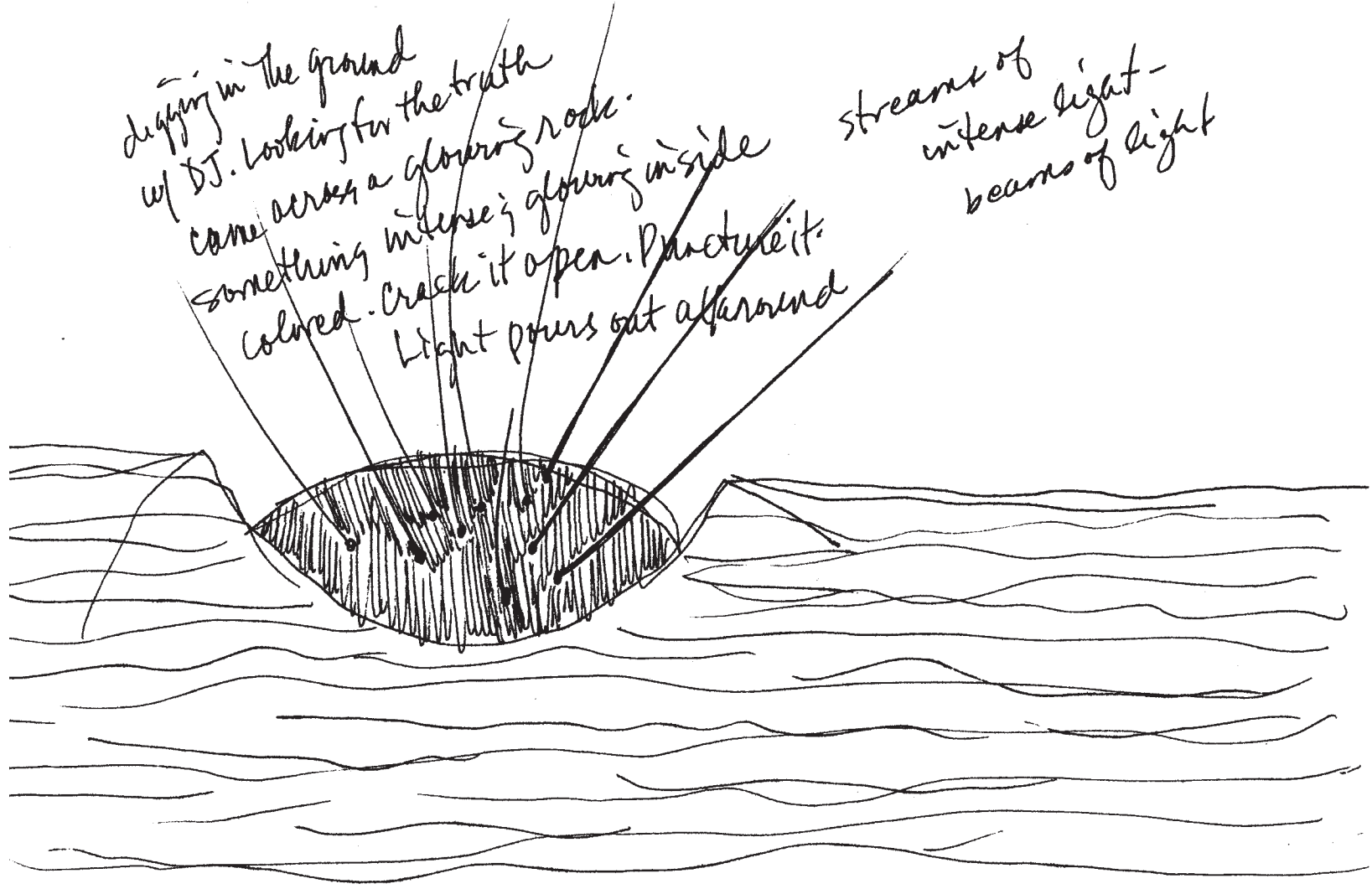
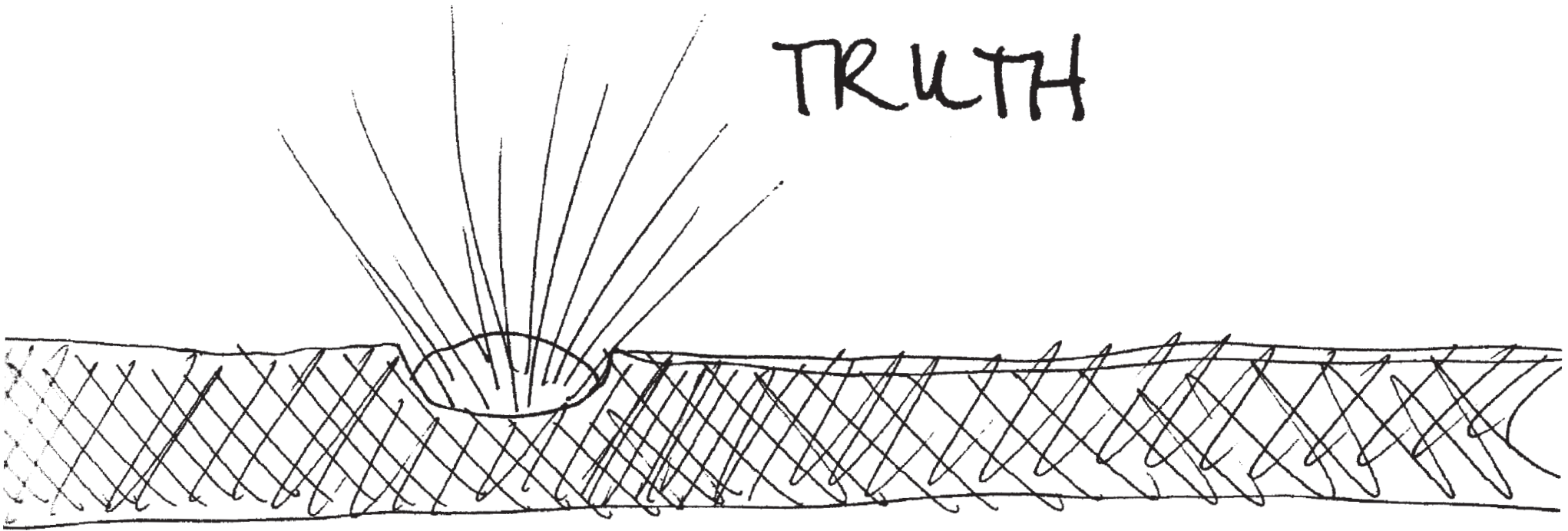


digging in the ground
w/ DJ. looking for the truth
came across a glowing rock.
something intense; glowing inside
colored. Crack it open. Puncture it.
Light pours out all around

streams of
intense light -
beams of light



TRUTH

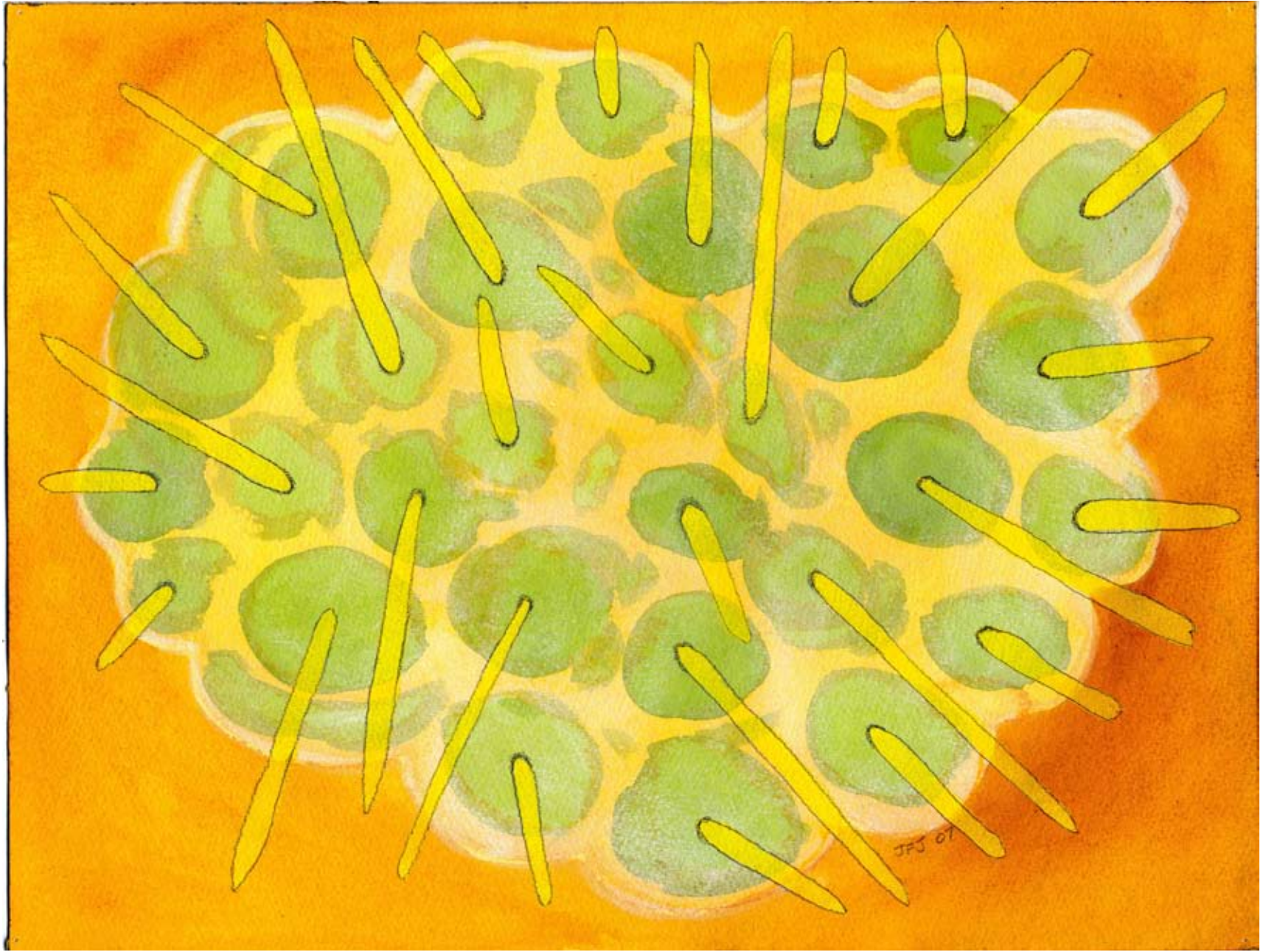


Joell Jones

During a meaningful conversation with a friend, I felt a vital energy shift that I believe was the result of finding truth. After chancing upon the truth I became curious about it. I dedicated the next three months to exploring that dynamic. I became fascinated with that place or feeling in ourselves we call the truth. During those three months in the fall of 2007 I gathered ideas about truth from others in a series of interviews. I simultaneously did a series of paintings, mostly in gouache, exploring truth symbolically. It took the form of a truth stone, discovered underground in an imagined space while journeying.

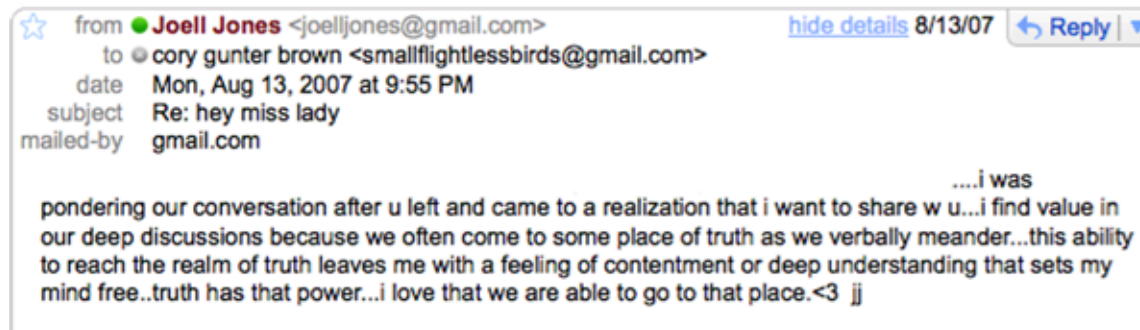
Thanks to the thirty-four people who shared their thoughts about truth. JJ

Original artwork by Joell Fox Jones
Preliminary Edit & Layout by Cory Gunter Brown
Design and Prepress by Jan Camp
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*Maybe the truth is sharing what you
know on a deeper level with someone.*

Truth come to me. Come my way
Living more and more in the light of the truth.
It's soft. It's good.
It's got something to do with the present and being surrounded by love.
Truth. It's always with me. It wants to hide.
It is hidden from most of us, most of the time.
But I've tasted it/ felt it/ and I know it's there somewhere.
If I can be still and be soft and not too greedy. JJ



What is the definition of truth? Truth is whatever the real thing is.
The actual answer. Whatever something actually is.
That is a refrigerator. That is the truth. KJ

*That is a
refrigerator.
That is the
truth.*



*It is
the most
important
thing in the
whole
world.*

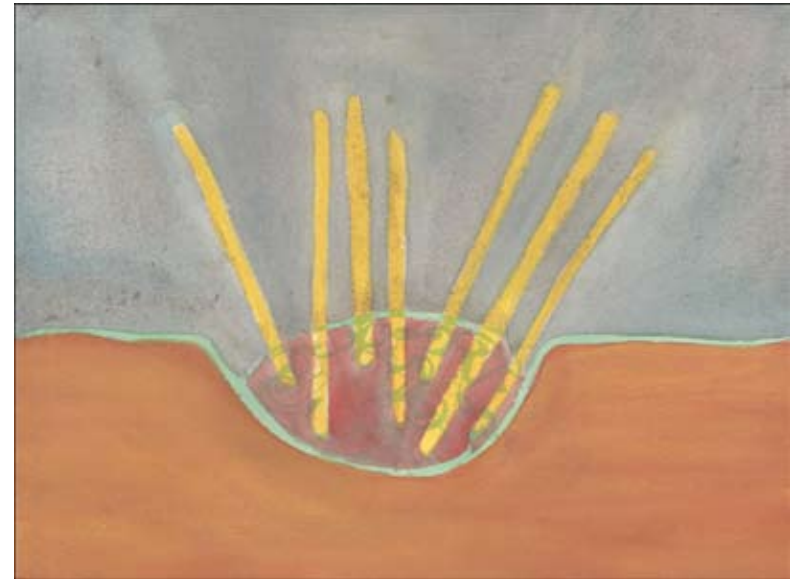
It is the most important thing in the whole world. Truth causes anger and trust is very hard to gain back. Lack of truth causes anger also. It's learned intuition. It's gut instinct. The more you know a person, the more you can trust that gut feeling. Over time you pick up on the fact that people are lying. DJ

Truth and happiness are strange bedfellows.

It is the underlying, underpinnings of all success: relationship, personal, professional, spiritual, international. It is a rather dubious friend to have because it can bring pain and sorrow, or joyfulness, and closure. I am old enough to know when to keep my mouth shut. That is a truth.

Dichotomy of Christian idea regarding free will: to tell the truth and hurt someone or to tell a white lie and preserve their dignity. Who are we to make those decisions? There is a cadre of people who believe you give the truth regardless of consequences. Others believe in using empathy to spare feelings with a shading of the truth or a white lie.

Truth and happiness are strange bedfellows. If you aspire to lead a truthful life then humility and a sense of dignity are the lexicons of blunt honesty. If a truth seeker has humility, it's a good bullet to have in your holster of honesty. A truth teller is a chameleon and a lot of truth tellers are charlatans. Meaningful truth includes personal involvement and vulnerability.



Catharsis: Dream deep emotions. My quest is to understand and accept that emotions and feelings are okay. And to let others know that it's ok to be sad, happy, mad or scared. The truth is what we feel, and we need to have it and be ok to share it. The quest is caring about myself so that all the good and bad feelings are ok. There is good and evil in the world. And grace, when you see it you know it, that's the truth. The symbol for truth is a smiling three month old; vulnerability is a fundamental part of truth. BE

Life is fluid. It's constantly changing. You have to know that nothing stays the same; and if you don't, it doesn't work. Truth is a constant. Everything is either true or not true. Sometimes you don't know until later. Sometimes things that seem right at the time aren't when seen later.

Everything is either true or not true.



It finds you. You can't go looking for it. It is not right and wrong. Something is true if you understand it and know everything about it. Because things are constantly changing, what's true now is not true tomorrow. Nothing stays the same. Something may have been truth when you were five and not so when you're thirty-five. PE

Truth is something you have to live with.

It relates to your conscience. My conscience keeps my truth in line. If something bothers me, I know I'm not being truthful about it.

The opposite is lying.

Truth relates to logic on a big scale. There are no scales or judges to tell you how truthful people are.

People have different definitions of truthfulness.

If you are truthful you're not manipulating reality. It's a Non-fiction versus fiction novel.

Being truthful cleanses one's soul. If one isn't truthful with oneself then it builds up and clogs up.

When you are depressed you're not being truthful with yourself and realizing that you *are* a good person. RJ

A large part of my perspective of truth has to do with the problem that surrounds it: truth, like many words, has multiple meanings. Philosophers like to pick ONE of those meanings, and say that all other meanings are wrong. But “truth” is just a word. If we wanted to, we could take every meaning of “truth” and give a new word to it, so that each one was separate and clear. (I’m not advocating that we do!) My point is: it doesn’t make sense to argue over which definition is right—it’s the ideas that we’re trying to communicate that matter, regardless of the words we use. (But it’s nice to know what definition each person is using, to avoid confusion...)

Another problem with the word’s multiple meanings is that we can start a line of reasoning using one meaning, but slowly shift to another meaning. The result is that we seem to «prove» things that we actually haven’t. A great example of this is the confusion between two forms of peace: «inner peace» (being calm) and «outer peace» (absence of war). When we mix up these two meanings of peace, we might think that «inner peace will lead to outer peace»—that being calm will end war. If everyone were calmer, there might be fewer wars, but it’s not a guarantee. And what gets ignored is that ruthless generals throughout history have been very calm. Another confused meaning is in the phrase «Perfection isn’t perfect.» It’s using two different meanings of «perfect,» and what it’s really saying is, «being a stickler about things isn’t desirable.» In reality, perfection is perfect...by definition! Similar problems pop up in our thinking about truth. (I’ll get into them further down.)

To make the problems of multiple meanings easy to catch, I’ll list a quick breakdown of truths. The way meanings have been divided is entirely my creation—if you don’t like it, don’t fret!

Spiritual Truth: The ultimate cosmic awareness; enlightenment; grace; transcendence.

Scientific Truth: Fact; measurable physical effects; the laws of nature; the real world as it actually is (not just as we perceive it).

Testimonial Truth: Not lying; honesty; accurately speaking your real feelings, thoughts, memories, etc.

Existential Truth: Being «true to one’s self»; following your own internal reasons for doing things, rather than external pressure.

Subjective Truth: Opinion; favorite color; personal aesthetics. («Beauty is in the eye of the beholder.»)

None of these types of truth is more «true» than the other. It’s just that, in English, one word is used to describe all these different things. So, what are my views on each of these things?

First, just because one truth isn’t more “true” than the other, doesn’t mean they’re interchangeable or equally valid. Your opinion (subjective truth) doesn’t change reality (scientific truth), and being honest doesn’t make you enlightened.

Truth ... has multiple meanings.



Being honest doesn't make you enlightened.



Some of the big confusions about truth come from mixing meanings and equating different truths. Militant atheists are fond of showing that Spiritual Truth exists inside you, and that Subjective Truth also exists inside you, and equating the two. The reason they do this is because Subjective Truth takes a backseat to reality—you might want to fly and have x-ray vision, but that doesn't mean you do. As a result, these atheists argue that Spiritual Truth also takes a backseat to reality; that is, that Spiritual Truth isn't important and the «real world» is all there is. Another view, held by many scientists, is that Scientific Truth is a form of Spiritual Truth. They like to think that, by discovering the laws of nature, they're becoming enlightened and that equations are a form of insight, not simply a description of what happens to things. This «myth of science» pops up in the way we think about and talk about science: Dr. Frankenstein said that he'd «discovered the secret to life itself,» and quantum physicists theorize the existence of «God particles.» A massive cultural confusion that we make on a regular basis (and that we've been trained to make, by consumerism) is that we're being «true to ourselves» (Existential Truth) whenever we buy/take/do what we crave (Subjective Truth). We end up making our opinions into our identities, and define ourselves with our favorite foods and most embarrassing moments. And a lesser confusion happens between being honest, and fact: you may be telling the truth, but that doesn't mean what you think happened is what actually happened. This comes up as a reaction to being corrected; we feel like the other person doesn't believe us and are confronted.

Second, Spiritual Truth is undiscoverable and unprovable. No matter how much people may try to «prove the existence of God» or «find the 7 steps to enlightenment,» it won't work. Spiritual Truth exists outside of language, and requires an act of faith.

Also, Scientific Truth can encompass the physical world. Our minds can create an accurate reflection of reality, and though science may be wrong about one thing or another, it has the capacity to correct itself and gets things right eventually.

Honesty has great social and psychological value but is often manipulated. «Honesty» can be an excuse to be harsh, a veil for half-truths, a threat, and many other things. Honesty only keeps its value when it is coupled with caring and complete communication.

Being «true to one's self» is, at its root, a very powerful ideal. But the modern usage is reactionary and crippled by consumerism. The original phrase: «to thine own self, be true,» was Shakespeare, and he was referring to honesty. If you are completely honest with yourself, he argued, then you will be honest with everyone. Shakespeare was referring to an old sentiment. The root idea of «being true to self» came into being when we still lived in small, family-centered villages. Your «self» wasn't your collection of desires and opinions—it was the essence that made you human, that you shared with everyone around you, and that you had a responsibility for maintaining. The best expression of this is the Greek concept of *eudemonia* («good spirit»): you are being true to your self when you work to improve your natural abilities, and use those abilities for the benefit of all. But the modern expression means «do whatever it is you want

most, because that will make you happy.» It's another way of saying, «follow your heart,» and leads to self-centering. A modern consumerist might ask, «What do I want to do for my community?» A person in *eudemonia* would ask, «What is it that my community needs me to do?» I follow this older view, and believe that being true to self in this way leads to a much deeper fulfillment.

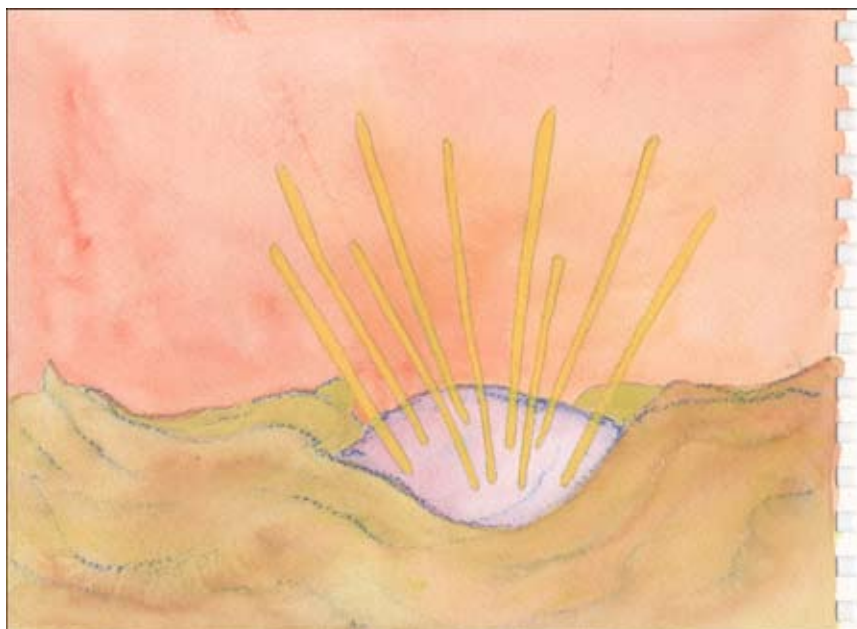
Another truth that's suffered under individualist-consumer culture is Subjective Truth. In debates, a common rebuttal is «well, we're all entitled to our own opinion!» We all have opinions, but that doesn't mean they're right. This sense of entitlement is used to manipulate conversation, allowing the user to ignore inconvenient facts, divert the focus from the issue, take umbrage and use emotions to stifle dissent, and a variety of other tricks. Besides allowing manipulative communication, our opinions become an excuse for behaving badly. We say, «I did it because I was angry,» and «sorry, I just felt like it.» Our feelings and preferences are important guides but they don't command us, and they don't justify our actions. What gets lost in all this is the value of self-awareness. Awareness of our Subjective State—what it is that we're feeling and thinking—is very valuable, and it's also helpful to communicate it. When we're honest about what we're feeling, and share it, we let others into our experience of the world. This creates empathy and helps to overcome conflict.

And in the end I believe that Spiritual and Scientific Truths are the source of incredible good. The act of searching for truth improves us, and is part of our humanity. AR

Truth and God go together...

It is a universal truth that we're all interconnected and very much the same. The truth is that even though we are similar, we also have different perspectives on the same thing, which doesn't mean one is truer than the other. Also I think about religion or spirituality or philosophy. It fucks people up because they think, "this is my truth and that's all that matters."

Truth and God go together even though I don't know what God is, like the ultimate of everything. When we're in our truth and living our truth, I think it's pretty spiritual. If



I'm living in truth, I have to be open to other's truths. I can't convince others because it is only my truth.

Then there's the physical side. When living your truth your body is more grounded and upright and open. When we are totally straightforward and honest we feel grounded, strong and upright. The opposite of physical truth is a turned in body.

Truth can ruin relationships. For instance, a friend called me last week needing to talk. When I told her I only had a few minutes and asked to talk later, she got very angry. It felt like being shot with a machine gun. When I set limits, her anger came at me. I lost a friend because I put out my truth.

We can sense fear and pain in others. The body goes twitch when something's up. We can sense guilt. We can smell when someone's not telling the truth, the chemistry in their body changes. We feel the gut and heart twitch sensation. MV

Does it need to be spoken or moved outside of the self to be true? Can it be true and not be expressed? Does it need to involve communication? To come from a place of personal truth takes a lot of self-work. It's a deep place that is hard to find. Found only after long seeking and experiencing great pain, searching carefully—it takes an enormous focus and drive.

I find my strongest feelings about truth when I say things out loud. If I find myself crying, that's the truth. When I tell someone else how I feel out loud, when I communicate it to others that is the truth for me.

King Lear ends with the message: speak what you feel, not what you think you ought to say. I was so scared of speaking or feeling; this ties into my fear of truth or love because they involve the risk of loss. It was easier not to have true things because I didn't have to worry about losing them. Like having real love, instead of a show of it or instead of distracting myself with things that are hollow. True things like love are unbearable because you may lose them.

Without truth life is empty.



I tend to distract myself from true and meaningful interactions—from the truth. I am afraid of truth because of fear of loss. Of having something real and true and then losing it. Truth seems to bring up loss, but without it life is empty and miserable and lonely.

When you're communicating the truth you're taking it from inside of you and putting it outside. Even if you speak a truth, the other person doesn't have to agree or feel the same. BH

*To be really truthful,
I might have to give up some things
or loose some things.*

Truth—sounds scary. The truth will set you free. Maybe I'm not ready to be free yet. It's a hard one because truth is very penetrating and I have a lot of different layers. Some protect me. To really penetrate to the floor... I'm not sure what the floor is. To be really truthful, I might have to give up some things or loose some things.

It might have to do with control. By only revealing certain parts of myself, I'm controlling the image I'm projecting to people. When I'm with one person I might reveal one part of myself and with another, another part. Sounds kind of manipulative. The more comfortable I am with someone the more open I am to the whole picture.

In the business world I'm service oriented, helping people. It's a very treacherous world, Wall Street. You work in it long enough and your vision gets distorted. It distorts your own ability to see. It's a world of mirrors and very deceptive. You become addicted to that world. The stock market is like a big game. It's full of unpredictability and drama and very emotional at times. It is not a spiritual world.

Me, I'm very intent on finding the truth. I have a very strong desire to seek out the truth in myself and in others. BN

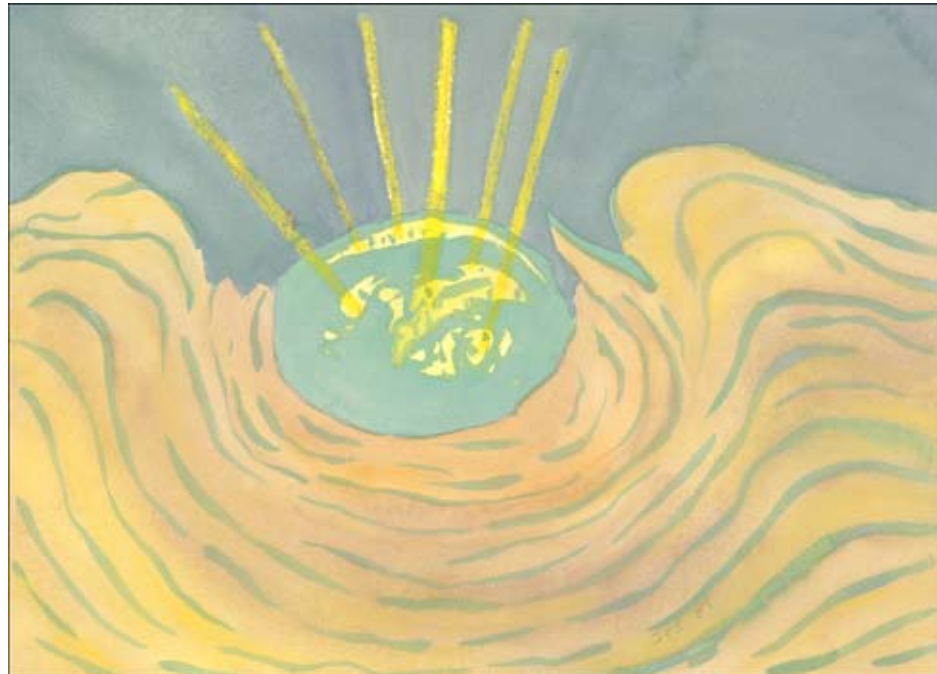


We're trained to think of truth as an objective thing that exists outside of ourselves but we're finding out that we are creating the truth. Truth does not exist separate from our perceiving it. There is no truth without consciousness to perceive it. That's what science is saying. It was realized by Quantum Physicists that the very fact of their observations would affect the things they were observing. And all reality emerges out of these small things. We, as experiencers of truth, are causing shifts in the nature of truth.

...people were lying to me.

People create personal narratives to make it something their egos can tolerate. The truth of our experience that we sometimes can't handle will cause us to create narratives to make truth less painful. A religion, a personal history, a political party, these are all constructs of our identity, of who we are. Advertisers are now selling culture and identity; better, brighter, whiter, than before. Buying a lifestyle says something about you. They're giving people a sense of belonging, identity, and meaning. Fulfilling need for id construction, handing a set of clothes to wear, laying costumes out like paper dolls.

Since I was a kid I realized people were lying to me. Now I know it was because of their own fear. The Southern Baptist religion



had what made them feel safe. People got uncomfortable when I questioned their belief system. Their teachings were always out of fear and not love. I knew they were fabricating to feel safe in their identity. I didn't buy into it. Whenever they were by themselves they were beaten because they had no sense of identity apart from their religion.

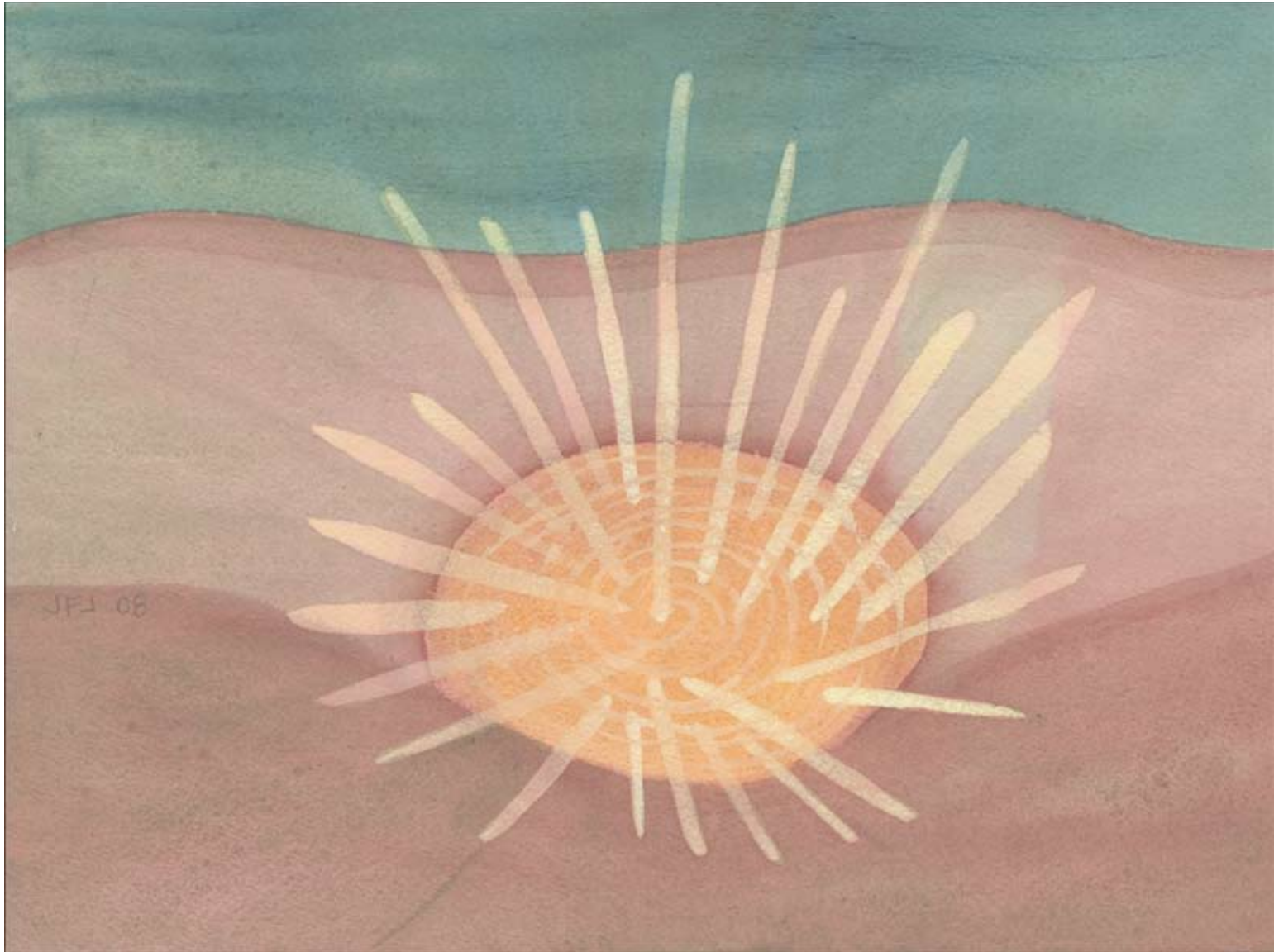
All my life I've been looking for people who tell the truth. Who accept what unvarnished truth is, beautiful without any fabrication. When I find truth tellers I cling to them and get excited.

JM

What is truth? It's in your heart. Your heart tells you what's true and what isn't, and your stomach tells you too. My first instincts are what are true for me. My body reacts to the truth on an energetic level. I listen to questions from the body to find the answer.

Is the present the truth? Is the opposite of truth deception? If we swallow the truth we end up ill. The truth is elusive. Being present in the now is a form of truth. There are universal truths like gravity and personal truths. Karma is a universal truth.

Truth is when you do something without guilt. Truth is related to honesty. Truth is intuition. It is cellular. It holds DNA. When we're living a balanced life, the truth is easier to find. The truth is a deeper source. It stops the noise. JEJ



Truth isn't about what happened or didn't happen, what's real or not real, but the situation in the moment, the moments of awareness, states of consciousness. It's about being able to step outside our ever-worrying processes, to be in the world and be present to our aliveness. That's kind of what truth is to me.

Buddhist enlightenment means you're not trying to escape life. Enlightenment to me means being totally present, alive, and aware. Bodhisattva tasted enlightenment and decided to hang around and live and help others find bits of it. You can't be there all the time. It's also real to get caught up in the other parts of life that aren't holy moments.

It's a tool to be able to appreciate the rest of it: all the drama, impulsiveness, stupidity, and short sightedness. Seeing it all together, stepping away from it, seeing how important it is, how valuable it is. The truth is recognizing life in all its reality and incarnations; in all the ways it presents itself.

Truth is the purpose of a lot of art. Art I like is art that strives and succeeds in giving us it's own moment of awareness of that; it's own take on the wholeness of life.

The more truthful I am with myself, the more alive I feel.

Poem:

The sky is an orgasm of color
Framed in mist and dirty windows
Stripped of my pretense
I am alive

CW





If you're telling the truth you're telling what you think is fact or real to you. What you know to be true is what you would say. Is that the opposite of a lie? The problem I have is that people think their version is the truth. There are two different views of what is true. Something happens and a while later people remember it differently. There is one absolute true thing that happened but how one remembers it differs, you're not necessarily lying.

Universal truths? People agree on gravity. The sky is blue, it's dark at night, obvious stuff. A lot of absolute truth is based on religion if you believe it. I am Christian but I have an open mind. Praying is helpful because it allows you to share your thoughts and to name the problem. People find absolute truth in religion. It gives them peace and grounding, which can also be found in one's personal search for the truth. Telling the truth. Finding the truth in one's self. It's like finding religion the hard way. JW

*There is truth in
nature...*

Truth is good. You should always tell the truth. When you have found it, you are comfortable with yourself and your surroundings. It can be comforting within. You can be more open and receptive to what's around you, not locked. You don't worry about what others are thinking because you are comfortable with yourself.



I think that searching for truth can be futile unless you are doing it within yourself because everyone's definition of the truth is different. Someone else's perception of the truth maybe totally different from mine and might be wrong for me. There is truth in nature, but many creatures try to trick others into believing they are not there like the chameleon and leaf bug. LJ

Of course there are things that are considered fact—that is where truth is easy to find (i.e. is it true that you did this or that?). But in most human interactions truth is much harder to define.

For me—it is more a journey with no destination, a commitment to be open and accepting, to look again and again at every situation with constantly open eyes and heart. LC

Truth means trust to me. AC



...our histories are unique.



Oh my God, that's such a complicated subject. Honestly I don't know where to begin. I don't believe in any absolute truths. I don't know if they exist, but our capacity to know truth is limited and evolving.

Personal truth is the product of the way our brains are hard wired to perceive experience combined with the history of our experience. So there are some things we can largely agree on because we all have similar brains and procure information in similar ways, but some things we can't agree on because our histories are unique. It's what makes human communication so challenging, especially if we're talking about experience rather than concrete objects.

And then language comes in and we use a common language and assume we all mean the same thing, which is not always true. It does take conscious self-awareness to find personal truth. We all have defense mechanisms that distort our understanding of things. And defenses are designed to do that because they have a function for self-protection.

So even if we have the same experiences how we understand them isn't necessarily the same. We get all tangled up in confusion because we assume much more commonality than usually exists on a one to one level.

Why a science like Sociology is so fascinating is because it is about establishing a normative experience. So it's about averages, which is one way of looking at human experience. It's valuable information but to do that is to lose the uniqueness and individuality of each person's experience.

When I witness people talking to each other it never ceases to amaze me how often it succeeds, and how often it fails and they don't know it fails. We each have a very idiosyncratic perception of truth because we all think our experience is the truth.

It's really interesting too, because for at least two to three thousand years we've been looking for truth. If we look at the history of humans since our capacity to write and record history in science, religion, and philosophy, we see that people have been trying to define the truth. It seems almost an instinctive need to find the truth. And secretly inside our skins each person thinks we know it.

The truth is that we have to confabulate. We have to organize our experience into perceptions and conceptions in order to function and make sense of our lives so we know what to do, how to act, and what to do next. We get into trouble when we start to believe that what we know is the truth. GB

...you can trust yourself.



Some people have to be in denial. Denying the truth so it can be OK. I live by truth most of the time. In relationships we can know truth but we can't always convey it because it comes out as a judgment. I have a friend who violates her own truth and it hurts others. She can't tell the truth because she fears it would alter her relationship in a damaging way, would come as a judgment.

I'm very impetuous. My own core is truth. If you live in the truth of your convictions you know you can trust yourself. I know when I'm violating my instincts. I get resentful when my grandkids don't call me. So I tell myself, "don't choose to resent them, call them." Also I'll get busy and don't call my friends. I feel bad but my natural bent is to be solitary.

Everyone sees it a different way and acts on it a different way. My son is a political activist; he has tunnel vision and believes everything is black or white. I think this closes him off to others. I spent a lot of time helping the homeless. I should be doing more, not just writing checks.

In terms of moral behavior I've made up my own moral code so I can feel good about myself. I'm not a liar or a cheat. I'm true to myself and I don't compromise. These are my higher truths, my universal truths. I help the world by writing my senator, my congressman, and forwarding important e-mails. Every time I buy something new I give away two old things.

My friend died recently and left me six thousand dollars. Instead of using it all on myself I've been taking people traveling. AM

“There are three sides to every story: my side, your side, and the truth. And no one is lying. Memories shared serve each one differently.” —Robert Evans

Truth doesn't frequently enter into the legal profession. Expedience sometimes replaces it. JR



In the legal profession, large truth is decided with small pieces of gotcha! Law is too convoluted and ass-backwards to ever express an ultimate truth.

Truth, like beauty, is in the eye of the beholder. Truth is relative, not an absolute. It is not a scientific proof. It's an imprecise definition in the same way that Mark Twain said, "Precision in language creates the distinction between lightening and a mere lightening bug."

Poem:

Birth is a beginning
And death a destination.
From childhood to maturity
And life is a journey:
Youth to age;
From innocence to awareness
And ignorance to knowing.

—Alvin I. Fine - Rabbi, *Gates of Repentance*.

BJ

The best advertising is truth elegantly told.

Truth moves, you can never grasp it. It's always in a state of flux. It's most dangerous when others believe they have it and want to give it to you. Truth is a crystal ball, which you hand to somebody to share with them, and when they return it, it's shards on the floor. They couldn't take it. Couldn't take it with what they wanted to believe about you.

I'm supposed to know the truth—that's the problem with my profession. I know the questions but not the answers. Truth is in asking the questions and being on the journey. So paradoxically I do know the answers.

I don't know anything as an absolute. Religion is knowing absolute truths. Faith is moving towards them but never getting there. Loving kindness is a way to move along the path to understanding.

Truth may never exist. It may be a moving target I never get to. It has to do with being present. In the presence of love, people are able to open their hearts, and share their vision of their truth for the moment. It's not saying something wise from your head. Sharing your personal truth is about talking with someone about something through a heart connection. Some people talk from the neck up.

In the early 60's people began letting their guard down, putting away conditioning, and moving to a bigger personal truth of who they were. Everybody let their guard down and stopped trying to manipulate each other. The best advertising is truth elegantly told. Tell just enough truth to sell the product, show the essence of the product that benefits the person.

Perception is reality. Whatever you perceive is the truth. You have no other frame of reference. It takes time to find the truth within a situation. We can't stay awake all the time. The real issue is remembering to return. It's about being awake, vigilant, and waiting for the truth. Being awake at the right time so you don't miss the truth you need to hear.

You shall know the truth and the truth will set you free. The truth is that you don't know the truth. BC

Truth is a word I avoid. I muddle my mind so I don't have to dig at the truth. I do the work for those moments when the unconscious comes in freely. I want to uncover my true feelings. KM

Truth is how you really feel, without considering how anyone else feels, because it's your truth. Your personal truth. There are so many other kinds of truth. What's true is not a lie. We often make truth relative to something else. It's true I love my dog, but I can't know if he loves me. Is it all about feelings or an absolute? SC

Seeking truth is a lifelong journey. I have trouble with people who think they have the corner of truth, with everybody, especially the religious right. The truth is often hidden. One has to ferret out the truth for oneself. Like the original Hebrew alphabet has no vowels.

It's a lifelong thing; we might not even find it. We have moments of clarity where we find some for ourselves but it is elusive and we forget easily. It's like a dream. You have it then you can't remember it at a critical time, in a situation when you might need it.

The journey towards truth is what's important; it's a lifelong endeavor. Some people don't seek it, they lead shallow lives and do the same thing all the time and they take no risks. We can't find anything worthwhile unless we take risks.

In T.S. Elliot's poem *Little Gidding* he talks about how we're forever exploring and where we start from we reach in the end. It's a journey that brings us back to where we were. EA





Truth is when you don't see. Sight teases us, it tricks us, it is the trickster. We give too much importance to that sense. As soon as you see, you interpret reality under that filter. If there's no sight involved, you get slightly closer to the truth.

Crazy people saw the truth and couldn't stand it; it was too heavy. They got too close to the truth. Our minds just aren't ready to understand it. If each one of us acts from our own truth, we can look into another's eyes without fear of anything.

"LA VERDAD POR DELANTE"

"Truth first"

In an open relationship we get rid of lying, we don't need to lie. If you tell someone your personal truth, you gain their respect if they stay.

People vibrate according to three different cords.

Convenience: seldom say what you think; depends on whom you're with.

Friendship: often say the truth.

Craziness: always say what you think.

—Pirandello

Truth is one of the most important things for humans. Because without the truth there's war, inconsistency, fake friendships, and false suspicions. Truth is the one characteristic I'm always looking for but can never find. It's the hardest thing to attain.

Nature holds truth. If we could just fall back into nature, it could encompass some of that truth. I've been trying to work throughout the years to attain it. I've been trying to find a guy who has it, but they never do. I never know who's telling the truth so there's no way to know if you're doing the correct thing, or if the person giving you advice is telling the truth.

What does it feel like? It's a feeling of rightness, like in *Hitchhiker's Guide to the Galaxy*, when all the conditions are right. You need to be in your own space for a while to realize that you're not being persuaded by others. It's good to be around people with positive attitudes because if you're not, it can ruin your whole day or week. I had to change who my friends are because hanging around negative people creates negative effects. LW

NG

I feel closer to the truth if I'm able to listen and speak without the old scripts and reactions interfering. The truth appears when I can see the cycle of life and the cycle of the world without seeing all the trappings in between.

There's a Tibetan Buddhist saying that NOTHING HAPPENS. These individual things happening are insignificant. We see our thoughts go by in meditation so we can get more in touch with our transcendent nature, with our transcendent self. So we can get more in touch with the self that's connected to everything and not be so distracted by tapes we run based on insignificant things. HJ

...nothing happens.

...communication is so important...

Truth is a funny subject because it is so subjective, because one person's truth is different from someone else's truth. In my life I've always searched for those things that transcend those differences in people. But more and more I come to realize that truth is not singular. There is not one singular truth.

What matters is accepting other people's truths for what they are, their truth. That is why communication is so important, because we can't assume anything about anyone else. I still think I'm always right and what I think is the best.

You change your mind a lot before you know you've gotten there, to that truth you have. You know you've gotten there when you don't have that feeling that you haven't gotten there. SS



Your truth and THE truth...



Truth is a very internal quality.

The idea that the truth always needs to be told is not valid. You have to assess the situation. There's a conceptual difference between your truth and THE truth. Your truth is very personal and internal. I like the idea of speaking your personal truth; I have a harder time believing that there is a big truth or one truth and that it's a hard fact. I like the idea that there are many truths and they're subjective. A blanket concept of truth makes me uncomfortable. BB

Truth is interesting because it's never the same thing twice, just like reality. What is reality? It's what's perceived.

There's the Issue of understanding one's mind. Buddhists say the only person who can understand wisdom is one who already has wisdom. That's what truth is like. What's really true is what's perceived at the time to be true, and that's much more difficult to define.

The reason we do mind training like meditation is to think clearly, is to detect the lie. Training the mind to understand when we are lying to ourselves. In the practice of law, there's no better discipline to understand truth. The truth is different for different situations; in law, truth is relative.

Anytime we have an ideal like truth, we have to be careful because absolutes are usually dogma. Truth is a very internal quality. We recognize what's true and good when we feel it, hear it, and see it. It resonates within us. It's different from absolute truth, because there's no such thing as "the one truth."

Train yourself to recognize the opposite of truth. Denial, evil, hurtfulness, these are what cast dispersions, all these are not truth. Look at the negative space and be able to recognize it. We have to have things to cut through the armor, like a good piece of art, like meditation, where we still the mind. We are all so armored, those of us who can't feel the truth. SM

Truth is a shimmering, wavering, mischievous thing.

Truth is a shimmering, wavering, mischievous thing. I used to think the truth was really obvious and then I realized that the only truth really obvious was my own, and even that was hazy sometimes.

There's emotional truth and scientific truth. They're both equally nebulous. Emotional truth is very personal. Truth for each one of us is based on our individual life experiences.

It's dangerous to believe that anything is certain. Expect the truth to be constantly evolving. There are so many things in the past that are believed to be true and then proven wrong, like the world is flat. Scientists have discovered more dimensions than we previously knew about. Maybe there are infinite dimensions and infinite truths but we don't like to believe that because it's too complicated.

Truth is different for every single person and creature. It's really important to believe in my own truth, but also respect other people's truths and learn from them when I can. I think that plants and animals also have their own truths, and we need to respect them. CGB

To thine own self be true

***And thou canst not then be false
to any other (wo)man....***

A lot of religions have given truths. Buddha said don't ever take anything hook, line, and sinker. What I say is that, ultimately, the truth has to come from within you. You live out what it is for you to have a true life. If you believe god resides in you, what else can you do but check it out. LG

*...ultimately the truth has to come
from within you.*



It's about dialectics where everything has its opposite; both things make up the truth. The oppositions make up the truth. The truth isn't always the same for everyone.

There are many different levels of truth. You have to be really careful about what's the truth in terms of the best balance for the environment or relationships or what we eat (carrots are good but people get poisoned from eating too much).

I think the truth changes, so we have to be open to it changing, depending on how other things change. So we can be working on a premise, that scientifically the world is the way it is, then it all can change. For instance the idea that the world is flat. A premise changes and affects everything else.

Our own environment can change relating to something that was available to us, like oil. We needed it, thought we had to have it, and thought that it was advancing things. Now we see it is limited. But truth is it's also affected by power. Oil was pushed on us by the auto industry. We were manipulated by power and we all believe these things to be true until we can't ignore the fact that they aren't.

Experimentation in science is about trying different stuff. We make a guess based on other truths, and by accident find another truth, totally unexpected. That is also true in art and the creative process. With art, the artist has found their truth in a piece, but everyone else sees something completely different in some work of art. VG

Take refuge in the truth.

What is the truth? Some deeper or higher understanding? When I enter that realm, I instantly know it and I feel a sense of total calm. Total clarity. Immediate and undeniable. The shift is molecular. Systemic. As if everything shifts into place for a few seconds and I experience it as a total shift in consciousness that lasts for a while. Where is that place/realm? Can I get there directly? Can I seek it out? Where is the truth?

I was having a conversation with my friend Cory because I was feeling off, couldn't focus on work. I was having a hard time following some event related to my crisis that just left me with a bad feeling. Uncomfortable. Nagging. So we started talking in the kitchen at the table, sipping tea. Tossing around ideas. Cory said something about a past relationship that ended. Something about how they were each just stuck in their own belief systems and therefore couldn't communicate. Couldn't hear each other.

There was a point when she said something that helped me understand my situation. I realized some deep truth about my situation; that shifted my energy and I felt at peace. I had a thought that resolved my unease ... or dissolved my anxiety. I didn't know exactly how to achieve it—how to find the truth, but found it in a round about way by just exploring the subject of relationships and personal experience. So, maybe the way to personal truth is by engaging in open-ended discussions that explore a personal experience, and staying open.

The truth. The truth is always changing. But that realm is constant. Finding it is the challenge. Drawing it is the challenge. And then there's my truth. What is real for me. Stating it to myself and others. It's my best shot at communication.

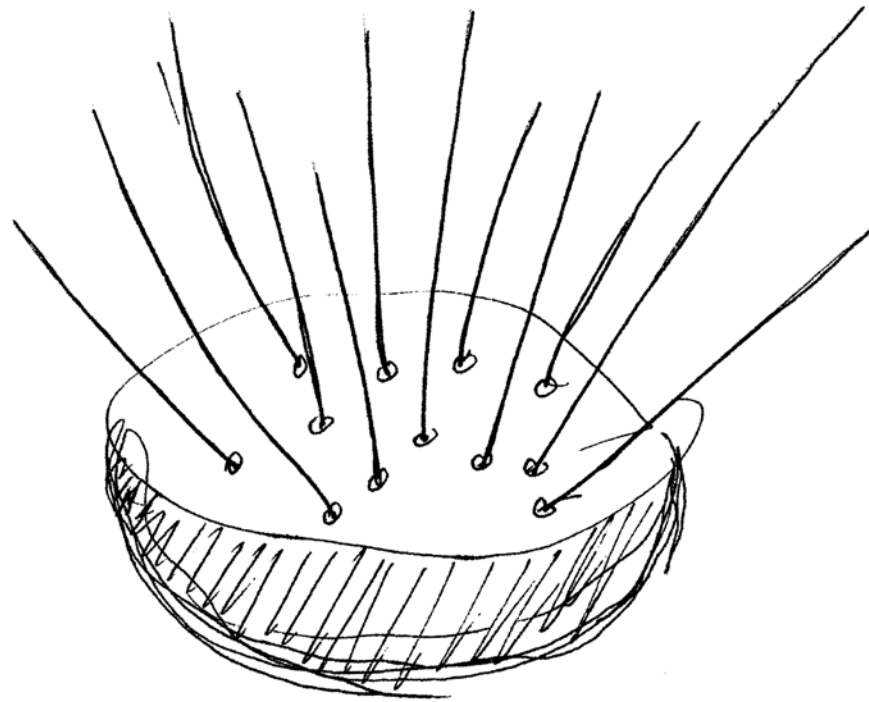
What is happening now feels special, intense, deep, true. Not laden or weighted with drama or anger or deceit. It is a beautiful letting go, because the truth is ultimately freeing and it frees us from all the emotional accoutrements. Just the truth. It's a relief, always a relief ... and unexpected other feelings.

Connection with someone else. Really connecting at that level of truth. A gift. So rare. Through the days. Look for it. The truth of the person behind the façade. The child bearing wounds; what are the wounds? Is that the truth? It's the root of the behavior.

Life is fluid. That's what I know. So the future holds all futures. Take refuge in the now. Take refuge in the truth. In the end the truth is bringing me peace. An ability to accept what is. Such a long time coming.

But what really happened? What's at the underbelly of this event? This crisis of the family. The truth lies within—waiting, whirling, hiding, waiting. Always waiting. So simple. So pure. What efforts are used to hide it? All unconscious? Forces that control our lives. Unconscious hooks create connections. But the truth festers beneath. Basic fears and emotions block the truth. Static anxiety blocks the truth. But the underlying truth fuels it. Is it the energy source? Find it when I work. Find it in myself. It's a test. A curious test. JFJ

truth



Area 25
Static/Noise
Forecasts

The truth is deeper
than I thought. The deep
truth is not just a power. Uncovered a
truth cause I'm so sick of thinking
about it. I'm fed up with the thinking/
the dwelling. Something deeper is
feeding it. An energy source from a deeper
level, or a less conscious level is feeding
it, nurturing it. My own need to feel good
find the words to say what
is true for me. Speak
my truth...
wow