

## ABC's of Wisdom – Sincerity

Sincerity is so much more than simple honesty. Sincerity is the [virtue](#) of one who communicates and acts in accordance with the entirety of their feelings, beliefs, thoughts, and desires in a manner that is honest and genuine all the time.

True sincerity requires a sacrifice of self when you would rather dodge the truth of your own thoughts. I've known some with genuine sincerity, including my mother, who in spite of herself was exceptionally blunt. Sincerity isn't necessarily blunt though it does demand an honesty that few possess.

One famous figure comes to mind. Eleanor Roosevelt. It would have been so much easier for her to adopt the coy personality her mother preferred she exhibit. After all Eleanor was reminded of her "plainness" by her mother who called her "Granny" playing on Eleanor's serious demeanor.

"No matter how plain a woman may be, if truth and honesty are written across her face, she will be beautiful." — Eleanor Roosevelt

Eleanor suffered from anxiety as a child and feared deep water even as an adult. Her early life was difficult. Her marriage and the norms of her day did not encourage women to take a stand for their beliefs. Though it would have been easy to hide, she was true to herself, especially in her mid and later life.

- She remained steadfast as an advocate for human rights when it was unpopular.
- She exhibited sincerity as an independent woman. She had no reason to accept and support viewpoints that she wholeheartedly did not agree with.
- Despite FDR's protest, she continued to support anti-discrimination.
- Ultimately her leadership in writing the Universal Declaration of Human Rights, a document that would shape the way nations treated their citizens from that time forward and hold them responsible if they failed to adhere to its ideals, gave her a place in history.

Sincerity must be consistent. A wise person knows this. They know that whatever they say, even when the microphone is turned off, should be from an honest heart and ought to be in line with what they would say if the mic were on.

As we live with Russia continuing to destroy an entire country with no regard for human rights, Eleanor's speech to the United Nations in 1948 still should ring in our minds.

It is a Declaration of basic principles of human rights and freedoms and serves as a common standard of achievement for all peoples of all nations. Predictably the Soviet press was not impressed, calling Eleanor "a hypocritical servant of capitalism."

As Eleanor said, "Totalitarian governments like that of the Soviet Union, typically places the will of the people second to decrees promulgated by a few men at the top. Democracies, on the other hand, are based on freedom which was not only a right but a tool . . .with which we create a way of life in which we can enjoy freedom."

Eleanor was anything but a hypocrite. She was a courageous woman exercising supreme sincerity.

"Sincerity makes the very least person to be of more value than the most talented hypocrite." Charles Spurgeon

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