

“The Spirit of Truth”  
by Corrine Ardoin

It is in truth we find our way. We are lost without the truth to anchor us in reality, to guide us through life, to lead us ultimately to ourselves. We must know the truth, feel it in our hearts as the beating of our very souls, keeping time with the rhythm of our lives.

The truth must be told, for it is in the telling that our most clearest and truest center is found. The center is within us. The center *is* us. All life radiates outward from the center, and truth not only guides us but acts as the wheel, the vehicle and theme by which we carry out our purpose on Earth.

We are human in body, living our human lives on this Earth. But, we are spirit within and radiating outward, permeating every cell, every pulse in our heart from this spirit, from our soul. Breath is spirit, like wind heard blowing through a forest, light and powerful, holy and real, emanating from within our center and from God. This exchange, this message of spirit, is truth, breathing life into us. Truth is life. Without truth, we would surely die.

We each must find that one thing in our lives that is our purpose and go toward that, be it, live it, breathe it, fight for it. As humans, we become overly distracted by our everyday human existence. While it is necessary to breath and eat and sleep, it is not necessary to buy and possess things to fill our lives which need only to fulfill their purpose on Earth. To live life passionately from our center, is to live the soul, live from our soul, from our heart. Then life becomes the carrying out of truth, and breath reveals the spirit of truth. Find the breath within you. Notice the wind all around you. It is the breath of life, stirring all around the Earth, a living organism all itself.

We waste so much time struggling to find our way in this world, when our spirits daily are trying to show us the way. It is in our hearts it is felt, our minds where it is understood, our bodies through which it is put into action. To give our all until the moment of death is why we are here. To create that which is in our hearts and is envisioned in our minds, is why we are here. Those who seek to destroy shall live their life wastefully and shall die without the truth ever being known to them. To die without ever knowing the truth is a tragic death. To die without ever desiring the truth, to have lived a life bent on destruction, is to not have lived at all.

We are spirits, human spirits, and we are all here for a reason. We must stop avoiding our true purpose on Earth and begin to carry it out, each and every one of us.

Imagine this. The Earth is a huge, unimaginably massive planet. We are like ants scrambling around on its mere surface, warring amongst ourselves, vying for power, carrying out vengeance, driving about in our cars. We have the short-sighted arrogance to behave as though this mere surface could be ours, our patch of lawn, our house on a mere speck of Earth! The Earth does not belong to us! We belong to the Earth! And it is in our breath that we experience the lifeline, the connection to the Earth, as its breath, the wind, returns to us this reassuring message: *You are a child of the Earth, a child of God. No person can ever destroy you.*

And as an angry, stubborn child beats their fists upon their father's chest, we strive to control the Earth, demand it do as we say. Just as a loving father calms their child, holding them close for reassurance, the wind reminds us, we are safe, we are loved, and we are forgiven.