

# The Whole Truth and Nothing But the Truth



By Eva Starr

“The whole truth and nothing but the truth, so help me God.” That’s what you say before testifying in court. Talk about a loophole if there ever was one. Can anyone sitting in the jury box really be sure they are hearing the truth just because someone put their hand on a Bible and took an oath?

The truth can be told while still omitting the truth. In the Bible (Genesis 20:1-18), King Abimelech takes Sarah as his wife – knowing only that she claimed to be Abraham’s sister and not that she was also Abraham’s wife. We can search through history and our own lives to find countless examples of telling the truth while omitting the truth.

I’ve recently become absorbed by the work of Byron Katie; you take any situation that isn’t working out for you and ask yourself four questions:

Is it true?

Can I absolutely know that it’s true?

How do I react when I think that thought?

Who would I be without that thought?

We can take those four questions and drive ourselves crazy. What do we absolutely know to be true? The bottom line is that truth is individual to oneself. Your truth, my truth, John Doe’s truth – all are perceived through our own eyes, ears and mouth.

Do you know where heaven is located? Here’s the story I heard:

God was pondering how to hide the Kingdom of Heaven. He considered putting it on top of the highest mountain; but no, man will find it there. Then He thought He’d bury it at the bottom of the deepest sea; but no, man will find it there. Then He thought He’d hide it in the darkest, thickest forest; but no, man will find it there. Then He finally figured it out: “I’ll hide it within, and no man will ever find it there.” That story was an “aha” moment for me. I got it that the Kingdom of Heaven is within. The same with our truth; it is within each and every one of us.

Years ago, when living in Lakewood, Ohio, I had walked into a metaphysical bookstore and overheard the owner talking to a patron. The patron was describing a certain situation and the owner said, “That may be *your* reality, but don’t make that *my* reality.” We all have our own beliefs, but that doesn’t make your truth right and mine wrong. It just means what works for you is your truth, and to go for it. At the same time, allow me the space to accept for myself what I know to be true for me.

I wonder what the world would be like if we started

accepting everyone’s truth as their own – respecting the diversity of cultures and religious beliefs instead of starting wars over whose way is right and whose is wrong.

I recently graduated from culinary school in San Diego, but learned more about life than cooking. Throughout the school year we had finals every couple of weeks on a different area of cuisine.

At the end of the baking and pastry section, I had to make a Raspberry Charlotte for my final (a mousse-type of layered cake). I had made a batch of the raspberry™ mousse and shared it with a classmate. When it came time for the grading, the chef raved about the cake of

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my classmate. Of mine he said, “What the hell happened with that mousse?”

I was dumbfounded. “That’s the exact same mousse you just raved about in the other cake; I made the mousse for both cakes.” I couldn’t believe what was happening to me.

The next day I took my Raspberry Charlotte to the Science of Mind church I was attending in San Diego. The cake was used for the post-service social hour. Afterwards I was walking out to my car and a woman ran after me. “Did you make that cake?” she asked. “Yes,” I said.

“I just want you to know my brother is a chef and everyone at our table raved about that cake,” she said. “It is an A-plus.” I thanked her and drove home smiling to myself. The like-minded people at my church saw the real truth in that cake; how timely the Universe is. Maybe the world is just a big box of crayola crayons that got left on the stove and melted into one big rainbow of a candle. Some days I feel like periwinkle and other days I feel like pea green. What matters most is to live my truth, and nothing but the truth, so help me God.

*Eva Starr’s spiritual journey has taken her coast-to-coast studying the various schools of thought. Starr now resides in the San Diego, area devouring the alluring buffet of wisdom the West Coast has to offer. Continue to communicate with her via [evastarr.com](http://evastarr.com) and [reachforthemoon.net](http://reachforthemoon.net), or at [evastarr24@yahoo.com](mailto:evastarr24@yahoo.com) for speaking engagements.*