

## THE VALUE OF BLURTING

by Marlene Neufeld

I just got off the phone with someone wanting to email me some information about a health expo. After agreeing to receive the email I asked if there was a cost involved. On hearing the cost, I said, “don’t expect a response from me as my budget for promotion is small.” In the past, I would have kept quiet and made a mental note not to respond. I have recently made a commitment to blurting, which supported me in saying what I did.

To my surprise, the caller responded with some more questions which led to a possibility opening up that I hadn’t thought of. I am appreciating how my blurting what was true opened doors that I didn’t know were there.

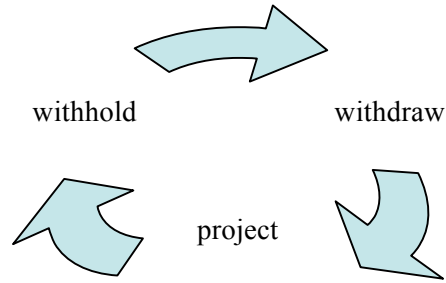
Another example of blurting occurred recently, when my partner Bob and I both found ourselves awake at 4 a.m. We were tossing restlessly. I was having worry thoughts about an unresolved issue that had nothing to do with Bob. Bob assumed that he knew what was on my mind and was having a conversation inside his head with me. I was feeling afraid and Bob was aware that his body was feeling heavy.

I said, “just blurt out what’s going on inside in an unenlightened way.” My blurting my worry thoughts showed Bob that what was going on for me had nothing to do with him. He got out of bed and began moving his body and blurting. We blurted back and forth about a variety of thoughts. Bob’s experience was that the heaviness lifted very quickly from his body. My experience was that in putting my worry thoughts out, they lost some of their grip.

After 5 minutes of this we crawled back into bed together, cuddled and went back to sleep for another 3 hours. In the past, we might have used this to create conflict with each other and stay awake and disconnected.

We have come to realize how important revealing is and how concealing wastes energy. Revealing generates intimacy and understanding, and increases the ability to be present. Blurting our thoughts (rather than editing or rehearsing them and delivering them in just the right way at the right time) unlocks the logical brain and opens up the illogical brain, unlocks creativity and increases an overall feeling of aliveness! Revealing reduces inner mind chatter and creates safety

When we withhold relevant expressions, we withdraw energetic connection and participation from the other person, group or the world. From this non-participation place, our view of events becomes distorted, and we generate an inaccurate story/projection or attitude about the person, group or the world. This pattern is cyclical.



Blurting works best in an atmosphere where people don't take personally what the other person is saying or get defensive. Recently, while making love I noticed myself having distracting thoughts. I realized I wasn't being present and began blurting. Bob later told me, "My body experience was waves of strong vibrations coming at me and me allowing them to move right through me. I was aware of small pieces sticking to me in my temples but the rest of the energy passed through, over and around me."

What was so exciting for both of us was that my blurting what was on my mind and Bob allowing my blurts to exist, without having to do anything about them or even to respond, resulted in both of us experiencing an upwelling of love and connection with each other.

Blurting is even more effective when you take responsibility for your own blurts, shifting as soon as is possible to speaking in an unarguable way (as blurts are often arguable) about what you are observing, body sensations, feelings and what you really want. In the meantime, I encourage you to begin to reveal, even if it means blurting in an unenlightened way.

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