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TRUTH

by Francisco David Coll

There are few absolutes. My True-Feelings are however one of them. They are part of the bigger picture, the Universal Laws. The freedom, love and prosperity in my life are directly connected to the factualness of my true feelings. Not what I think I know but what I know that I know. My honesty with myself and my sincerity with the world build each other and create this clarity. With it I know that I have no limitations. Ignoring the facts opens the door to buying into limitations; then I will find a way to limit myself. This is not why I am here. I am here to move beyond the illusions. And so I am committed to experiencing my life while being of service and understanding those experiences abundantly, truthfully learning and growing through involvement. This is the excitement and adventure of self-discovery and reality.

Accepting myself, other people and the things of the world as they are is what freedom is about. It can be so easy to *fill* conversations, thoughts and time with extra things and not ever get to the point. It's like having lots of wants but not having my needs met. Pretty soon I will feel the excuses build up — the excuses I feed myself for lack of *accomplishment*. I can start forgetting why I am here and what I am doing. If I get used to it I will start telling lies ... lies for lack of *fulfillment*. When I work with my true feelings and the facts I *create* lots of "space." There is no need to feel uncomfortable in the peace of space. Much of our outer influence and training is to fill space and time so that we have an illusion of being comfortable. But it is not truly comfortable to stop growing and expanding. It is not truly comfortable to avoid new experiences. It is not truly comfortable to stop accepting myself, people and things. It is natural and comfortable to feel free in free space. It means there is tremendous opportunity. This is the truth that resides in inner-security.

Balance and being One-with-All is the result of growing in my experiences. Balance, so that I can effectively do what I came to do. One with All, so that I continue to dynamically move up. As I progress, ensuring that there is a feeling with a thought and a thought with a feeling becomes more and more a need. I need my feeling nature. I need my intellectual nature. I need them because I have them. "I don't need to do more, I just need to do better." Simply setting the goal of 'doing *Better* with what I already have' means *More* will take care of itself. This is the truth in balance.

Being *Clean & Clear* is like being on a huge highway in a powerful vehicle. I start moving to my destinations like a master soul. To be clean and clear means knowing my motives. It is having a clear feeling and clean facts, including *who is getting something out of it*. Without this simple formula I will live in someone else's fiction. This is when the feelings of dishonesty and dis-ease move in. Being clean and clear does not mean I alienate myself — that is the syndrome of, "being so honest that I am dishonest with myself." Nor does it mean I hold back in my, "sincerity with the world and honesty with myself." It is finding what is real for me and releasing the rest. This is the truth in time.

Starting with, and returning to, what is simple is important. Getting caught up and trapped in complications and tragedies is *playing a game of mental gymnastics*. Being organized is important but being over-organized is a waste of time. Being organized is working with my true-feelings, the facts, putting them into action, and returning

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to my feelings for regrouping. It is moving from one place to another effectively and efficiently. Being over-organized amounts to living in emotions, judging, reacting and getting emotional again. It is getting caught in the means and losing sight of the purpose; analyzing, dissecting, reanalyzing and dissecting again. Everyone goes through some of that! The facts are; when I have had enough of negative energy and *Lack* I will do something about it. When that moment occurs I make a decision. Real 'decision' is the *Real Me* shining through. This simple little thing allows me to be me. This is the truth in simplicity.

I am always In-Love. Love is the overall energy. I am always in love. Realizing all the opportunity that is available to me here is a powerful thing. It lets me live in the *Big Picture*. It's the ability to look ahead, on the path I am on, from atop a large staircase. It allows me to see further. Being involved with my opportunity means I am right, and even when I am wrong, I am right. It also means that everyone is right; it may not be right for me but it may be for them. Getting involved in proving myself is a destructive road to start down. I do not have the time or energy to play that game. I *do* have all the time and energy to do what I need to do. For this reason I Choose to be in love with life; you could say, "I am having a love-affair-with-life" when I live from my big picture and remember everything is going to be all right. I don't need to save anyone, I only need to be of service (which includes to myself!). This is the truth in love.

"I am water, I come from water and I will return to water." I am all about flow, flowing down the river of life. Sometimes there are rocks, the water splashes against them creating rapids before returning to the river. This is like fighting my true-feelings and the facts. Sometime the water gets diverted into little ponds and slowed down before returning to the river. This is like ignoring my true-feelings and the facts. The truth is I am energy. The truth is I am here to learn and grow. The truth is I have a unique purpose and Thrust. The truth is I have Inner Guidance. The truth is I am Free ... that is me flowing in the middle of the deep and powerful river, as a way of life, in everything I say and do, and having fun. That's the Truth. 🌊