

Nothing But The Truth

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Why is the truth about ourselves so important? How do we understand and find what that truth is? Will we know it when we seek it? Philosophers have always debated the definition and meaning of truth: that truth refers to facts; that truth is measured by a set of common beliefs; or that it is a derivative of the concept of falsity. Anywhere you stand, however, one only has to define truth as its relationship to one's own life.

Let's take the first question, why is the truth about ourselves so important? Understanding our image of ourselves lies at the root of understanding our relationship to the world. If we explore this image in terms of our values, our beliefs and our perceptions, we begin to see how it plays out in the experiences we live. If we want experiences that are filled with joy, with fulfillment, with energy and creativity, then ask yourself, "Am I projecting the image of my values and beliefs? Are my perceptions in fact true?" If we can learn to ask these questions and look at the symptoms of our lives for the answers, somewhere there lays the truth-the truth of *who* we are and *how* we are.

So how do we do this? One way is to take pause. Pausing is an intended act of standing in one moment quietly. Reflecting on your mood, your state of mind and your general physical state will extend the pause into a focus of the here and now. Come to an understanding of how you are feeling in all these spheres and allow yourself to tolerate some discomfort if the feeling is not pleasing.

Next, rather than shifting automatically into thoughts of "the world (or someone or some situation) as accountable" for all that you feel, focus in on your level of commitment to all that you value, believe and do. In this moment, ask if your experiences are an accurate reflection of what and who you say you are.

This is the journey into an honest accounting of oneself. We can look for clues if we are still stuck in the thoughts of "blame" and "injustice". Do our experiences seem to repeat themselves? Do others, those whom we admire and trust, have a different perspective on the situation? Do we tend to surround ourselves with people who confirm our negative beliefs? These are the clues that we are neglecting the truth about ourselves.

Finally, how do we know we are living in our truth?

Just look in the mirror...

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