

What is truth?

Truth is a descriptive. It is subject to change.

Wait, truth is what happened, how I feel, it is your word.

That's right it is your story. Imagine this, the police go to a crime scene where they have five witnesses who all tell the police officer what happened and they get five different accounts of what happened. Is one witness telling the truth and the other four are not? Now place all five witnesses in the same room, let them talk about what happened and next thing you know they piece all their stories together to create the truth again. Now is the story that they have created together the truth?

No it is five people telling what they saw and then piecing it together so everyone is convinced or agrees that is what happened. So you're saying there really is no truth?

No I am saying that the truth is manufactured. It is a word that people really have no faith in, a word that we use to get attention when we speak. It is saying "this is my word you can believe it". The problem with saying that is, your truth is based in your ego story. (as your consciousness develops) As time marches forward the ego gets more information then it changes or evolves the truth. So your ego says, "well this is the truth now this is my word", then someone that heard your truth or your word before reacts saying, "no you said this". So what is your truth?

That is a good question.

In ego there are no truths there are only people's word. They are trying to do their best to give you what they think is truth. They are living up to their word everyday but in the life of ego things and situations change, giving you more information and it just changes the mind about what we think is truth. Take the simple example of who you are; you were told at a very young age from people you respected as roll models that you were this and that and this is the truth you have guided your life by. But if you are reading this page right now you are questioning that truth to see if it holds up. So, you are questioning these thoughts that have guided your life. Maybe you are not thinking that they are not true you're maybe thinking you can do better. The info you have been taught (spiritual education, school education, cultural education,) you're now questioning if that comes from a truth or is it someone's story.

When I think of truth and put a definition to it, I believe it is the only a story and now I am thinking the word truth is a lie.

Truth is abstract in ego. You live moving from one story to the next and you carry the truth idea that what you think is also the truth for everyone else. As stories change, the truth changes even if you keep to your old story. What you believe to be truth you may change it in the way you tell it to someone else, or the way someone else repeats it, so you have to defend your story of truth. Just to keep your truth and be a person of your word you might even hold the truth inside of yourself and it

might be mentally and physically hurting you, or it might go against the truth according to some else and their story.

So (if we go beyond ego, )what is the truth?

Truth is a spiritual word. Truth just is. In some ways the truth is there is no truth.

In your ego you are trying to create a story that encompasses how to explain your soul, connection, or your creation and everything else that is in your world of ego. But in the universal stream you understand that truth is everything you are creating and hope to create. Not about it being your word or you can be trusted. It's that you are connected to every single thing alive and dead. It is that at any moment your ego story will change. Truth is your highest thought and like I said before truth just is. Truth is just a descriptive word to say universal stream. Truth is what pushed your ego to relinquish its power, because for every box that ego builds to hold your soul or your universal stream in it, is ego that is staring at the four walls of its own creation. The connection is beyond forever it is this moment and then this moment and now this moment. It just is.