

The Secrets of Truth

All of us have secrets. We hold onto them dearly like long lost buddies, held tight in our hearts and minds like strands of time, though not forgotten. We often share these secrets with others, but more often than not we share them with ourselves. Sometimes we diminish the importance of them and other times we embellish them to grandiose status; ultimately to make ourselves look better in the light of this secret. These secrets are pages in our book of life that tell a story we are either proud of or not. And they scare us to our very core. Perhaps not the secret or action itself, but the fallout that could happen if our secrets became public knowledge. Or the accolades that would be bestowed upon us if they should come to light.

Truth also holds secrets. Our truth is not the truth of others, for it is seen with our eyes and hearts, and is based upon our emotions, beliefs, thinking and experiences thus far. When we are slighted for our truths, we turn inwards, and hold tight to them. And much like secrets, we diminish or embellish our role, and that is why truth holds secrets.

It is said that truth is multifaceted. The proof is in how our personal truth will vary from others truth that lived the same experience. I recall things differently from the same time period as my friends and family often and wonder why this is. If, in fact, we all experienced the same experience, why then do we tell different versions? For some reason, and I cannot speculate why for that is not my job, we honor our truth as the righteous gospel of what we experienced. So in that pondering, I am given to understand that, for that moment in time, our reality was such that our truth blinds us to seeing anything else.

While I am not ancient, I am learning, and slowly accepting all sides of the truth. The truth holds many secrets, and it does so silently, since it does not have a voice. I accept that my truth is not yours, and more often than not, your truth is not mine. If I can listen with respect to your truth, openly without forming an opinion, I might just walk away from the experience with a fresh new awareness and from that expand my beliefs and thinking.

In our crazy world right now, too often people take up sides after only seeing a brief flash of the whole or hearing a brief report on what is going on. Unless we are living it, we cannot have fully earned a "truth." It is instead, our emotions, beliefs and thinking that creates this truth. We can be touched by the plights that are going on and want to make a difference. Making a difference then, would be our truth. And how would that truth look? Would it be truly helping those in need, or would it be spreading more fear based "truths" to others in hope of gaining favor. See, that is how, much of our society works today. As humans, we are pressured from many different sources to take up a side, and believe the "truth" as it is presented to us.

Our truth will always be ours. We own it, and we should always speak from our truth, no matter what the consequences are for doing so. Yet, we should still listen to another's truth, even if it varies from ours, for in listening we can be reminded of aspects of ourselves we do not wish to see. Then healing can happen, and along with it perhaps a more compassionate world. One that does not judge but rather seeks to know all the secrets of truth and from that, learn to accept how unique we all are.

Namaste

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