

Loving Speech

Study/Discussion Material for the Podcast from Sunday 3/15/2015

From Thich Nhat Hanh's *The Art Of Communicating*, pages 52-53

“Loving, truthful speech can bring a lot of joy and peace to people. But producing loving speech takes practice because we aren't used to it. When we hear so much speech that causes craving, insecurity and anger, we get accustomed to speaking that way. Truthful, loving speech is something we need to train ourselves in.

Here are the four bodhisattva guidelines for Right Speech:

1. Tell the truth. Don't lie or turn the truth upside down.
2. Don't exaggerate.
3. Be consistent. This means no double-talk: speaking about something in one way to one person and in an opposite way to another for selfish or manipulative reasons.
4. Use peaceful language. Don't use insulting or violent words, cruel speech, verbal abuse or condemnation.”

Study/Discussion Questions:

1. Why is honesty so important in our communications?
2. Sarcasm is contrary to loving speech. How can we express our disagreement with someone without using sarcasm or other non-peaceful language?
3. What are some of the ways can we “train ourselves” in loving speech?