

Sept/Oct 2008

## *The Truth Be Told*

by Jon Mundy, Ph.D.

*The truth is true. Nothing else matters. Nothing else is real.*  
A Course in Miracles, T-14. III. 3:3-5

*We will not attempt to bring with us a little part of unreality,  
as we devote our minds to finding out what is real.*  
A Course in Miracles, Lesson 130: 7:2

Last spring, I taught a course at Marist College which included a couple of weeks on mythology. It got me thinking about the role of storytelling and truth in our lives. *A Course in Miracles* speaks of the importance of “truth” 859 times. It says that truth is: “the absence of illusion,” “in you,” “whole,” “simple,” “God.” What more can we want, than the truth and the partner who comes with Truth – namely Love.

### **A Few Course Fundamentals**

According to the *Course*, *perceiving* is not the same as *knowing*. Perception is a “process” which includes analysis, interpretation, and judgment. Perception happens in time and “appears” to be external to us. Our perceptions are judgmental and prejudicial. Judgment rejects, shifts, dismantles, reorganizes, rearranges, separates, and changes. The ego cannot survive without judgment. Thus, freedom from judgment is also freedom from the ego. True perception or “right perception” is necessary in order to experience “knowledge,” that is, an understanding of truth beyond the level of perception.

### **Lying as a Form of Denial - Why Would We Ever Lie?**

The first defense we all learn as children is lying. It is so simple, so easy, it’s right there on the tip of the tongue. You get into a little trouble; you need to defend yourself; you just tell a lie – after all, who is going to know. Problem is -- someone does know. You know! Now there comes the experience of guilt -- Dirty! Stinky! Awful Guilt! We have separated ourselves from the person or persons we lied to and thereby placed ourselves in isolation. Life can be lived fully only in truth. When life is a lie, it involves deception and that can change life from a happy dream into a soap opera, a drama – a nightmare – a hell on earth from which there “seems” no relief.

### **Make Up!**

The *Course* also distinguishes between “creating” and “making.” Creating, we do in truth with God. Creating is something we do in love. When someone puts on “makeup” they put on a face, a “persona.” What is “made up” is not true. Miracles free us from illusion, folklore, myths, and “made up” stories. Marilyn Monroe’s persona as a sex goddess was so completely over-exaggerated that she is said to have reached “mythic proportions.” A myth can be defined as a collective belief that has no basis in fact. A myth is a “made up” story. It is not the truth. Marilyn Monroe said of herself that she was not a sex goddess because a sex goddess was a “thing” and she was not a “thing.” She was a person!

We make up a world and then proclaim it real. All of our religions are made up. All of them! That doesn't mean they don't contain helpful teachings. Still, they are filled with contradictions, myths, fantasy, drama, dogma, and unreality. *Nothing the world believes is true* (ACIM, Lesson 139, 7:1). We "make" things to fill an imagined need. When we fulfill needs, we affirm belief in separation. This includes all the many belief systems we make up and then seek to maintain despite inconsistencies.

*Illusion is stranger than fiction.* (Think about it!)

In time, made up stories or myths become solidified. The concrete is poured in and it settles into laws, rituals, dogmas, creeds, and canonizations. The founder of each of our great traditions speaks the truth and the disciples, then "interpret" that truth with their own perception; their own projection. Trying to mix truth and dogma, we get a strange conglomerate which is inevitably more illusion than truth.

*Over the centuries, some of the greatest teachings have been distorted to arrive, amazingly, at their exact opposite meaning.*

David Hawkins, M.D. Ph.D. in *The Eye of the I*

Religion is the "master game" and the playground for the ego. God, however, is too big to fit inside any religion. What we *make up* is not eternal. It may "symbolize" reality but a symbol is not reality. Likewise, saying that a myth, a story, or a dream is "reality," (including our own stories), blocks awareness of truth. Try as much as we want, we can never make the unreal real.

### **The Magic Miracle Confusion**

The *Course* talks about the ego's confusion regarding myth and magic. The ego "makes up" its own "story" – its own world. We can thus make ourselves – strong, rich, smart, and handsome – you name it. The fascination with the movie, "The Secret" reflects some of this confusion. We can "make" a St. Peter's Basilica and fill it with the world's finest art. What we have is a museum, nice to look at – inspirational perhaps – still it is a monument to the past. God is here now in this present moment. Though we *make many beautiful things*, everything in this world will one day not exist and it does not matter. I watched a wonderful video of a woman standing in a garbage dump, in India, playing with her baby, holding the baby up in the air making the baby laugh. The woman was all smiles. It is who we are, not where we are, that matters. One day "the self we made" will not exist. In fact, it already does not exist and in this knowledge, there is great freedom. What is of God endures forever. Only the truth is eternal.

### **Demythologizing, Denial, Debunking, and Decoding**

In the earliest stages of religion, man developed myths and beliefs in magic. A myth is a story. Children ask questions and they need answers, so our ancestors came up with answers. "What makes thunder?" "Thunder is caused by a god." Man thus begins to "create" God in his own image. To demythologize is to discover or uncover the meaning of myth. The myth of Adam and Eve, for example, is a wonderful description of the birth of consciousness and of the first split that entered into the mind of man. After his "eyes were opened and he was able to distinguish good and evil," Adam hid from God. The first thing that Adam and Eve realize is that they are "naked." This brings shame and guilt. Animals do not have guilt as we do. They have no shame.

With Adam, we have the birth of the first philosopher. Man not only thinks, he also “thinks” about “thinking” and therein is the rub. Man now has a “divided mind or split mind.” It also now becomes possible for man to “make himself.” Mythic stories develop over time. Each age and generation adds new elements. The more time that goes by, the more complicated the story, the more unbelievable the story becomes. Myths are representational, symbolic, or metaphorical. In much of Hindu mythology, the gods and goddesses are understood as *representational* figures displaying different dimensions of consciousness. They are not “literally” true but they point to or “suggest” something deeper. One of the most fascinating discoveries of the twentieth century was the realization that the descriptions of modern subatomic physics and the cosmology of ancient India were much the same, though they used a different language. (See Fritjof Capra, *The Tao of Physics*)

As dreams tell us about the inner workings of ourselves, myths tell us about the inner workings of the unconscious of mankind. The more complicated, intricate, and detailed a myth becomes, the more fancy-full, the more unbelievable. The more any story is elaborated, the more the ego plays with it, and the more the characters in the myth are seen as the storyteller’s own projection. It is not surprising that the ancient gods of the Greeks, Romans, and Ancient Jews were, thus, all “fallible,” and very human-like, each succumbing to the different characteristics of the man who made up the myth. God, made in the image of man, is unforgiving, wrathful, hateful, and judgmental. The Greek and Roman Gods, have affairs, get jealous, and are vengeful. It looks a good bit like a modern soap opera. It is not a representation of “truth.”

*Denial of error is a strong defense of truth,  
but denial of truth results in miscreation, the **projections** of the ego.*  
ACIM T-2, II, 2:5

### **The Immaculate Conception**

Let’s look at a myth the Christian tradition supports as literally true. We like our savior figures to be “unspotted, pure – immaculate from the get-go.” A mackerel is a “spotted” fish. Immaculate means “not spotted” not blemished, tainted, or stained. To push things back to the beginning is to push things back to purity – back to innocence. Many of the Greek gods, as well as the philosopher Pythagoras of Ancient Greece, Buddha in Buddhism, and Mithra of the Mithraic Mysteries were all thought to have immaculate conceptions. They are, thus, all pure, “unstained,” innocent. The idea is not new in Christianity. An immaculate conception is something which happens in awareness – it’s the recognition of the purity of one’s Being. The Immaculate Conception is not about an ovum being fertilized Deus ex Machina, but a dawning of Truth in awareness, either as a concept or as a realization.

### **Innocence**

This past May on my 65<sup>th</sup> birthday, I opened an email and tears instantly sprang into my eyes. It was the news of the death of Judy Femmer, my high school sweetheart. She was my first love, the first to truly “steal my heart away.” We were young lovers (though we never “made” love) for 3 wonderfully torturous years, ages 16-19. When love first comes, it often comes with great gusto and it can be overwhelming. I was so in love with her. I remember looking at Judy and thinking she was perfect, pure -- innocent. She could do no wrong. She wouldn’t even have

known how. The same thing happened many years later when I fell in love with my wife Dolores. I still see each of them this way -- would, that I might see all things this way. According to the *Course*, we are to see everyone as we see those whom we love – through eyes of innocence.

### **Myths and Parables**

The gospel of Matthew says that Jesus “never” taught without using parables. Jesus “made up” stories because, “In hearing, they do not hear and in seeing, they do not see.” Something else was needed, we need a metaphor. Jesus’ parables were not literal events, though they each tell a meaningful story. In the story of the prodigal son, we learn that we have all rejected our Father’s Will, and have gone into a far country (a body in the material world). When we fail in our efforts, and “repent,” we are able to return home to the open arms of our Father. Jesus’ parables are *stories* made up to illustrate a point. Despite this fact, I have heard ministers speak of this parable as though the event “actually” happened.

Let’s remember that the *Course* says nothing about the past (historical figures etc., nor the future) because the truth is not about the past or the future. It’s also not about this world. It’s about Heaven. Every parable in the Gospel of Matthew begins with the phrase “The Kingdom of Heaven is like. . .” Jesus is trying to tell us about Heaven, and the best way to do it for his day was to use parables. But a parable is a parable. It is a story. It is not a fact. Ultimately, (which means right now) past and future are both illusions and inconsequential to the present.

Making up a story is a good way to get ones message across. Some of our best teachers in the course of history have been storytellers. From our own country, we have men like, Abraham Lincoln, Mark Twain, and Will Rogers. A story involves characters engaged in a conversation, as they are in Plato’s “Dialogues.” In Galileo’s classic book, *Dialogue Concerning the Two Chief World Systems*, we have an intriguing discussion between three people. One believes the sun is the center of the universe; one believes the earth is the center; and the third takes a position between the two of these. He does not know which answer is correct. This *Dialogue* got Galileo into a lot of trouble with the church. It was not a true story. It was a parable, a story designed to illustrate a point. In the early 1990’s, we all enjoyed a wonderful book called the *Celestine Prophecy*, which involved a dialogue on the nature of spiritual development. It was not a true story and James Redfield, the author, never said the story was true, though some people read it that way.

The *Course* contains a number of warnings. It tells us to never underestimate the insanity of the ego. It says that illusions can be as strong in their effect as the truth (ACIM, Lesson 132). It also tells us not to underestimate the power of a lie. (T-3, VII. 1:6). Hitler perpetuated a “myth” prior to World War II, telling the people of Germany that Poland and other surrounding neighbors were a threat. This is the way to start a war. First, convince the people that a threat exists; then “make them” an enemy. Soldiers are not to talk about people. They are to call “people” “the enemy.” It is then easier to kill them. Hitler was himself, of course, the greatest of all the threats to the health and wellbeing of the German people. He played to the ego. The ego yelled “Heil Hitler!” and all hell broke lose. Little did the German people know that he would one day kill their own children, destroy their homes, devastate their hopes and take away their dreams.

*Never underestimate the insanity of the ego.*

### **Playing to the Ego -- “Make Up” in the Twenty-First Century**

The major myth-making machine of the modern era is television. It “tells” us its vision. Madison Avenue puts a “spin” on things; infomercials tell us of the latest books, drink, or investment opportunity we need to make us happy, healthy, wealthy, and wise. We easily buy into mythologies, half-truths, and lies, despite amazing contradictions. How many folks really stay slim on diet pills? Descending the stairs into our family room one day, I asked my daughter Sarah what television show she was watching. She said it was a show called, “The Real World.” “Oh,” I said, “What is the real world?” “It is,” she said, “about teenagers who get drunk and have sex.” Now I know!

*There is a kind of experience so different from anything the ego can offer that you will never want to cover or hide again.*

A Course in Miracles

We need the truth; we thirst for the truth because the truth gives us life. The more the truth is known, the less there is hidden, the happier we are. Truth is happiness, just as denial and hiding is despair. Darkness hides the truth. To experience *revelation*, all hiding must be put aside. What myths do I buy into? What would you hide? If you want to do some real soul searching, ask yourself the questions where, when, how, and with whom do I hide?

### **Super-Ego, Conscience, Courage, and Cleverness**

Three words which never appear in the *Course* are *conscience*, *courage*, and *cleverness*. Conscience may be a kind of cleverness as in “being careful not to say the wrong thing, dressing properly, observing etiquette, etc.” The Holy Spirit does not care how you dress; nor is God concerned about what tribe owns what part of the planet. Rather than following the guidance of the Holy Spirit, the ego follows the guidance of a really big ego named – “Super Ego.” Super Ego polices unacceptable desires and helps us have the courage to achieve success and reach excellence in the eyes of the world. What we are dealing with is still the ego no matter how “super” it may be. Courage is often fool-hearty in its cleverness. Even in the most inventive ways, it is not the truth. Why is it that people who do truly courageous acts always say of themselves that they were not being courageous? They were just doing what they had to do. No matter how many stories we make up, no matter how many ways the truth may be twisted, all cleverness is always eventually seen for what it is. The end story of all hero mythologies is always the same -- God always wins, which is to say, Truth is always revealed to be the sole reality.

*When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants, and murderers, and for a time they can seem invincible, but in the end they always fail.*

*Think of it... always!*

Mahatma Gandhi

### **Truth Undoes What Never Was.**

Why are we so gullible? How is it that so many people can be fooled? Heaven lies beyond

illusion where truth and beauty wait untarnished by time. Myths, dreams, dramas, soap operas, and stories are not true, including the story we make up about ourselves or the “case” we build for ourselves. Truth is, we are each a child of God -- nothing less than that. We cannot bring truth to illusion because we really do not clearly know what the truth is. We know a great deal more about our stories. Some people are “fascinated” with movies, myths, fiction, dramas, and tragedies. They, thus, come to know more about illusion than truth. In an age of computer graphics the illusion becomes even more complex.

Never be afraid of looking at your own drama and never be afraid of being wrong. “Agree with thine adversary *quickly*, while thou art on the way with him.” – (Matthew 5:25). Admit to your spouse, who already knows it, that you are an “ego-alcoholic” and she or he will probably be pleased with your honesty. Nothing beats radical honesty. Drop defensiveness quickly, acknowledge thoughtlessness and selfishness promptly, and gain much wisdom thereby. Be still and be clear about that which is false. Let it go so that truth may come to the fore.

Sufi Mystic, Al Ghazzali (?- 1111) said that the mystical vision of truth is the only way to achieve peace. The eye delights in beauty, the ear delights in music, anger delights in taking vengeance. “The highest faculty in man,” he said, “lies in the pursuit of truth.” Our greatest delight lies in its discovery.

**Truth is Kind.** Where God is, the truth is. Where the truth is, God is. A tautology can be read from left or right. God is truth and truth is God. The truth sets us free. Only truth succeeds because only the truth is true. God is Love and Love is God. God, Truth, Love are all the same. We must utterly immerse ourselves in Truth until the Truth has its way with us. Surrendering to Truth is surrendering to God because God is Truth. Surrendering to God means surrendering everything we believe that’s contrary to Truth. To be in truth is to be consumed by the Allness of God.

### **Just Being**

Being “real” means not putting on any makeup. Not engaging in a show, not pretending. Just being is wonderful. Just being is freeing. We are all like everyone else -- just people here. Be glad! It is easy to love “regular,” “ordinary,” people. Specialness always gets in the way. We are safe only in truth. If we are lying, if we are hiding, we are not being present, we are pretending, we are not being love. We are safe only in truth. We are safe only in love.

*Truth is True, Nothing else is True, and just isn't there.  
So Truth is all there is. And that's God.*

– Ben Gilberti

Our task is to free ourselves from our “mythologies,” our “super-egos,” and out “ego-ideals.” In knowing that you are “nobody” is all freedom. It’s impossible for there to ever be anything separate from God; not now, not ever, – nowhere. Truth is a thing of life, not of words. Your purpose (in case you did not know) is to be the Presence of God; and, we get to be the Presence of God by being true to ourselves. Why be anything else? Why do anything else?

Truth is beyond belief, beyond rites and rituals, stories and myths. The truth is so beautiful, so

vital and alive that nothing can diminish its glory. Truth is God's Will. Truth is your will. Truth is my will. What we want more than anything is to do God's Will. Believing in our own dreams and dramas rather than God's truth, blinds us to the beauty of truth. We do not know God because we do not know ourselves. As we come to know Self, we come to know God; we also come to the truth and we leave the impure behind. Truth is always abundant.

Workbook Lesson 268

***Let all things be exactly as they are.***

*Let not our sight be blasphemous today, nor let our ears attend to lying tongues.*

*Only reality is free of pain. Only reality is free of loss.*

*Only reality is wholly safe. And it is only this we seek today.*

*We side with truth (today) and let illusions go.*

*We will not vacillate between the two,  
but take a firm position with the One.*

*We dedicate ourselves to truth today,  
and to salvation as God planned it be.*

*We will not argue it is something else.*

*We will not seek for it where it is not.*

*In gladness we accept it as it is,  
and take the part assigned to us by God.*

Only Truth is True.

You can't be anything else.

How simple is the obvious.

*Jon*