

Truth Flows Freely

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As you deepen your spiritual growth, remember there are merits to various ways of learning. You should not discount lessons learned through ordinary activities or daily conversations simply because they are not part of a formal education. Each experience imparts a depth and richness to the soul that can come only from asking, wondering, and earnestly seeking to know Truth.

Even those things which do not serve you in the long-term may briefly provoke a thought, incite a discussion or elicit a response that will eventually lead you to your Highest Truth. This is an important thing to remember if you have been brought up in a spiritual tradition that does not seem to suit you over time. Hesitate before you throw out all the things you have learned from past belief systems. Instead, weigh them against the Truth in your heart and have the courage to preserve anything you find relevant and healing, allowing the rest to fall away.

Truth is fluid and flows freely in every human heart. It does not know boundaries or limits. Each person will find his or her own Truth in the proper time and unique fashion. Even once Truth is found, It will continue to change throughout the constantly evolving human experience. Exercise the freedom not to hold so tightly to what has been or what other people say simply because they believe it to be true.

These are healing words for many who seek to move beyond what has been, but who are afraid to do so. Fear is not of Truth or Light at all. You will know Truth by the way It makes you feel—by the way It allows you to explore and discover new Understanding and wisdom every day. Look for those things which uplift, empower and inspire and you will be looking at the fruits of the tree of Truth.

- L. Taylor

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