

WHAT IS THE TRUTH

I am very confident about what the truth is but if asked, the simplicity of the answer, though clear, may well not satisfy. That in itself is revealing.
None the less the question is put, the seeker wants to know the truth.

What is the truth?

The truth is all this, the totality of what is

What do you mean?

What is happening, the truth is what is happening

How do you know that?

That which is happening is indeed the truth, non truth is impossible except in imagination

But we don't know what is real what it means, surely the truth is finding out

You are talking about ideas; the truth is not an idea

Surely that's what the truth is, the right idea about why things are as they are

You mean understanding

Yes, understanding, I want an answer

The answer is not an idea

But surely it is, the right idea, right knowledge

That changes your learning which may be beneficial or not but it does not define the truth

So what is the truth

Everything that is just as it is right now

That's the truth

Definitely you are living in the truth as the truth, just as it is

It makes no sense I don't feel that I know the truth

It doesn't matter how you feel or what you know, that experience is itself part of the truth

Ridiculous

Remember the truth is not an idea

What else can it be

Everything as it is including your not knowing and your search for ideas

But that does not satisfy

So that's your problem, you are not satisfied and the search for truth is a search for that

Yes

Do you think satisfaction is an idea

Sometimes but no, no I dont

Is it a circumstance or event

Temporarily yes but then no, things fade

Is it a mood or feeling

Perhaps it is

What is that mood or feeling

Well I would say happiness

Is a better description contentment

Yes, contentment

And that is the truth contentment with what is

What do you mean

The truth is reconciliation with what is, acceptance of what is, oneness just as it is

What about exploration, science, questioning and learning is there nothing to do

Oh no there may well be something to do; that is striving, it is inherent in nature

I still don't know what the truth is

Oh well

How do I find it

You are already as it

How can it become clear

Sadhana-Proceed