

We talked about how truth was deceptive. So what is lying?

Lying is also deceptive.

Please explain.

Lies and truth are words, words that are meaningless. They are deceptions of the ego. The soul does not use deception. The soul uses the present moment. The present moment is not a story, it is the present moment. If you are in a story that means you are in ego, which is where truth and lies reside and have their power.

In ego you are judging what is truth and/or lies, there are no clear-cut answers. For example, one moment you will judge someone's word or action and determine this person is lying but the next moment *you* do that same thing and call it truth. Try this statement on for size: "There is no truth and there is no lie. There is no good or bad". Now, does that upset your total foundation of thought?

I am going to say no, because I understand where you're going with this but please explain more.

You have lived with these words and the perceptions of what you believe these words mean, which were passed down to you by others, your whole life. Because the definitions are different for each person, family, culture and/or religion, there are many answers to the question about what is truth and/or lie.

So you are saying truth and/or lies do not exist? Good or bad does not exist?

Yes, the only place they have power is in the ego, and the ego itself is a lie.

Ok so why I should believe you?

Don't. Listen to your inner voice, your gut feeling. You are living needing to justify what is truth or to validate someone's words or actions. You might even lie to yourself so you don't have to see the truth or the lie. You allow the influences of the outside world, the outside lies, to bring you down the wrong road. Sometimes you ignore your inner voice to avoid taking responsibility for truthful living.

If there is no truth or lie then what is truthful living?

Truthful living is living in the present moment, and also living with the ego and using it as a tool and not the navigator of your path. The ego is the tool of the earthly plain. You need to understand that the ego uses stories to create your history, your future. This is where truth and lies, good and bad, love and hate live. Understanding just that statement alone will reduce suffering in your life.

Understand that everyone in your life has been lying to your ego about who you are. Even possibly with the best intentions they helped create your idea of your identity, your past and your future, at a very young age. But their beliefs, fears, truths and lies are now planted deep down inside of you in your foundation of thought. Their stuff, their thoughts, their morals are living on in your life.

**Ego is what needs a story to use words like good and bad, truth and lies, love and hate. The ego is what needs the outside validation; it needs to create a story, a drama of past and future.**

**Ok what do we do to fix this?**

**Notice if you are looking outside yourself for the answer, if you are suffering because of a story you are deeply involved with. Ask yourself: soul or ego?**

**Meditate and still your mind. Live in the present, and understand that every time you see yourself in a story, past or future, you are in ego. That will open up the present moment to you. You have your whole life to understand this, alright? Everything is alright at this moment, now everything is alright in this moment, and this one too. There is no truth and there is no lie. There is what IS. Listen to your gut; follow it through your path.**

**God bless.**