

What is truth?

Here on Earth we often say that we all have our own truths. We have our own filter where we analyze surroundings and we formulate our perception of reality based upon our subjective beliefs and opinions. The truths we hold in our subjective beliefs are all relative and, of course, we are all entitled to our own relative truths. The differences of opinion separate us from seeing a common bigger picture in the greater scheme of life. Therefore, most people chose to carry the very same 'we all have our own truth' mindset while contemplating the bigger questions on life and creation. We believe that there is not one great truth that tells us how it all works and the way things are because we are not capable of discovering it from within ourselves.

Throughout the ages people have been searching for answers to the bigger questions through various doctrines and dogmas. When we set out on a quest to search for truth within the various paradigms of religion and science we are adhering to guidelines and keeping ourselves within the limited perspective of the mind-matrix. This identification with truth belonging to one or another dogmatized belief-system counteracts our process of finding the universal truth that can be felt and re-membered from inside all of us.

Our heart and soul stores all the experiences that have led us to the path we now find ourselves walking upon and therefore WE are keepers of universal truth. We will never discover the greater truths from a scientific book on our physical Universe or from a religious manuscript that was written some hundreds of years ago, but it can be felt and expressed here and now, from inside every Human being. Our human experience becomes a riddle when we limit our perception of reality. However, to learn that WE are the answer to the riddle of life will turn our world inside out. We all carry the answer to the riddle of life and re-membering into that truth is the very freedom from the limiting paradigms we have kept ourselves within. The answers to the bigger questions, to the universal truth, are now being expressed by many people who's intention it is to remind us of that freedom. Those who have re-connected with what is already here, within us, are all speaking the same language regarding what life is all about.

The manmade religions and philosophies all lead their followers away from the truth that inside each Human being a divine spirit exists. Science also follows guiding principles, as it needs to have everything proven according to the laws of its paradigm. No matter what Humans choose to identify with, when we accept a paradigm as being our only reality we limit our perception of what truth is and we forget that our eternal, infinite and boundless selves cannot possibly be contained inside anything.

In my experience I have met scientifically minded people who perceive the notion of universal truth existing inside a Human being to be part of a new religion or dogma, and say that no one knows the whole story except what science can prove. I have met people within the paradigms of religion who defend their doctrines saying that the notion of a human consciousness existing beyond the almighty Creator is outrageous. Science and religion are both the same in that they both require external sources of validation. When we discover that universal truth emanates from within we learn that there is no need to prove it according to laws of physics or seek it through worship - we only need to acknowledge the existence of truth within our deeper selves.

The understanding of our essence as spiritual beings is vital if we are to understand that we all carry the same truth within. The concepts that we carry an eternal spirit may have been suppressed and long forgotten in the main stream teachings of our society, however, it is the key to unlocking and activating true knowledge and wisdom. Through this inner core-essence of ourselves we reintegrate, not only with the records of our human experiences, but with the universal library, commonly known as the Akashic records, which is an archive of all thoughts and experiences from our planet, our galaxy, our Universe and beyond. Throughout our journey as eternal members of this Universe we have all helped to create these Akashic records and therefore we all have access to them from within our eternal selves.

Since the logical rational mind inherently operates on limited perception it is impossible for those who identify with it to fully understand life in the greater scheme of things. I can only suggest to the limited logical mind that we all carry the same truth within our deeper selves and that we must integrate with our hearts in order to re-discover it. I know that along with our mind-identified attachments each of us has longing for a truth and Love that lies deeper than the aspects of the mind. If we can allow ourselves to go within our hearts and perceive beyond the constraints of the logical mind we will come to realize that the truth and Love we have been longing for already exists inside of us.

Truth is here and now and it is YOU. You created the riddle from a higher aspect of yourself and you are the answer to it. Your heart is intimately connected to the universal library of experiences that is always present and ready for you to explore. If you want to understand universal truth, go and look in the mirror - for you are truly the one you have been waiting for.

With Love – that I am – Henrik Sandberg a.k.a. Riki