

Telling the Truth

And good day to you all. It is Portia and the Guides, and we are grateful for this opportunity to be with you in this moment.

Your question is about the truth. Telling the truth. Why is it important? Does it benefit you? What does it give you to tell the truth?

We will begin by saying that we observe that it is often, most often, difficult for human beings to be revealing of the truth, just as it is. The truth. What is. The ego tends to protect and want to manipulate and to soften or to control or a variety of other protective measures, and this often tamps down an individual's ability to freely speak the truth.

We also see that as the human being was in its infancy state and in the young years of development, that often as it spoke its truth freely and joyfully that a parent or an authority or a teacher would squash it, repeatedly. So, the child learned that it was perhaps not okay to tell the truth and the child needed to be more circumspect or perhaps simply to be still. And also, what happened is that the child questioned its own truth, its own inner truth. And this is where we ask you to begin as you contemplate this idea about telling the truth.

Begin by knowing the truth that is within you. As you will know, there are many voices within your human beingness that come up to say, "No, you can't say this" and "No, this will hurt that person if you tell them that," and all kinds of censoring going on. This is part of what was built when you were a child. So, we ask you to start by telling the truth to yourself. Being with the truth within yourself. It at first may feel quite uncomfortable, and yet, it will be so interesting to you to observe from a neutral space, those voices that come up to counter what is your truth.

You know what is the truth to you because it has a vibrational quality within you. It is like a bell that rings. A bell that rings within your being. When the truth arrives. When you accept the truth, you will be blessed with a great sense of freedom. Allow this experience. We ask you to practice these things. This is what we're talking about today, because telling the truth to the outside world is a second step, we will say. The first step is telling the truth within your own being and to yourself. And being okay with that.

So, the experience again, of asking yourself, when any situation comes up, "What is the truth here?" What are the true feelings I am experiencing? What am I seeing, truly?" As many say these days, "seeing things as they are." Not as you wish them to be or as you would like to control them, but simply, in a relaxed state, in an open state, seeing what is actually happening. "It is what it is," as many would say. And allowing yourself the compassion and the grace to accept what it, what is the truth.

Be with this, allow yourself to experience the truth within. And even as emotions may well up, like sadness or defensiveness or pride or wanting to protect oneself – there are an infinite number of voices that will come up, and again, reminding you, these were built through time, beginning when you were a child.

As you experience this, you will come to a greater understanding and awareness of your own internal system. You will have compassion for accepting the truth within. You will have kindness and gentleness and you will gain greater wisdom and knowingness about your own inner workings, how you have built yourself, those things that are keeping you distant or separate from the truth for you. The truth in your life. And as you do this, you will become more and more comfortable with seeing the truth, accepting the truth, having compassion for yourself with the truth.

And then you may take the next step. And that it to begin to practice sharing the truth with another. And we know that this comes with yet another group of resistances. Primarily that you are wanting to control another with what you say or defend yourself with what you say, or anticipate what another will do or say in response to your truth. It is so many things that would censor and muzzle your truth. And those voices, again, will say, "Well, it's probably best not to say that because he or she will say this," and there you are – back in a prison of not the fullness of your being and your full truth being expressed.

So, what you will be able to do then, in these cases, is to first check in with yourself. What is your truth? And feel that peace and stillness. And then, ask the God that created you, and your spirit, quietly, "How do I best express this?" and "Is this the best and highest time to express my truth?" And ask also, "What are the best words and meaning that I may communicate to this other being?" There is a softness, a gentleness, a humility that comes with expressing your truth in this way. So often people say, "Well, this is my truth" and it comes with a knife edge, it comes with a steel fist that is punching out, it is prideful, it is about the ego feeling that it needs to create its own kingdom of truth and others will accept it or not, and this we know, is not what you are asking for. You are wanting and asking for the greatest peace, the greatest truth, the greatest freedom in your life.

And as you do these practices, please begin with yourself. And you will find the greatest joy and peace and relaxation and depth of breath as you recognize and accept the truth, with grace and with the knowingness that this gives you – and will give others – the greatest freedom to live the fullness of your life, and for them, also, as they are in relationship with you.

This is a great blessing to life, and we thank you for this question this week.

Our love and blessings are with you always. Namaste.

Portia and the Guides

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