

## **Mindfulness with Lucy**

Week of 5 Dec 2022: The truth will set you free but first it will piss you off

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Image from [Mohammed Hassan](#)

*The truth will set you free but first it will piss you off*  
JOE KLAAS

## Dearest friends

What is true is always true. It is not subject to the conditions and conventions of the world nor by individual perceptions.

Truth can and often is encountered through many pathways, through different people, situations and circumstances and often in extraordinary and incredible ways. Indeed, it is said that truth is hidden in plain sight! That's because our attention is never trained on truth (in things as they truly are) but absorbed in all the dramas (things as we have learned to see them) that we take so seriously and invest in so blindly!

This may seem obvious to you but it is worth stating explicitly -

*If we are not living in, as and from, Truth, what are we living in, as and from?*

It's useful to state this explicitly and often because, having learned much that is untrue (eg that we are separate entities, that we must struggle and strive to achieve what we want...), we have learned to live our lives by these false beliefs rather than by Truth. And we don't even realize it!

So, what is a life lived in, as and from Truth like? Let me suggest a few things:

1. It is free from judgment, of self and of others, and therefore from the pain that judgment causes
2. It is not reliant on story for meaning, story that arises from the past, is defined by the past, and and projects itself predictably and uncreatively into the future
3. It is not reliant on meaning either. Rather, it is impelled or inspired by the natural, effortless, all-knowing, all-powerful, all-possible and inexorably creative life-force that we may call God, Love, Truth...

4. It is effortless and responsive in, and to, each moment, each NOW, and it is always NOW
5. It is limitlessly creative
6. It is imbued with the qualities that we describe as miraculous, blissful, effortless, and perfect wellbeing
7. It is unconditional

Dear friends, is this how your life is?

Let me tell you that my life isn't entirely this either! Yet, I know that more and more, I recognize when I am living in, as and from Truth and when I am not. It's very simple - when I am not feeling good, I am not living in, as and from Truth.

You see, all goodness arises from Truth and nothing but Truth which is Love, which is Life, which is what some may call God. And Truth or Love or Life or God which is **all-encompassing** has **no opposite**.

A lie is not the opposite of Truth. It is an illusion. It emerges, like a shadow, when Light/Truth is blocked. And yes, one thing that humans are capable of doing is to block Light/Truth! We do this with our thoughts which give rise to our words and our actions.

So dear friends, our natural and universal calling is to live in, as and from Truth for that is what we are! And when we do, we will experience the joy, the bliss, the peace, the freedom, the creative energy and its manifestations that Truth, which is Love, which is Life, which is God, is always and unconditionally offering us. Let us stop refusing and denying this 'gift' - the gift of our true nature!

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

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## ***Contemplate***

*Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened.*

WINSTON CHURCHILL

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## ***Pause. Take a deep breath...***

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...*I am appreciating music as I write...*

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## ***Prayer for the World***

Jesus said: *The truth will set you free.* But most of us are so accustomed to the darkness - the beliefs and values of this world - so invested in them that we are reluctant to look into the Light of Truth, which is Love, which is Life itself. May we intend to emerge from the darkness into the Light. And if and when we are unwilling to do so, let us intend that we be willing. Let us know that when we do allow the Truth, it will set us free, and so, we can each be a reflection of the Light of Truth for the world. We can each be the spark that causes another to allow the same Light within them to shine brightly, boldly, creatively, freely, full-fillingly!

**You are loved. You matter.  
Life recreates you moment by moment!**



**If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).**

This weekly message was produced by Lucy at  
[getenlightenedtoday.com](http://getenlightenedtoday.com)