connected**.

Activity

1. Reflect:

Think about something you've been **holding back in your relationships**. It could be a feeling or need that you've been hesitant to express, either due to fear of conflict or uncertainty about how it will be received.

Reflect on the following:

- **What feeling have I been holding back?**
- **What need is tied to this feeling?**

2. Honest Sharing Practice:

Choose someone important in your life (**a parent, life partner, or friend**) and share this feeling or need with them using **NVC (Nonviolent Communication)**.

Remember to **focus on your own experience and avoid blaming**.

For example, instead of saying, **"You never spend time with me,"** try saying, **"I feel disconnected when we don't spend time together, and I need more of your presence in my life."**

Why Honest Sharing Matters?

Honest sharing helps us **express our true feelings** and needs without resorting to blame. By focusing on our own experiences, we allow others to **understand our perspective** more clearly, fostering **connection and empathy**. It is a powerful tool for **building trust, creating emotional intimacy, and strengthening relationships**.

Closing Thought

Just like **Avantika** found relief in sharing her feelings, you too can experience the **healing power of honest sharing**. **Vulnerability** leads to **deeper understanding** and **closeness in relationships**.

Remember, your feelings matter, and expressing them authentically helps to create stronger, more meaningful connections. 🇺🇸🌟

Guided by the Bhagavad Gita

Truthfulness (satya) is a vital quality emphasized in **Chapter 17, Verse 15**, where Krishna explains that speech should be **truthful, pleasing, beneficial, and free from malice**. **Honest sharing** is not just about speaking the truth but doing so with **kindness and awareness** of the impact on others.

Relevance:

Authentic communication builds trust, strengthens relationships, and eliminates misunderstandings. The **Gita's approach to truthfulness** teaches us to express our thoughts and feelings with **dharma (righteousness)** in mind, ensuring that honesty fosters **connection rather than conflict**.

When we align our words with **wisdom and empathy**, we create a **safe space for meaningful dialogue**.

Thank you!

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