

Is the Truth Really Out There?

By Dr. Lara Romero

What is truth and how do we find it? Once we have our truth, what do we do with it?

What is your truth? Your truth about life and it's evolution, God, sex, the education you received, the job you're supposed to have, your healthcare, the food we eat and the chemicals we ingest in our bodies, the government and the environment. Are you really clear in your beliefs or have you complacently accepted what society and the media have dictated to us. Our lives can get so hectic and filled up with trivial things that often times it is easy to shut down and go through the motions of what we think we are supposed to do. Our minds go into autopilot and we become numb to our reality. Is this what life is supposed to be about? I challenge you with these questions and ask you to dive deeper into your consciousness. The consequence of this? Finding more meaning and purpose in your life and beginning to feel alive inside.

So, if you are clear in your beliefs and you know where you stand on these subjects, let's go a step further. Where did you form these beliefs? Parents, religious leaders, government, television? The X generation born in the mid to late 60's and early 70's were told go to school and get an education so you can get a good paying job and keep it until you retire. Hmmmm, how many of you who went to college changed your majors a few times, and went into something completely different than what you got your degree in? How many of you that were lucky enough to get a good paying job out of college still have that same job? Better yet, is the company still in existence? Can you see yourself doing this same job for another 20+ years? The job market has changed along with education and what was true for our parents isn't true for us and what is true for us won't be true for our children. As long as humans are on this earth we will forever be evolving, physically, mentally, emotionally and spiritually. When we think we know it all is when we need to be open to new possibilities the most.

So, where do we find our truth? The truth my friend is inside of you. It is what you choose to believe. Our thoughts and beliefs create our reality and how we see our world. There are over 2,000,000 bits of information and our senses can only capture about 2000 bits of information. Ever wonder why 5 witnesses at the scene of a crime will have 5 different versions of what happened? If the truth is inside of us, how can we access it? Question everything you have been told by your parents, media, news, your teachers, and see if it feels right for you. Second, quiet your mind. Turn off the radio; TV, computer, cell phones etc. and spend some quiet time with yourself. By quieting our minds through meditation and believe it or not, listening to certain music we reach a state called Theta. In this conscious state we are able to access the answers to our questions and gain clarity. This is a high paced, hectic world we live in and we may feel like we don't have time to sit and be still for 20 minutes and if we did how on earth could we sit there and clear our minds. We don't have to sit in silence to get to that Theta state. There is music that just by listening to it can open up our consciousness to finding the answers we seek. For more information and scientific data go to <http://www.markromeromusic.com/>

MARK ROMERO

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I ask you to be courageous and take a stand in what you believe to be your truth and not someone else's and share that with others. I am not talking about converting anyone over to your belief but to have meaningful conversations about whom you are and what life has to offer. The consequence? You decide.

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