

Training – Truth

How is your truth-telling barometer these days? Are you always impeccable with your word? This is a lesson in increasing the power of your words. Just do your best and don't stress.

Overtime, as you practice these concepts, you will get better. And you'll get better and better and better. Do you want to increase your manifesting power by 100%?

Yahoo!! [Laughs]

Alright everybody, take out a piece of paper and a pen or your laptop and let's take some notes on giving me some answers to the following questions:

1. When I relay information, do I embellish the truth to suit my needs?
2. If I answered yes, in the embellishment, does some part of the communication become untrue?
3. When late, or put on the spot, do I make excuses that are unrelated to the circumstances?
4. Do I have the belief that sometimes telling the truth is cruel?
5. If I answered yes, is there a shift in how I perceive truth-telling where I could think of it in terms of loving, respectful communication? The kind of communication that would be beneficial to all parties involved.
6. When I speak about the truth, is it truly the only truth? For example, is it a truth based entirely on my perception that I think others should believe rather than enjoying the diversity of different viewpoints?
7. Have I lied to myself while answering any of these questions?

So remember, do your best and don't stress. The goal is to bring a consciousness into your relationship with truth so as to increase your manifesting power.

Think about a time when someone told you something that you knew or suspected was untrue. Are you in the feeling of being lied to? So just let that kind of settle in your body. And I want you to just notice what you're feeling and where in your body you're feeling it. Perhaps you feel odd, dull, angry, offended, disrespected? All of these feelings and any others you are noticing are in a lower frequency vibration. Think about this, something somebody shared with you just lowered your spiritual wattage possibly dramatically. Imagine walking around all day lowering your wattage a bit here and a bit there. So each time you tell an untruth, you lower your wattage. Will the universe want to believe you when you claim your outrageous abundance? Will you be bright enough to match the energy of your abundance picture?

Okay, let's go a little deeper into this concept. Let us think about each of us as humans and that we're beings of light. The DVD 'Messages from Water' by the Japanese researcher who experimented on water molecules and the effect words and music had on them viewed by freezing water molecules and observing them under a microscope. He found that positive words like love, happiness, gratitude made beautiful lacy ice crystals. And quite the contrary to the beautiful words making beautiful ice crystals, negative words made ugly spider webs and dismal manifestations. When you contemplate the fact that our human body is over 90% water, you can get a good idea why we respond so strongly to those loving communications or those negative ones. Our cells literally change. Our natural state is that of 'light' and 'love'. So when speaking

truth, you move easily into the 'light' state. The state we know as the 'state of creation or perfection'.

Neuroscience has discovered that our brains were wired to be social or to respond to other brains. Nourishing relationships have a beneficial impact in our health. From the book: 'Social Intelligence' by Daniel Coleman, he states that we can catch an emotion just like a virus.

So someone emoted on you, your brain and then the cells of your body would come down to the negative state. Just like an emotional virus. On the other hand, if someone smiled at you, your brain and body would lighten and respond to the higher emotion. I mentioned this to bring home the point that we are deeply responsive beings and all have the ability to go to the lighter vibration.

If someone shared their negativity with you, you could reboot by focusing on positive feelings or something beautiful in nature to reset yourself. In David Hawkins' book, 'Power Versus Force' he uses kinesiology which is basic muscle testing to test the vibrations of many things for their relationship to pure truth. One of his findings was that Hinduism had the highest vibration of any of the larger religious practices on the planet. I have a few theories on why this is so:

1. The religion, in some form, has been practiced for thousands of years, and
2. The prayers are spoken in Sanskrit which is the language of truth meaning that the sounds, the words are actually the vibrations of the thing or concept.

Very cool!

While I was in India, I had the privilege of studying with Brahman Priests in the Vishnu Shanti Ashram. The scriptural texts are the Vedas and the Yogic Sutras along with other divine texts. The Vedas are considered the highest truth. There are 4 branches of study of this truth. Three of the Vedas are visible and available for study. The 4th Veda is a sacred book of incantations that remains hidden to the world. In this book contains the words and sounds that control the physical world and are left only in the hands of the most holy individuals.

If you're interested in a Hindu text of pure truth that is accessible and of truly the highest vibration I'd suggest you read the Yogic Sutras of Patanjali. These beatific thoughts, truly poetic have stimulated for me many euphoric and blissful moments.

Thinking back again to the concept of languages' truth, Sanskrit, being our perfect example that is 98% true, we compare the English language in its basic, spoken form and surprisingly discover it is in the 10% range of truth.

Shocking, isn't it?

The fact that English language is more a descriptive device than a language of truth means that our words don't line up as the vibration of the concept or thing that we are talking about. This may encourage an overall, cultural theme of speaking untruth within our social structure. You can, with clear intention, use the English language to speak truthfully. It takes clear intention and attention to all the little details.

Now remember what I said earlier: do your best and don't stress. Drop your perfect pictures. This is raising your awareness and consciousness. It is not a process meant to be done overnight but rather a profound life-long learning. Your best effort at any given time is enough.

Our ultimate goal out of this lesson is to increase the power of your word in the universe. When you increase your truth ratio, you increase your power.

Pretty cool!

It results in your ability to use your word as a powerful tool to create your wondrous reality.

May you be with the blessings of the Supreme Being that whatever happens in this beautiful, abundant meditation, be a benefit and joy for you, your lifestyle and for the ones you love. May the entire world be filled with health, vitality, abundance and peace. Amen.

[End of Transcript 10:56:03]