



SAY THAT AGAIN IN A NUTSHELL

Truths: What You Need to Know



Key ideas from metaphysical literature about Truths

Relative truths

A key teaching in metaphysical literature is that there is only one *absolute Truth*.

It warrants a capital T, to match its capital C—the absolute Truth of Consciousness.

The truths listed below emerge from this one Truth as Consciousness seeks to *experience itself* through the creation of experiences. This makes the listed truths below, *relative to the one Truth*. They are one rung down on the truth ladder if you like. They don't get a capital T, but from our perspective in the physical realm, *to all intents and purposes, they are the truths our reality relies upon*.

Consider this metaphysical definition of “a truth” provided by Elias (Mary Ennis):

A truth is an absolute—a constant facet of Consciousness that exists throughout all expressions of Consciousness. Regardless of how it may be translated or interpreted, it IS in itself, and therefore is also a truth. It is a basic element of consciousness.
(Session #364)

A truth then, isn't an element, feature, concept, or principle that only applies to the physical dimension, it needs to maintain its existence in some way and be relevant in, all other “areas” or “levels” within Consciousness. These, according to Elias, are *the constant facets of Consciousness that exist throughout all its expressions*:

- 🌈 **Energy.** The vitality of Consciousness. Its means of expression.
- 🌈 **Divine Love.** The natural power that provides the impetus for all creative actions within Consciousness.
- 🌈 **Reality.** The countless individuations, physical or otherwise, of the creation process employed by Consciousness.
- 🌈 **Tone/Vibration.** The vibrational signature of an individualized product of the creation process.
- 🌈 **Color.** A vibrational constant within the expressions of Consciousness.

Your consciousness, for example, which is a **Reality** on the list, is a truth *relative* to the absolute Truth of Consciousness.

Another step down the truth ladder are the *Natural Principles*¹ and the *Law of Attraction*.² These are the truths relative to how Consciousness, experiencing itself through the individuation of human consciousness, creates and sustains our physical world.



Over the course of human history most philosophers have been looking for *the* Truth (God, the God particle, a Grand Unified Theory, a Theory of Everything) — *within the collective belief systems we currently employ when describing our reality*. Unfortunately, because beliefs are a subjective psychological construct relative to *our* human consciousness and its expression in *our* physical dimension, they do not necessarily contain any of the above listed facets of Consciousness. Ironically, belief systems do have an element of *the* Truth within them, as *no-thing*, even the thing of a belief, is separate from Consciousness.

Our truths are simply beliefs

While our consciousness has its attention within the physical dimension of existence, it's *our beliefs that dictate what we perceive to be truths*.

A truth grows from a belief we hold with a great deal of supportive energy. That energy is accrued from many thoughts associated with the belief and an abundance of emotional energy amassed through experiences that appear to verify the reliability of the said belief. When we realize that truths are grown from our beliefs, and that their strength comes from the energies of thoughts and emotions, we become more able to recognize them for what they are and manage them more easily.

If need be, we can reassign the energy supporting inappropriate or fearful beliefs by directing it to support and propagate positive, life-affirming ones that encourage acceptance, openness, compassion, appreciation, creativity, and cooperation.

Say that again, just one more time

The only *absolute* Truth is Consciousness and its expressions.

***Relative truths* are principles incorporated within and consistent across all dimensions of Consciousness.** All such truths arise from the intent of Consciousness to know itself. They are therefore relative to Consciousness.

Societal and personal truths are a product of amplified energy potentials accrued by beliefs. *They only pertain to the physical dimension* and the creations therein. They may contain interpretations of relative truths, but they are neither consistent nor constant within our physical dimension—because they are beliefs!



ENDNOTES

¹ Refer to the publication *How to be in Divine Love: 10½ Principles That Will Make You a Happy, Purposeful Person* – see the ‘Offerings’ page at cwejohnson.com.

² The natural power of attraction, lately interpreted as the Law of Attraction, has its foot set on the same rung of the truth ladder as the natural principles. It, like the natural principles, relates more to the *how* of physical reality creation than Divine Love, which is closer to the *why* of physical reality creation—Consciousness learning of itself through the creation of experiences.