

# COMING OUT

THE ROAD TO UNCONDITIONAL LOVE

*A book written by*

*Kevin Lewis for Everyone*

**Spread Peace**



**It Grows**  
[spreadpeace.org](http://spreadpeace.org)

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# 1

## MY DEFINITION OF “COMING OUT”

When we look into “coming out,” whether you get your information from the news, online search, or other’s experiences, you will get many definitions. However, you won’t find the one that I have for coming out as a homosexual person. My definition, I believe, hits right to the point of what it really is saying to someone when you come out to them.

What I want to do first is tell you what coming out is not.

It is not an attempt to change someone from straight to gay.

It is not an attempt by a gay person to get someone to date him.

It is not an attempt to ruin a person’s life.

It is not a slap in the face.

It is not admitting they are going to hell.

It is not anything like these statements. There are

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many others I have not listed here, however, I do not want to give any more validity to this lunacy.

I will now tell you what coming out is. It is a statement of love, respect, pride, acceptance and, most of all, inclusion.

How do I come to this, you ask? Well, it is easy when you put yourself in the position of the person who is coming out. He is making a statement that he accepts who he is. He is proud of himself. He loves himself and respects himself.

The inclusion comes when you talk about the person he is coming out to. He came out to someone because he wants that person in his life for many years to come. He loves and respects that person enough to want him to know more about him. He is proud of who he is and wants people to really know him. He is looking for acceptance from the person he told.

The acceptance, however, should not be required. If a person does not accept the one coming out, then that means there are some rule issues within the person that he came out to. This is the hardest part to understand in many cases.

You see, when you ask someone to accept you with no issues, the person being asked will be

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church. Therefore, she got us involved in church and we went every Sunday.

Church for us happened not long after I realized I was different. I didn't have the label of gay at this point. I listened to the preacher speak about homosexuality as though it was an abomination, and anyone like that would burn in hell and should be put to death.

When I figured out what I was, I didn't care what he said because I knew what my gut told me. When I asked someone at church what it was that was "talking" to me through my gut, the answer was, "That is how God tells us we are doing right or wrong." So I knew the preacher was full of it since God told me I was doing just fine. So religion didn't play a role in my coming out.

While growing up in Hutchinson, my father was a guard at the state penitentiary located in town and he came home with some crazy stories. The one that stood out the most was when he said, "Well, this morning when we woke two prisoners up, it was not like that song, 'Sleeping Single in a Double Bed.' They were sleeping double in a single bed!" He then added, "That is just sick and I am so glad no one in this family will turn

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out that way.” I took a mental note about Dad’s thought on it. No telling him until I am a long way away.

My mother, on the other hand, didn’t seem to be as bad about it as my father was. She had friends who were gay, people she hung out with all time. Her best friend had a few gay friends, so from that side it was normal and okay.

So I thought. Then one day my mother came home rather upset and cussing about her friend and those “faggots she hangs around with.” I asked her what she was talking about and she said, “We were discussing what happened when they told their parents about being gay. One of them asked me what I would do if I knew one of my boys were gay. I told him that my kids are better than that. I don’t have to worry about it. He got so mad, thinking I was saying my kids were better than him, and started yelling, so I left.” Again, I took a mental note. Don’t tell mom till I am a long way away.

So there I was in school, counting the days until I could get out of that town. However, more and more people were saying things about me. I was the one who seemed to make people talk and wonder. I was the kid in school that got along

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### FROM THE PARENTS' SIDE

We have heard and read so many horror stories of children being disowned, thrown away and simply no longer loved when they come out of the closet, that I don't think we need to go into them.

I am not going to help you understand your conservative father or your liberal mother. What I am going to do is help you to understand your real parents and where they come from when they react. Most times it is due to conditioning, whether from religion or society. This is not just for a child who has decided to come out to his or her parent. This is for everyone who finds himself asking this question: "How do I handle someone being gay?"

This is really a road map of why people react as they do, and how to help them through the process. When you understand why, you will understand how, and therefore, what to do. I can help by

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informing you, and in a small way directing you. It is, however, much more difficult to do unless you fully trust and allow the answers to come. What you will learn through this process is unconditional love. As you deal with the information I give you, the paths I direct you down, you will be able to look at your life and ask, “How did I let all this go by?”

First, let’s look at why parents react as they do. It is a complex issue in a way, and one that happens in every aspect of life. When you take the moment to notice, you will find that the same reaction comes from different areas. They are mourning the death of a child.

Now, before you scream and holler, “That is impossible,” I would like you to understand that I learned this not just from other books, but also from conversations with families and through the happenings in my family.

When I was 27 years old, I got a phone call from my father. “Kevin, your brother has been in a serious accident. You need to come to Indianapolis right away.”

I went as he requested. In fact, my brother would eventually die from the injuries of that accident. What I noticed while we went through

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everything that situation required was the way my parents reacted. They, in actions and ways of speaking, did exactly the same thing that they did when I came out to them.

This rang true for my brother and sister as well as my grandmother. They all reacted to this in the same way. Of course the context was different, however, the basis was the same.

One sister reacted with it as a matter of fact about which we can do nothing, so just accept it and be okay with it.

One sister just got all emotional and turned inward. She got totally quiet and said nothing. Just let it happen and not talk about it. Just avoid it.

My older brother blamed everyone for the mistreatment of him and his brother. His brother was lying in a coma. The extent of his wounds would not allow for surgical intervention without one of the injuries improving. He had a compound fracture to his left leg and his brain has swollen to the point the doctors had to remove a piece of his skull in a three-inch diameter circle. They were not able to do surgery on him until his blood pressure became stable. That would only happen if the pressure on his brain reduced.

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Many people will talk about religion and how horrible it is. I am going to fill you in a little about what religion is in my opinion. Religion has always been billed as the only way to heaven. It doesn't matter what religion it is, they feel like their way is the only way. They are the only ones who know the true path to heaven.

I will tell you that is poppycock. Religions, all the different ones, are nothing but different ways to achieve enlightenment. Enlightenment is being on a higher spiritual plane, in many areas closer to God or whatever term you want to use for your higher power. Religion, whichever one you prefer, is a tool to use to help yourself. It is not a weapon to use against other people.

In this area, I use a religious phrase that I believe is more of a spiritual phrase. "Forgive them for they know not what they do." When you use religion as a weapon you are going totally against the teachings of Jesus, Buddha or any other spiritual teacher out there. All the spiritual teachers say the same thing, using different words, of course. Jesus says the kingdom of heaven is in you. Buddha says, when in time of celebration, sorrow, strife, take refuge on the island of self. They both are saying

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you should search within you to find happiness. Religion should fill you with happiness and love to share with the world, not be used as a weapon against your fellow man.

So when you get on the topic of religion and the gay community, I believe the gay community is another way to teach people unconditional love. I believe that the faith that is spoken about in religion is supposed to be used in many ways, not just to prove the existence of God, but more to teach and help experience the love of God, the Gods we all are in our lives.

Look at it this way for a moment if you will. The hardest thing for mankind to do is believe in something that they cannot see, taste, hear, touch, or smell. Notice the need for the civil rights movement, for women, African Americans. Mankind to date has had a hard time accepting what they do see. They see the difference in color and gender, but still the collective do not accept it as a whole. The collective I speak of is the collective of mankind. The understanding of all people being treated equal, with equal rights across the board, is still a discussion today. The leading opponents to civil rights to all mankind

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are religion-based groups. Do I need to point out that more humans have been killed in the name of religion than any other reason?

When we enter the dialogue regarding religion and being gay, that dialogue is why I see the way we approach coming out and the movement of the rights of gay people to be totally off base. We need to change the whole approach to understanding the opponents and where they are coming from. They need to be educated and they need help understanding what it is they are doing. The gay community should absolutely stand our ground on who we are as people, however, we should approach any dialogue we have with the love and understanding we would like to receive. Until we change this approach at the most dramatic level, which is coming out, then it cannot be seen on all levels.

Be the change you want to see. Approach everyone you are going to tell with the understanding that you are calling them to do something they may not have experienced before. Be willing to help them. Be willing to bring them to another place with who they are. That place is true unconditional love.

As I said before, when we come out of the closet to anyone, we call into action the deepest part

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of them. So when we understand we are going to ask them to do something that may not be “the norm” for them, we need to be prepared to give them the strongest weapon that all of mankind has in their arsenal. That is Love—Unconditional Love.

Unconditional love will speak so much to the person you “come out” to. Remember, we can’t ask someone to do what we do not. We cannot ask them to accept us for who we are if we don’t accept them for who they are. So accept where your parents are when you are about to sit down with them. Accept that they may not be able to call on that “real” portion of themselves because they haven’t before or are not used to it. This is the portion where unconditional love lives.

Now you may be asking, “How in the world do I do this? How do I prepare to give them what they won’t give me?”

I can be very simple about this: put yourself in their position. We ask people on a regular basis to imagine the world completely opposite from the way it really is. We ask them to imagine that the majority of the world is gay, that they are of the minority as a straight person. Instead of asking them to imagine something that the average person cannot do, imagine that you are in their position.

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You have built this entire life for your child. You have created this future for them that proves in your mind to be the perfect life. Now they are coming to you and destroying that for you. Don't let me hear you say, "I just can't imagine that." I will tell you that is crap. You can imagine the sexiest person in the world in your bedroom, if you get my drift. You can imagine things that benefit you when you want it. Now do this to benefit you on the coming out talk you are going to have. Be real about what they are going through.

Yes, I will tell you any day that the most important person in your life is you. Look at it this way. You prepare with the understanding of where they are coming from. Then you can see how much better the process can be for you, how the outcome can actually be much better for everyone involved. Take the same care in coming out as you would with any other life changing discussion.

Simply put, what you are doing is going to challenge everything that is understood in the average person on this planet. Think of it this way. You are not just telling someone you are gay, you are opening them up to something bigger than that. You are calling into question everything they

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When it comes to gay life issues, we must remember that all gay people have had to go through this battle of showing ourselves unconditional love. If we had not come to the place of loving ourselves unconditionally, we could not sit before you and give you this information about what we are. We have to come to the point of loving ourselves unconditionally.

As a community, we have fallen short of loving our fellow members of the community with unconditional love. I say this because still we have the sections that think they are better than another because of financial differences or the idea that one looks better than another. There are many areas that we, the gay community, need to work on ourselves. Truly if we cannot get this belief deeply within ourselves, how can we expect others to do the same?

Unconditional love has no form or idea. It is just unconditional. The two words put together say it all: I love each and every member of the human race the same. Because I don't do the same things with some has no bearing on my level of love for them, or you. That is the basis of unconditional love; love yourself and all of mankind with no limits, no rhyme or reason. Do it just because.

## UNCONDITIONAL LOVE

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Just as this book is a presentation of the way I live my life, it is the way I believe spirit would like to see the world live their lives. Remember, the way I live affects the collective just as the way the collective acts affects my life. We are all one molecule in the ocean of who we are. We are all one leaf on the tree of humanity.

It is up to you to accept what I have presented here. I will not look at you any differently no matter what you decide. I just ask that you take the moment you are living in today, reflect on what you have read, even read it again. No matter what you do from this moment forward, the most important thing is to be in this moment.