

Internal Development

The Truth

The difference between seeing things positively and listening to our own truth sometimes creates a conflict for ourselves. We believe that an event should unfold in a certain way, that we hesitate to face the truth when we see it. We know that the consequences of knowing something for sure, change the situation we are in. Whether we are pleasantly surprised or shocked by what we learn, we see exactly what we need to keep moving forward. Although we may sometimes be afraid of our own truth, it offers a clear improvement over our negative/positive speculations. When we hear the truth, the confusion disappears and there is no questioning or hesitation. The truth itself makes sense without further evidence.



Only in our Truth can we be loved just as we are. ❤️

When someone shares their truth, we should always be forgiving, as it honors both the one who shares and the one who gets to share it. Holding it back is as dishonest as lying when it misleads another person's best way forward.

Sharing the truth will either set us free, or draw us closer together, and there is a humility in the truth when it is shared from a place of unconditional love. Our Truth will eventually be seen for what it is, unconditional love, as we humbly present it as our own truth. Truth always requires discernment and we need to use both our wisdom and our intellect. When we are confused, doubt, or question, we have not heard the truth.

Hiding our Truth means that we have characterised someone else as unworthy of knowing it. We do not trust them with our Truth, or we think we lose something if they know it. What really happens is that we lose something of ourselves when we deny our Truth.

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