# TRUE vs. TRUTH (ari p podcast).m4a

Hello, my friends, welcome to another episode of the rap podcast. I'm sat on my porch, it is now six a.m. in the morning and I thought I'd record this podcast episode sitting where you can hear all the sounds. The nature sounds that I get to experience every morning birdsong, insects. It's just sublime. And if my intention is always to serve and to give you as much as I receive, then this is just a little gift. I was recording a meditation the other day for a client of mine, and she said that one of the coolest things as a part of that meditation was listening to the nature sounds in the background. And yeah, it's just so beautiful, isn't it? It's so, so beautiful. It puts you into such a state of calm and relax. And so not only do I really enjoy sitting here and recording here, but if you receive any sort of benefit from hearing nature in the background, then that's where I'm going to be. So today's episode is a little bit of a deep one. I want to preface this by saying that we're going into the soul. We're going into the nature of the soul today. And there are no words, no words that can take you as deep into the soul as it is required, as it is required because words are simply manmade ways of speaking and of being able to articulate what it is that one's going through. But there's so much more than just simply words when you go into the soul, there's so much more depth, there's so much more feeling and emoting that is involved syncing intuiting that is involved when you go into the soul. And so you may want to hear the words behind my words or the

Worlds

Behind my words. In order for you to really understand and grasp what it is that I'm talking about here, or, you know, you could just listen to the words and gain some knowledge. But if you really want to get deep into the nature of the soul as we humans experience it, then I invite you to not only allow the words to wash over you, but also contemplate these words and sentences. You may want to take a sentence into a contemplation practice which may look like you sitting in stillness for five, 10, 15 20 minutes, contemplating how that sentence appears in your life, how it changes the way you see the

World,

Or maybe you want a journal about it. And I'm not saying that every single sentence is going to be so super profound, but when I'm listening to teachings like this, I allow silence and stillness. I'm not multitasking. So there's a little bit of a tip for you. And as I'm saying this, I've got a whole family of wallabies and kangaroos jumping towards me, so I suppose they actually want to listen here as well, or maybe even contribute to the conversation. As you know, I'm an animist, which is to say that I believe that there are allies and spiritual guides and beings and everything that the eye cannot see and that which the eye can see. All of those elements are conspiring for us. And so no surprise that the Kangaroos have made their way towards my fence. Ok, so let's start off with the understanding of what

True

Versus truth is. So the nature of true t r u

E true

Is when you can explain events as they exist. Right now, I am sitting right now on a bench outside. That is true. But in two minutes or whenever I'm finished recording this, I'm going to get up from here and move away from here. And therefore me sitting down on the bench won't be true anymore. So true is about the current set of circumstances, but it can change at any time. It does change all the time. Truth, on the other hand, is that which is always and in all ways universally classical, never ending truth. So the law of gravity is a truth. It's a universal

Law,

Or, shall I say, an earthly law. Another truth is all is one, meaning what is in one is in the hole. That is a universal truth. That is to say that it has always been and it always will be. What I experience within my body is mirrored out into the world in front of me. That is always going to be the case, whether I'm sitting down on the porch, recording a podcast episode or five years from now, when I'm when I am out in the world doing my thing, that truth is always going to be the truth. So true is subjective. Truth is always and in all ways, and the way that I experience both of these in my body is that

True

Has an ending, so it's quite fleeting. I can change it at any time. So there's an element of satisfaction in true for me because if I'm experiencing a really heavy emotion, what's true for me is that experience, but I can always change that at any time. And truth is a constant, so it's very soothing for me in my body. It makes me feel like I have something to play with in that I have something to rely on. I know that it's always going to be that way, so it's super reliable for me to trust, in truth. And so I wanted to distinguish between the two of those words because I was having a conversation the other day with a friend of mine, and it dawned on me that those two words are quite often used interchangeably and they're not the same. They are not the same. They are very different. I launched a program two years ago called Lessons in truth, not lessons in True or lessons that are true lessons in truth, meaning lessons of universal truths, lessons that have always been and will always be. And from that, we all, as part of the program, we all gained insight into how we fit into the universal truths, into the lessons that we experience from a day to day basis. But throughout those eight, nine months that we were together, we explored various truths that exist in the universe and that we get to play with and experience as part of our human experience. And so I hope now that that little bit of information will give you some insight into the way that you view your life. So if you're ever experiencing anything that feels rather heavy or challenging or you're going through a period in your life where you have doubts or you're at a crossroads and

You'll,

You know you need to decide as to which way you're going to go, you can rely on what's true for you in that moment to help you decide because you know that what is true for you now may be different later, and you have to give yourself that permission to experience both ends of an emotional spectrum and allow yourself the freedom to change your mind and also know that you can change your mind and move from one extreme to the other at any point. I love the idea of

True

Because this means that I am shaping my destiny with every single decision and choice that I make. And truth, what is truth with a capital T can always be relied on. So in that same example, if I'm going through a challenge, I am at a crossroads. I can look what's in front of my eyes at the world that I see, and by seeing what I see with my human eyes. I can quite often depict what is going on inside of me, because if the truth, what is inside is in the hole or what is inside is without what's inside of me is being mirrored around me. And if I'm having trouble deciphering what it is that I'm experiencing or what challenges that I'm going through internally, then I can look at the world around me and use that as a gauge to help me understand what's going on inside and vice versa. If I'm struggling to make sense of what's going on in the world around me, I can often look within to find

Almost

Explanations, but not in a linear sense, but explanations as to why it is that I'm seeing the world as it is. What is it that's unhealed within me? What is it that's fragmented? And how can I piece puzzle pieces together in my interior and my internal world so that I see the world differently? And this example that I just gave has been so pivotal in me navigating the last two years in my life. You know, when you see the world in disarray, when you see things going a little bit crazy and you almost can't make sense of the world, what we see now as the world is so different to what it was three years ago. And there have been times where I've been fearful or there have been times where I felt compromised because of what I've seen, what I've witnessed in the world. And if I can take that witnessing into a contemplation practice where I can ask questions like, what is it about this experience that's making me feel uncomfortable? And then I can pinpoint what it is. Maybe it's me feeling like I'm being controlled. And then I can think to myself, Yes, actually, you know, that's been a recurring theme in my life. I don't really like to be controlled. And I can start to excavate where that actually comes from and recognize that in every single moment, I have a choice and that even though the narrative may be one that makes me think that I have no choice and that I'm being controlled, that there are other options and there are other ways for me to connect with this experience in a way that has me feeling free and empowered, and I can go about doing the work to help me connect with my power in that example or in that circumstance and live from that place, rather than from a place of being victimized or feeling disempowered. And so I can then take that

Truth

And apply it to what's true for me to help me change any negative or challenging experiencing experience that I'm going through.

Yes.

So with that being said, can you see how you can use truth universal truths

To

Help change what's true for you? You can use them together to form a smorgasbord of tools, practices, techniques, excavations, contemplations. But they are not one in the same thing. They work together symbiotically to help you cultivate and create powerful change in your life. But they are very, very different ones. Fleeting ones forever.

Ok.

I really hope that that's helped you in some way, shape or form. I'd really love to hear from you if you have any questions about this practice, this way of working with true and truth. And of course, if you have loved this episode or you've taken it into a contemplation practice and you'd like to share that with me, oh my gosh, I would absolutely love that. Thank you so much for being here, my friends, and I'll see you in the next episode. Bye for now.