



The Way of the Intellect or Knowledge - The Way of Truth

Like the twelve immutable laws of the universe, the value of Truth does not stand on its own. Without Beauty and Goodness, Truth is merely a subjective interpretation of the mundane. With Truth at the center of our intellectual, or knowledge seeking selves, we develop an inner-foundation of peace.

Truth stands on the shoulders of our perception of beauty, or sense of relative perfection. Our Spiritual selves cannot survive chaos. There must be some sentience of order, boundaries, and logic. Truth is one of the most difficult values to develop, because in our current Age of Globalization there seems to be a smorgasbord of truths to choose from. However, that does not mean we can feast on them collectively as though spiritual truths were some sort of all-you-can-eat buffet.

There was a time in history, where peoples were regional in relation to the rest of the world. Each developed their own form of spirituality and connection to the Divine. We all have ingrained beliefs that we hold, based on these generational, 'region of origin' beliefs. These beliefs have transcended history; even in the darkest of times: The Dark Ages, Colonialism, World Wars I & II, and into today. This alone brings us to understand the importance of faith; the faith to persist, to insist, and to endure.

These 'region of origin' beliefs provided structure, order, and logic to the existential given of the unknown. At the very foundation of each was the concept of the holarchy that is the Divine Oneness.

Holarchy: *a connection between holons, where a holon is both a part and a whole.* ~ Arthur Koestler, *The Ghost in the Machine*, 1967

Within this holarchy exists Beauty, Truth, and Goodness as fundamental elements of the Cosmogenetic Principle, or the dynamic of the universe that builds order. (Swimme, Barry, *The Universe Story*, 1992)

We experience truth through the discernment of what is most real in our current circumstance.

Seeking truth is a process that involves wading through many contributing factors to our sense of reality. The way of truth opens our mind, body and spirit to new experiences, and gives us the ability to see things as they really are, and to see ourselves as we really are. On our path to meaning and purpose, practicing the Way of Truth is the foundation to becoming the best version of ourselves.

The element or value of Truth brings us back to belief and knowing. One must believe something could be true, before knowing that it is true. This requires a journey to our inner-most self that begins when we ask ourselves the question, "What do I believe?"



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In the beginning of this course, we asked ourselves that question. We explored how we came to our current beliefs, and why we believe it could be true. Now we must delve further into the beliefs that we hold. We must ask ourselves: Is this true for me?

Seeking Truth can be a painful experience for some people. The process can illuminate ideology that does not align with what your soul is revealing to you as your truth. It can also put you into a position of what you know to be true as different than what those in your family, community, or social circle know to be true. With that said, it is important that you keep in mind that your spiritual identity is your own. How you choose to express your spiritual identity, if at all, is completely up to you.

Journaling is going to be an important part of discovering Truth as it is in your life. This course is not designed to tell you what to believe. Truth is the one thing that you must come to know on your own.

From my life:

Several years ago, I experienced a spiritual crisis. I had lost my spiritual identity, and ended up in a season of the Dark Night of the Soul. I found myself groping in the dark, seeking something to grasp onto; a sense of hope. I spent many months searching for what I knew to be true for me. I started at the beginning of my spiritual lifeline and explored what I believed could be true. I reached out to spiritual leaders in my community for perspective. One of these leaders stated the obvious so plainly and bluntly that it stuck with me: “Either you believe it, or you don’t.”

This leader was not speaking from a place of anger or disappointment. They were simply stating a fact. No matter what your path you are on, either you believe it or you don’t. It’s a matter of faith. The darkest part of the journey to truth is accepting the existential given of the unknown as a fact, and what you believe to be within that unknown is a matter of faith.

Truth seeking requires effort and action on the part of the seeker. Being still and understanding that in the silence of our soul lays the Truth of all things.

Spend time with your soul through meditation, devotions, or prayer on a daily basis. Journal the thoughts and feelings that arise in your time with spirit. Look for the over-arching themes that develop, and focus on refining those.

Seeking Truth does not mean that you must abandon your current beliefs. Many times it means that you need to find a way to integrate your Truth into your beliefs.