

WHAT ABOUT YOUR TRUTH: FACE THE TRUTH OF YOUR TRUTH & TRUST IN RAW EXPERIENCE (WAOO4)

◀ What About... ❖  Video ▶  Audio ▶

LINK 

PDF 

YT 

IA 

MP4 

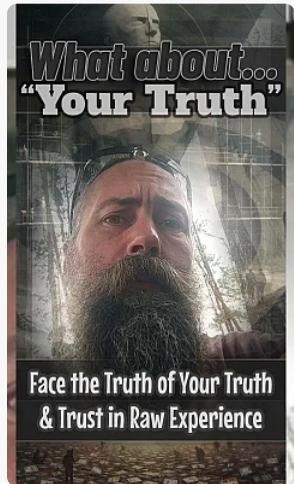
OGG 

Words: 715 ❖ Length: 03:47 min

❖ Created: 2026-02-28

What about "your truth"? Aka the colorful frames you craft to make your existence meaningful. The only truth there is the truth of your subjective schemes. The pushes and pulls of your fears and hopes – the warp and woof of your mental coat.

Why should we seek validation by touting "our truth" for others? Let the shared field of truth – actuality of "what is", insight present in



our direct experience – stand and shine as it is. Let this truth set you free from your little ideas.

#WhatAboutSeries

#YourTruth

#RawReality

#Subjectivity

#Delusions

#PlainClarity

#BackToWhatIs

#LiberateYourself

What about "your truth"? "I will always speak my truth." We hear this a lot. "Brother, you should speak your truth!" The fact is, this typically has very little to do with truth actual. Instead, we are at the intersection of conviction, delusion and self-absorption.

You've landed with a particular idea, woven together with the pushings and pullings of your fears and your hopes, that gives you a frame that you deem desirable for your life. That is your truth. So yes, that is your subjective truth, but it's not something you need to be shouting from the rooftops, trying to convince others of the validity of your truth.

The only truth in there is the truth of your fears and hopes, weaving the lenses through which you look at life. That truth is for you, my friend, to acknowledge, to reflect on, to inquire into its origins, to seek ways of

unraveling the conditions you have asserted. Instead of externalizing it, instead of trying to validate it by any means necessary.

The only real truth there ever is, for any one of us, is the truth of our present living experience. Then whatever direct insight, whatever raw emotions arise from this unfiltered present experience – there is your actual truth.

Then is there a need to speak this truth loudly to others? If you are uncertain about the validity of your truth, if you are in self-doubt, oscillating between experience and your ideas of what should be, then perhaps you must seek validation for this truth of your experience from the outside. That's not to say you should do it – but it is a need that you may feel.

The only line we ever hold with the truth of our present experience is our right for it. There is no such authority in this world with the right to dictate to me how I should interpret my present experience, much less deny, gaslight me into believing that I am not experiencing what I am experiencing.

Sure, we always keep our eyes and ears open for feedback from the world, from the environment, from friends and other people, because our truth, the experience, is a work in progress. Life is messy and we need to be open to feedback. And of those reflections, new doors of truth into direct experience may open. That's all.

This truth of your actuality and the living experience that follows only ever changes with the evolution of your perspective. Not by editing, tweaking and veiling your living experience to better match ideas born of fears and hopes – whether born from you or seeded by others.

What need is there to validate, to prove this truth of yours unto yourself, or before the world, by referring to the sayings of others? The Buddha said so. Jesus said so. Ananda said so. The Internet said so. Who cares? Does that change your experience?

If the sayings and insights of others provide you with deeper and broader perspective into your living experience, without introducing distortion and interpretation, then how excellent. But please do not weaponize those references. They are for your insight.

Not for you to prove yourself and validate yourself before the world.

So yes, hold on to that little self-colored truth of yours in way of a specimen to be examined. And hold on to the raw and uncoated truth of your present experience as a fundamental right of a conscious being. The right to experience life and existence exactly as it is, undistorted by your ego, undistorted by the opinions of others. And the truth of "your truth" shall set you free.

 <https://ananda.icu/talks/what-about/wa004-your-truth-face-the-truth-of-your-truth-and-trust-in-raw-experience>