

The Truth is Love Workshop

Love and its relation to Truth

1. All is love. This is the most fundamental Truth of the cosmos.
2. Awareness = Light = Love. Bringing awareness to something you're experiencing that does not feel good shines light on and pours love into the sources of that experience, transforming your relationship to them.
3. When you allow your connection to the field of love, without anything blocking it, you are connected to Truth (both generally and specifically for yourself), which is also your highest good.
4. Conversely, when you access Truth you allow the Earth-based part of your being to accept its connection to the field of Love, which feels a lot better than refusing or resisting it, and which produces a sense of expansion and empowerment.
5. Feeling is healing.
6. Feeling – rather than thinking – is what strengthens your body-mind connection to both Love (your heart self) and Truth.
7. There are 8 reasons why a person may be unable to feel, either generally or in relation to a specific problem. There is no need to know consciously what they are, because your spiritual being has access to the information. Use the Intention process to clear these if you feel a “yes” (meaning, I am having that experience) when you think about any of the numbers. (see #15 below for the process)
8. Unpleasant feelings (sensations or emotions) indicate falsehoods, and when the feelings are gone the falsehoods are no longer present in your consciousness.
9. Feeling ...
 - a. Starts with awareness

- b. Moves through allowing a melting away of all the layers of falsehood that have caused the things that don't feel good (either physically or emotionally) as well as the untrue thoughts (Be Lie fs) you're holding in relation to the problem you're experiencing
 - c. Ends with full self-acceptance, a greater connection to your heart and a feeling of wellbeing and peace.
10. All your emotional reactions, including and especially any conceivable fear, dissolve as soon as you become aware of your true nature and your eternal origin, the Truth of what you are.

Truth and falsehood

1. Ways to use your access to Truth: (Note that Knowing is different from thinking; the latter is a lower mental function, while the former is connected to both your heart self and your spiritual being.)
- a. Knowing who you are (a specific expression of the divine, etc.).
 - b. Knowing what is relevant to you (rather than someone else) – what has value for you as information or an experience to pursue.
 - c. Knowing what is true for you at this time (rather than in the past or the future).
 - d. Knowing what people and experiences you resonate with (and who/what you don't, meaning you'd be better off letting them go).
 - e. Separating truth from falsehood in information you receive from the outside world (for example, about events going on around you, in the news or in friends' comments about other people, about your health, about what's in your highest good to pursue, etc.).
2. 10 ways you may recognize Truth:
- a. Sensation someplace in body
 - b. Movement of some part of body
 - c. Some other kind of physical reaction (such as tiredness)
 - d. Emotional reaction
 - e. Visual (like seeing light around the image that arises with a

- thought), or some truth-associated image comes to mind
- f. Sense of recognition, knowing
 - g. A voice telling you the thing you're thinking about is true or important. For example, you might hear the words, Yes, my child.
 - h. A thought arises that is your truth-associated thought (for example, a certain word that feels good, like "together", "oneness" or "home")
 - i. A sense of connection to Source (inner peace, wholeness, feeling loved)
 - j. The question is gone; you feel decided and done with any question about it.
3. You know that information is free of falsehoods if you feel totally peaceful when you receive or think it and/or you get one of the other signals given above.
 4. Play with the various methods as you notice your response to some true and false statements as well as words like good and bad, yes and no. Start with trivial things that you know are either true or false, such as the day of the week.
 5. Falsehoods in your receipt of information may come from either the information itself or falsehoods within your own consciousness that are triggering a reaction to the information.
 6. Even if something is true for you at the moment (for example, you feel strongly aligned with the thought, I cannot do this), there may be falsehoods embedded in the thought. You'll know because you will feel something unpleasant when you entertain it. A more completely truthful thought than the example would be, If I really want to do this the means will show up. Notice which thought feels better and remember, Love (that good feeling) is Truth.
 7. Sincerity = heart-connected = in alignment with Love and Truth
 8. The sincerity test for any problematic thought, part of yourself or aspect of your life (including other people): I am sincere in relation to ____ (and wait to see if you feel a yes or no)

9. Ways to recognize insincerity
 - a. A need to avoid the thing, to distance oneself from it arises, which causes the mind to start pulling stories out of its databanks as a way to “manage” the experience.
 - b. Unpleasant emotions can appear.
 - c. You may feel the desire to DO something about the experience or to a person you’re reacting to.
 - d. In some cases physical pain may show up, eventually causing physical disease or degeneration.

10. If you are being sincere with yourself and anyone else involved, then you will know what is the best way for you to proceed; you’ll be able to stand tall in your own shoes and not be affected by what anyone else is thinking, saying or doing.

11. Why people transmit things that are not true:
 - a. The person is feeling offended in some way and they react with a falsehood.
 - b. They believe they are externally controlled and have to lie or they are externally controlled in the sense that they have placed some outer authority above their own knowing.
 - c. They are unable or unwilling to connect to (some aspect of) reality so they are communicating something that’s connected to another reality with which they feel comfortable.
 - d. They are not feeling safe in a general sense so they lie for self-protection, or for some other reason they do not believe it is OK or safe for them to reveal the truth (such as, someone will get hurt if they do so). This is similar to b.
 - e. They are stuck in one or more specific traumatic experiences.

12. The transmission of falsehood may not be deliberate due to a person being disconnected from their own heart and passing on misinformation. In either case, if the person is able to feel their feelings, they’ll feel something that does not feel good (for example, a twinge of guilt).

13. Circumstances in which you yourself are being insincere because you are not connected to your heart-self:
 - a. Whenever you talk about something you heard, as opposed to something you personally know to be true.
 - b. Whenever you talk about what you think as opposed to what you feel or know.
 - c. Whenever you speak in judgment of someone else.

14. Another way to check for sincerity (your own or someone else's). State:
 - a. This is the Truth (with a capital T).
 - b. This is the whole truth (meaning there's not something else that would serve me to acknowledge).
 - c. This is nothing but the truth (meaning there is falsehood mixed in).

15. If you are checking your own sincerity (truthfulness) about information you are transmitting and you get that there is some falsehood present (one or more "no" responses), use the Intention Process.

16. Intention Process: I am willing to accept the Truth about this (wait for a "yes"). Since this is a command, rather than a question, your operating system (innate intelligence) will automatically carry it out.

17. Once you are in a place of willingness to accept the Truth, you can use feeling to dissolve the falsehoods that you have been holding.

18. To facilitate feeling, try using the Counting Process. Just breathe and count as you allow yourself to feel whatever you're feeling. This takes the mind out of the process and allows it to proceed more quickly and easily. You'll know when you're done by the peaceful feeling you get.

Thank you for participating in my Truth is Love project by exploring this material.

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You may also consider replying to the following two questions (to my email address, given above):

1. What are one or more insights you have gained from this material?
2. What are one or more ways you will apply what you have learned in your life?

Thank you again, and I hope you enjoy using these understandings and techniques!