

Honor the Truth

Dale Goldstein

Seek the truth, and the truth shall set you free. But what is this truth of which I speak? It is not factual, although you must strive, scrupulously, and relentlessly, for subjective honesty. It is not knowledge or wisdom, although you will acquire both along the way. It is not a philosophy or a religion, although it is profoundly spiritual, and you will develop a personal ethic of great power and substance. But rather it is a state of being, where, suddenly, self-deception is swept away, and you are left with the essence of who you really are. In that moment, you are filled with power and glory, and you are at one with the universe. All fear and judgment disappear. And what remains is strength, beauty, and joy, empathy and compassion, understanding and acceptance, and unconditional love for all of creation. And you will forever long to return to this wondrous place.

— Carol Swiedler

I honor the Truth.

I honor my deep desire to Know the Truth.

I honor the deep desire in all beings to Know the Truth.

Honoring these truths, I know I am on my way Home.

The truth is that I am The Truth, and so are you and all beings, everywhere. What is this Truth of which I speak? The Truth is what IS – purely and simply what IS in this very moment! The Truth is what we experience when we are not separating ourselves from what IS by thinking about what is, was, or will be. It is our habitual tendency to superimpose ideas, beliefs, concepts and images on top of what IS that separates us from The Truth. We spend our whole lives searching for the Truth somewhere outside ourselves when what we have always been looking for is right here, right now, if we would only stop (conceptualizing), look and listen to what is always right here with us.

Back in the 60's, a brilliant young Harvard psychology professor, Dr. Richard Alpert, gave up his career and his life as he knew it to go to India to seek The Truth under the guidance of a guru, Neem Karoli Baba. When he returned a number of years later as Baba Ram Das (now known simply as Ram Das), he wrote a now classic book entitled "*Remember – Be Here Now.*" The book cover had the title written around the perimeter of a particular design called the universal mandala. A couple years ago, the young (in

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the '60's) man who introduced Richard Alpert to his guru returned to the United States with a book he had written about his decades of spiritual practice in the East. The book had the identical universal mandala on the cover, but the title read, "*It's Here Now, Are You?*"

The Truth is always here and now. In fact the Truth of which I speak is simply the "here-and-now" – what IS. Some call it "presence" or "Tao" or "the eternal now" or "God." It is always here and it is always now. Because it is empty of past or future, it is filled with possibility, Hope (real hope, without any particular thing to be hopeful of), aliveness, freedom, peace, joy and love. It is our True Nature – who we are when we let go of all pre-conceived ideas/images/beliefs about who we are and what the world is.

People most often experience this Truth in moments of extreme danger or in moments of deep connection with another human being or nature. But this Truth is always available to us every moment, because this Truth is this moment, itself!. It is always here. Only we aren't! In fact, all other life forms on this beautiful planet Earth live in The Truth. Only "civilized" human beings don't. Perhaps that is why we're destroying the Earth – because we have become separated from The Truth, and have, consequently, lost our connection with and honoring of all life, including our own and that of our brothers and sisters everywhere.

Contrasted to how separated we have become, note the words of the great Native American Chief Seattle:

Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing, and humming insect is holy.... We are part of the earth and it is part of us.... The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices of the meadows, the body heat of the pony, and man - all belong to the same family.... All things are connected like the blood which unites one family. All things are connected. Whatever befalls the earth befalls the sons of the earth. Man does not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

I honor this truth because it is The Truth. In the Truth I am connected to all life, and I honor all life because I am not separate from anything. Honoring is a natural part of being in the Truth. The Truth, itself, honors. When I am living in the Truth, I honor everything.

I suspect that much of what I have said above sounds like mumble-jumble to many readers. It is hard to share with someone a truth they have never experienced. (Of course, if you have experienced what I am talking about, then you would understand – and I really wouldn't even need to be saying anything here at all.) It is very much like trying to describe to someone a primary color they have never seen. It is a different

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world – literally – just as are other undivided states of consciousness. For example, how could you describe unconditional love to someone who had never experienced it – or “the peace that passeth understanding,” or pure awareness, or freedom, or joy?

In order to understand what I’m talking about here – the Honoring that is part of being in The Truth, I’d like to suggest two things: 1. Reread what I have said a number of times, until the spirit behind the words begins to sink into your consciousness; and, 2. Ask yourself the following question until your heart/mind begins to open to The Truth: “Who am I?” To really get this, you need to inquire beyond all your ideas and images of who and what you are – beyond roles and identifications – beyond all concepts – directly into the Truth of who and what you really are, right now in this moment, just as you are. Who are you, *really*? If you look deeply enough into this question, you will get a glimpse of The Truth of which I speak. May you discover this incredible Truth, and may The Truth light your way.

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