

TogetheriCan

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RIGOROUS HONESTY VS LIES

How do we know when a lie is taking place?

How can we tell if we are lying to ourselves?

What indicators could we use to determine if we are lying to ourselves?

Do lies contribute to and trigger anxiety and other emotional feelings?

Other words or actions that we could substitute for “lie”:

Excuses, reasons, disabling beliefs, results or habitual actions that hold us back.

We use excuses to cover over—they give us a reason to explain or justify our actions. Rather than accept truths, **we use reasons as justifications** for what we did.

Our disabling beliefs (false information) **offer justification** as to why we act the way we do. We are truly acting on what we think and believe in our mind, what is real and honest. We very seldom stop to challenge our beliefs as to whether they are valid or not.

A lie (against ourselves) might fall into a category of “anything/thought” that disempowers us.

Having low self-esteem presents itself as a “lie.”

Thinking of ourselves as not as good as others. They are better because they have initials after their names or they have a particular job or they have a certain amount of money or they have a certain title or...the list goes on and on.

Anytime we belittle ourselves, it's right and honest to know that it's a lie.

God in his wisdom and power did not create any junk!
All individuals are equal in His sight.

Just because someone has a different gift, talent, or ability does not make them better and does not make you less.

Some ways of evaluating whether you have low self-esteem or not:

1. Do you look at others as being better than you?
2. Do you find yourself seeking approval of others often?
3. Do you find yourself presenting yourself as something you think they might want to see, rather than being the real you? Do you exhibit your true real feelings?
4. Do you put up or present a façade, a wall of illusion and delusion between you and others?
5. Do you allow others to control your actions and feelings? Do you still react to the teachings of others who are deceased?
6. Do you stuff your feelings and shut them off, instead of expressing them?
7. Are you a people pleaser?
8. Do you have a compulsive/obsessive behavior? Do a lot of your judgments, ideas, or actions go against a consensus? Do you clean obsessively, afraid of germs or bacteria affecting your health? Does your environment have to be excessively neat in order for you to feel comfortable? Do you exercise to extremes? Are you a health food nut or can you occasionally make different choices?

If we observe ourselves with rigorous honesty, we will find that there is a disabling belief behind most obsessions. This **disabling belief is a lie** that we've convinced ourselves is a truth. **Just because we perceive it as a truth does not mean it is!**

FEAR - False expectations appearing real.

93% of all fears may be considered to be false. (Lies)

Fears are lies we tell ourselves so that we can be ready for things that are never going to happen. They justify our action of worry and anxiety!

Are you always trying to figure out an answer by using your own thinking? If your thinking never changes, accepting new concepts and ideas (Truths), then you'll continue to do the same things over and over and over.

That is **considered Insanity!** Doing the same thing over and over again **expecting different results.**

Without becoming **open-minded**, a person will never accept any new information. Without new information, discernment, or evaluation of that new information, change is impossible.

A **closed-minded** person may be equated as being on the same level as someone who is considered ignorant. Judgement based on feelings instead of facts and discernment leads to erroneous actions.

Some individuals believe that the mind has the power to control the body. Some individuals claim that we can ward off sickness and Dis-ease just using the mind. The mind definitely does play a part, but only a part and that is all.

I've never heard those same individuals saying, "I can think myself young."

I've never heard those same individuals say, "I can think myself thin."

I'm sure they would never use those statements because then they would have to prove that they're true. Chances are they would not be able to prove those false beliefs.

When you as an individual hear a truth, do you cringe and then provide a reason and excuse, a justification for why you do it differently? Do you use your belief and your explanation as to why you cannot do something?

When you hear a truth and it goes against your beliefs, **do you reject the information?**

1. Do you tell yourself I know better?
2. That isn't what I've been taught and I'll continue to believe the teachings I was taught?
3. The experiences that I have in my life don't lead me to that conclusion; therefore, I choose to ignore that information, that truth.

Do your insecurities run your life? Most insecurity is based on false information and denying truth. We make up myths about why we react and why we react to the triggers the way we do.

Lies will always lead to resentment/s.

Stuffing feelings (lies) will most often **create resentment** and eventually lead to **anxiety and worry**.

It is my opinion that **we use the lies for self-justification. We want to see ourselves as who we would like to be, rather than who we really are.**

Seeing ourselves as infallible human beings, with wants and needs, making mistakes, creating errors in our lives and admitting to them, is tough to do. But it is necessary if we want to move ahead in health and life. Surrendering the EGO and giving up pride (being right) is difficult, but possible. **Choose to do it (give up) NOW!**

I want to thank Linda T. for being rigorously honest and assisting in this article.

Together (with friends and new information) I can

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