

How to Experience

Truth

In Your Life

manual

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Introduction

Truth is the rainbow on a stormy day

The pathway to 'true' success and freedom is being comfortable in speaking the truth. Without it, deception, confusion, emptiness, depression, powerlessness, and bad karma reign. Honesty is a personal feeling, truth is a wisdom. For example, three people can be in the same room, experiencing the same thing and come out with totally different feelings about what just transpired. These are each person's honest feelings. However, in the end result, there happened to be a universal truth that took place.

These are four steps to source the truth...

Reactions are emotional, responses are intelligent.

Studying and facing our own personal feelings to see if they are formulated from an emotional reaction.

To question is to learn, to learn is to listen.

Contemplate quietly and ask others for their insights and opinions.

The higher mind cannot be fooled.

Look for a higher and bigger teaching and meaning.

To stay in confusion is to stay in mid breath.

Draw a conclusion.

Honest is something we must be. Truth is something we must find. There is a huge difference.

Truth is the foundation of all that is good and right. The suffering of our world is based on the amount of corruption and deception that exists in our political arena and mainstream. To be all that we can be, we need to be an example of truth and integrity. These are the ingredients to our authenticity. The moment we become too attached to an outcome, we start down a slippery slope of manipulation. If something is going to be activated and accomplished successfully, it must do so in truth and flow.

The smallest lie can squash the grandest of miracles. Therefore we need to be determined and steadfast in our quest for truth. It is our responsibility, as developed humans, to seek out truth and wear it as our badge of honor.

"Truth be told – let only truth be told!"

Exercise 1

Let's Clear, Clean and Create

Truth clears – deception clutters

Truth cleans – deception corrupts

Truth creates – deception crushes

Truth telling and truth finding are presently not in fashion. Yet truth, even when difficult, clears the air, cleans our personal space and creates a new life.

Clearing air – finding our thinking intelligence

Cleaning our personal space - purifying any mistrust or deceit

Creating a new life – blossoming into something or someone noble

1. Do you have a hard time telling the truth and why? If so, how will you constructively change that?

2. In what circumstances are you most fearful to speak the truth and why? How will you constructively change that?

3. Is there anyone you feel you can be totally honest with, including yourself? If not, how will you constructively change that?

4. Are you afraid to face or hear the truth, and why? How will you constructively change that?

5. Are you afraid that things will not work out if you speak the truth? If so, how will you constructively change that?

6. Do you understand the difference between truth and honesty? If so, give examples and explain.

Exercise 2

Let's Study the Forth Wisdoms of Truth

Read the 40 wisdoms of truth and then do the exercise that follows.

1. Truth is the foundation of all that is worthwhile.
2. One of the simplest things in the world is the simple truth.
3. Truth is as truth does.
4. Truth is the most valuable of all treasures.
5. Truth not realized leads to an error of judgment.
6. A half-truth is a whole lie.
7. Truth withheld is as deceptive as a direct lie.
8. The greatest honor we can pay to ourselves is to use truth.
9. Truth cannot be manipulated.
10. Never swallow truth, spit it out.
11. Truth is not based on statistics.
12. The biggest violation to mankind is the omission of truth.
13. Plant new truths as a way to root out old lies.
14. Illusions lead to wrongful conclusions.
15. Only truth creates transformation.
16. No relationship can be sustained healthily without truth.
17. Truth held back is poison to our system.
18. Honesty comes from the indwelling emotions, truth comes from the outstanding knowledge.

19. The spirit and soul of any relationship or endeavor can only thrive in truth.
20. Our truth is an extension of our vulnerability.
21. A 'little white lie' blackens truth and trust.
22. Truth has no country; it is universal.
23. If we want to feel whole, we must eliminate half-truths.
24. A truth may hurt for a moment, but it will help for infinity.
25. Our principles are birthed from our passion for truth.
26. Healthy self-esteem is the reward for speaking the truth.
27. Do not be afraid to speak truth; be more afraid not to speak it.
28. Being attached instigates deception, deception instigates shame.
29. From our true words – our true freedom blossoms.
30. Finding truth, speaking truth, savoring truth are our noblest character traits.
31. Truth without proper delivery is but a judgement.
32. Truth mixed with compassion creates an everlasting peace.
33. Seeking the truth has always been and will always be the goal for the enlightened.
34. Hold your tongue until truth can be told with dignity.
35. Always know the truth but find the proper timing to deliver it.
36. Money is not the root of all evil, the corruption and deception that surrounds it is.
37. Watch your thought forms – they can be deceivers.
38. Following our hearts will surely lead us to our truth.
39. The light darkens in lies.
40. It does not matter what others think of our truth; it only matters that it truly is the truth.

Exercise 3

Let's Get Personal

We need to be authentic in order to create a positive outcome in all relationships. We should not pretend to be or feel anything, if indeed we are or do not. Truth will always lead us to a better life. However truth is usually something most people want to avoid. It can sometimes be painful, but it is at all times pure. It can sometimes be uncomfortable, but it is at all times necessary. It can sometimes be ugly, but it will at all times lead to beauty.

1. *Learn to say no in order to grow.*

List three times you wanted to say no but you said yes instead and source what caused you to do this. Make a plan how to take it back and make it right.

2. *Believing we can control someone or something other than ourselves, is but an illusion.*

List three circumstances where you tried to control things, instead of letting it unfold naturally and source what caused you to do this. Make a plan how to take it back and make it right.

3. *Without truth nothing can manifest.*

List one to three people you have not been honest or truthful with and source what caused you to do this. Make a plan how to take it back and make it right.

4. *Denial is truth denied.*

List one to three things you are in denial about and source what caused you to do this. Make a plan how to take it back and make it right.

Exercise 4

Let's Speak the Truth

TRUTH...Self-Worth

Most people have difficulty speaking their truth for a multitude of reasons. Yet nothing truly **worth**while can happen in our lives without the ability to do so. Without truth, resentment rises, anxiety is stimulated, tension starts and before we know it, our health and happiness are at risk. As a result, our **self-worth** begins to dwindle and we then become vulnerable to losing our purity and authenticity.

Five Steps to The Art of Telling the Truth

T – rusting.....self-empowerment

R – especting.....self-respect

U – nderstanding.....self-esteem

T – iming.....self-discipline

H – umbling.....self-confidence

Our truth is an expression of how we view ourselves and life, what our heart feels, what our mind thinks and how we want to live. Therefore, the more we come to understand that nothing is more important than our truth, the more we feel **worthy** to receive all we are meant to receive and be all we are meant to be. We do not sell ourselves short and we stand tall in who we are.

Trusting...Self-Empowerment

Trusting begins and ends with trusting ourselves.

Many times we do not trust that we will be listened to, so we hold back our truth. However, telling our truth has NOTHING to do with the other person. It ONLY has to do with benefitting our own **self-empowerment**. Yet, we do have a responsibility to deliver the truth in a way that others can hear us. We need to make certain that our delivery is clear, precise and fearless .When communicating we must take ownership of who we are and what we are about to say. Starting communication with “I feel” or “I think” or “I sensed” or “I suspect” is a statement of owning our thoughts, opinions and feelings.

1. When did you try to tell the truth and now realize that you were too attached to the other person trusting you instead of you trusting yourself? How would you deliver the communication today?

2. Is there someone you have not spoken the truth today for the same reasons? Is so, will you tackle it? Write out what you want to say.

Respecting...Self-Respect

The way we express ourselves is an example of the way we respect ourselves.

When an incident occurs, it is important to empower our own **self-respect**. Though we need not worry about the other person's response, we do need to concern ourselves with putting forth the message or communication appropriately, in a non-judgmental and respectful way. When we shame someone, more often than not, the other person shuts down and cannot get the communication, teaching or message. There is always a possibility that the relationship will not work out, so leaving it guiltlessly lays the ground work for our own good karma.

1. Is there a time that you told the truth disrespectfully? If so, how would you deliver the message today?

2. Is there something or someone that you have been too angry with to deliver the truth respectfully? If so, write out how you want to communicate it.

Understanding...Self-Esteem

Through confusion, one reaches the wrong conclusion.

When our **self-esteem** is intact, we do not need others to be like us in order to feel good. There are many variables to every situation and relationship. Understanding and recognizing differences is an important step to good communication. Race, religion, experiences, childhood events, where we grew up, what we were exposed to, can make us see things very differently. In truth, there are many different roads, all leading to heaven and each must be honored. Yet, there are times when we must draw the line in the sand, as discernment is one of the most pertinent wisdoms. One must contemplate to know and understand the difference.

1. Is there a time when you believed you spoke the truth, but did not have enough understanding? If so, how would you handle it differently today?

2. Is there someone presently whom you do not understand and have not taken the time to understand them better? If so, what will you do to achieve a better understanding?

Timing...Self-Discipline

For every reason – there is a season.

As the saying goes; timing is everything. Truth telling is important for two reasons. Firstly, it is an expression of our authenticity. And secondly, we live in hope that the truth will transform and free us from challenge. Therefore, it is imperative that we do not just blurt out truth recklessly. We need to have **self-discipline** and study what is happening around the situation or relationship. Patience, when used properly, always lays the road to better results. Setting the stage and knowing our audience opens the doorways to the victory of truth.

1. Is there a time when you told the truth and you knew the person was too upset or distracted to hear you? If so, how would you deliver it differently today?

2. Is there something that you are holding back on and feeling the time is not right? If so, how will you know when the timing is correct and what do you plan to say? Write out how you want to communicate it.

Humbling...Self-Confidence

Humbling keeps our world from crumbling.

Humbleness is connected to our heart and our heart has its own intelligence. It knows the difference between **confidence** and arrogance. When we expose our vulnerability and display our humility, we lay the foundation for all that is good, high and mighty. Everyone has issues, frailties and fears. When we speak humbly, yet confidently, we put the other at ease, ensuring safety, for truthful feelings to come out. When we speak arrogantly and egotistically, we put the other at risk, ensuring danger, so truthful feelings do not come out. To be humble is to be honorable and honoring.

1. Is there a time when you spoke arrogantly or egotistically to someone? If so, how would you deliver it differently in a humble way today?

2. Is there someone who is very arrogant who you would like to speak to about humbleness and heart intelligence. If so, what would you like to say? Write out how you would like to communicate it.

Exercise 5

Let's Find Mentors

A mentor can be someone alive or deceased.

A mentor can be a family member, famous person, someone from history, an author or.....yourself.

1. Who is your **mentor for truth** and why?

2. Who is your **mentor for integrity** and why?

3. Who is your **mentor for purity** and why?

4. Who is your **mentor for trust** and why?

5. Who is your **mentor for success** and why?

6. Are you able to be a **mentor for truth**, if not why?

7. Are you able to be a **mentor for integrity**, if not, why?

8. Are you able to be a **mentor of purity**, if not, why?

9. Are you able to be a **mentor of trust**, if not, why?

8. Do you feel like a **success**, if so, where?

Exercise 6

Closing Exercise

1. What do you feel you learned from this manual that you will incorporate into your work life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

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