

THE QUESTION OF THE WEEK

Words. We use them all the time. A lot of them. Words are given to us to allow us to speak the truth and to live in the truth. We can manipulate our words and sometimes we do this in order to place ourselves in a better light. But the truth is not meant to serve us. The TRUTH is meant to liberate us and to enlighten us about how best to live. One of the most common forms of word abuse is gossip. What follows is from ancient Greece.

In Ancient Greece, Socrates had a great reputation of wisdom. One day, someone came to find the great philosopher and said to him: "Do you know what I just heard about your friend?" "A moment," replied Socrates. "Before you tell me, I would like to test you with the test of the three sieves." "The three sieves?" "Yes," continued Socrates. "Before telling anything about the others, it's good to take the time to filter what you mean. I call it the test of the three sieves. The first sieve is the TRUTH. Have you checked if what you're going to tell me is true?" "No, I just heard it." "Very good! So, you don't know if it's true." "We continue with the second sieve, that of KINDNESS. What you want to tell me about my friend, is it good?" "Oh, no! On the contrary." "So," questioned Socrates, "you want to tell me bad things about him and you're not even sure they're true? Maybe you can still pass the test of the third sieve, that of UTILITY. Is it useful that I know what you're going to tell me about this friend?" "Not really." "So," concluded Socrates, "what you were going to tell me is neither true, nor good, nor useful. Why, then, did you want to tell me this?" "Gossip is a bad thing. In the beginning it may seem enjoyable and fun, but in the end, it fills our own hearts with bitterness and poisons us, too!"

Did you realize that? The question of the week.