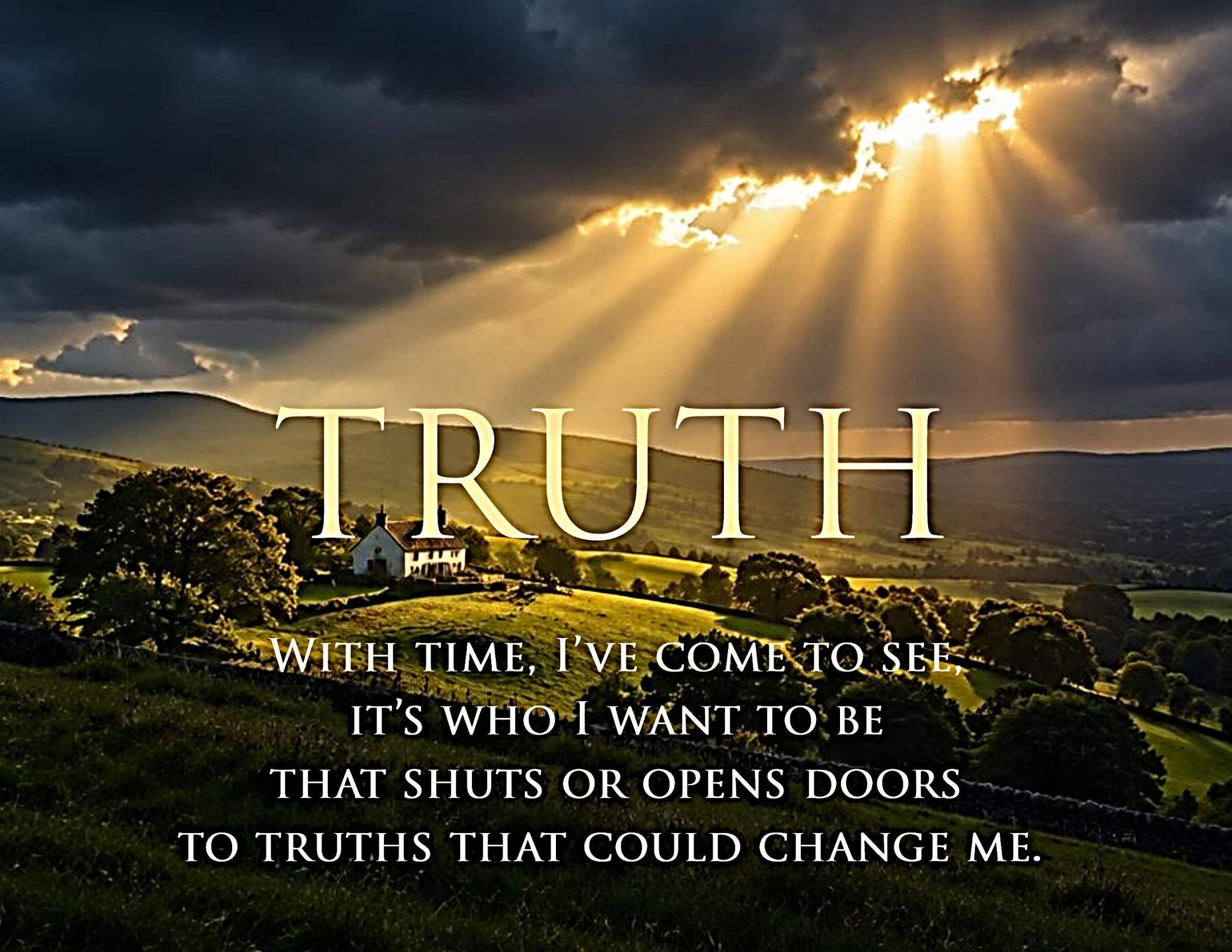

TRUTH
With time, I've come to see,
it's who I want to be
that shuts or opens doors
to truths that could change me.

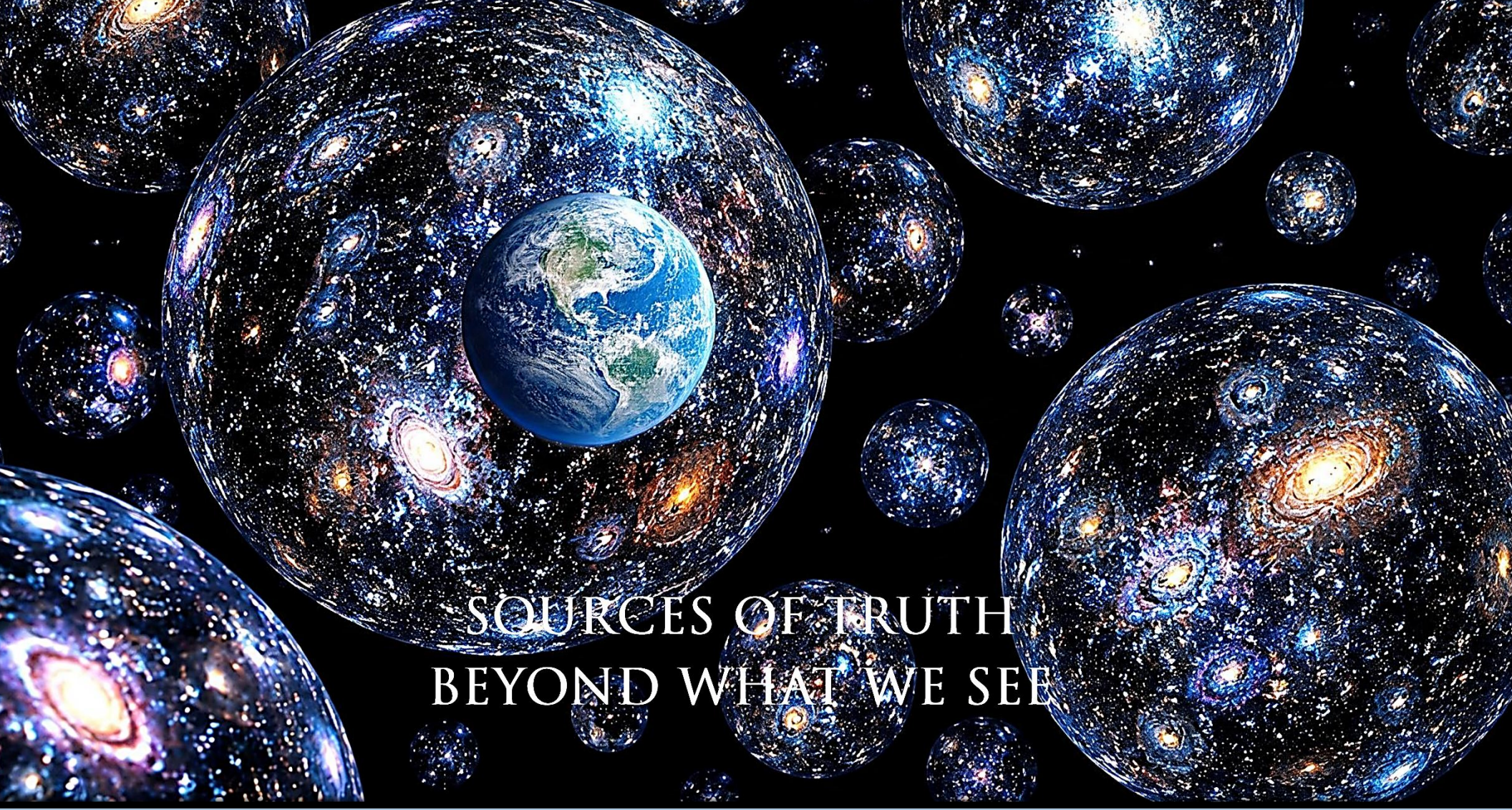


Truth is the knowledge of things as they are, as they were, and as they are to come. (See Doctrine & Covenants 93:24) Truth embodies eternal transcendent laws that govern all existence. Abiding by or not living transcendent laws determines the degree of light and truth one possesses and, therefore, the degree of freedom and purpose and power and joy one can experience both temporally and eternally.



Opposition in all things

A fundamental, even defining truth, is that there is opposition in all things. Otherwise nothing exists, including us. (See 2 Nephi 2:11) But how do we find truth? How do we know what is true?



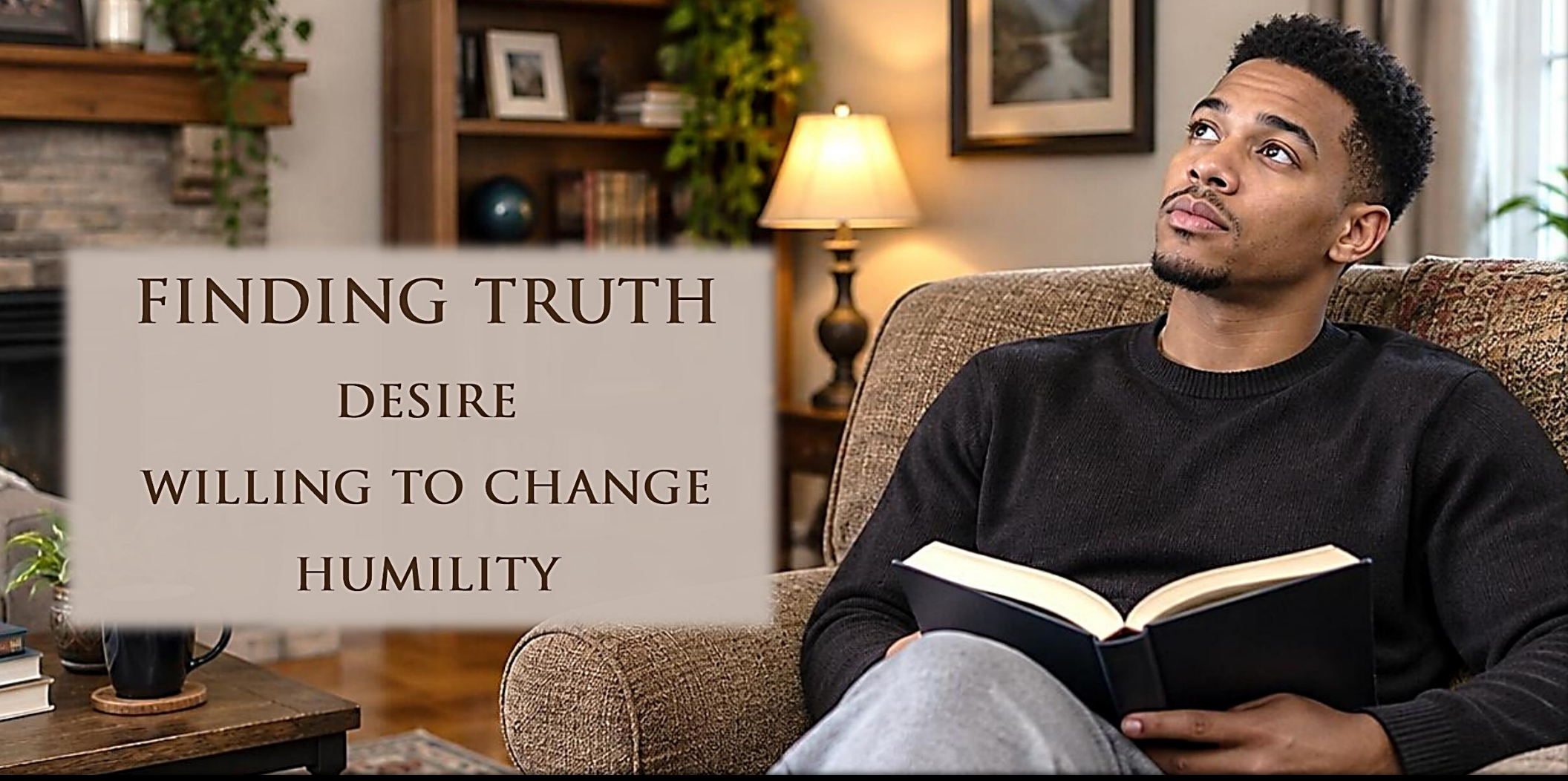
Fundamental to finding truth is to not eliminate from consideration its potential sources. For example, it is important that we understand that in the time-driven mortal context we are in, our flawed senses and brain are not capable of discerning all truth and might even present a distorted view of what exists. In addition, limiting our truth-seeking to empirical tests eliminates the possibility of discovering truths that can't be discerned by restrictive empirical means. Acknowledging that sources of truth are not limited to the world in which we live and the universe that contains it opens the way to discovering vital truths.



Accepting as possible that we humans are, in fact, eternal beings with no beginning and no ending, and that there are important purposes and directions pertaining to our eternality, can help us see beyond the here and now.



Of course, we should not eliminate using our physical senses and brain and available practical evidences in our search for truth. But in recognizing that there are limits to these sources, we should also look to find truth wherever it is and however it can be obtained.



Key factors determine the degree to which we will find truth:

- **How much desire and effort will I put forth to find truth?**
- **Am I willing to change the way I live my life according to the truth I find?**

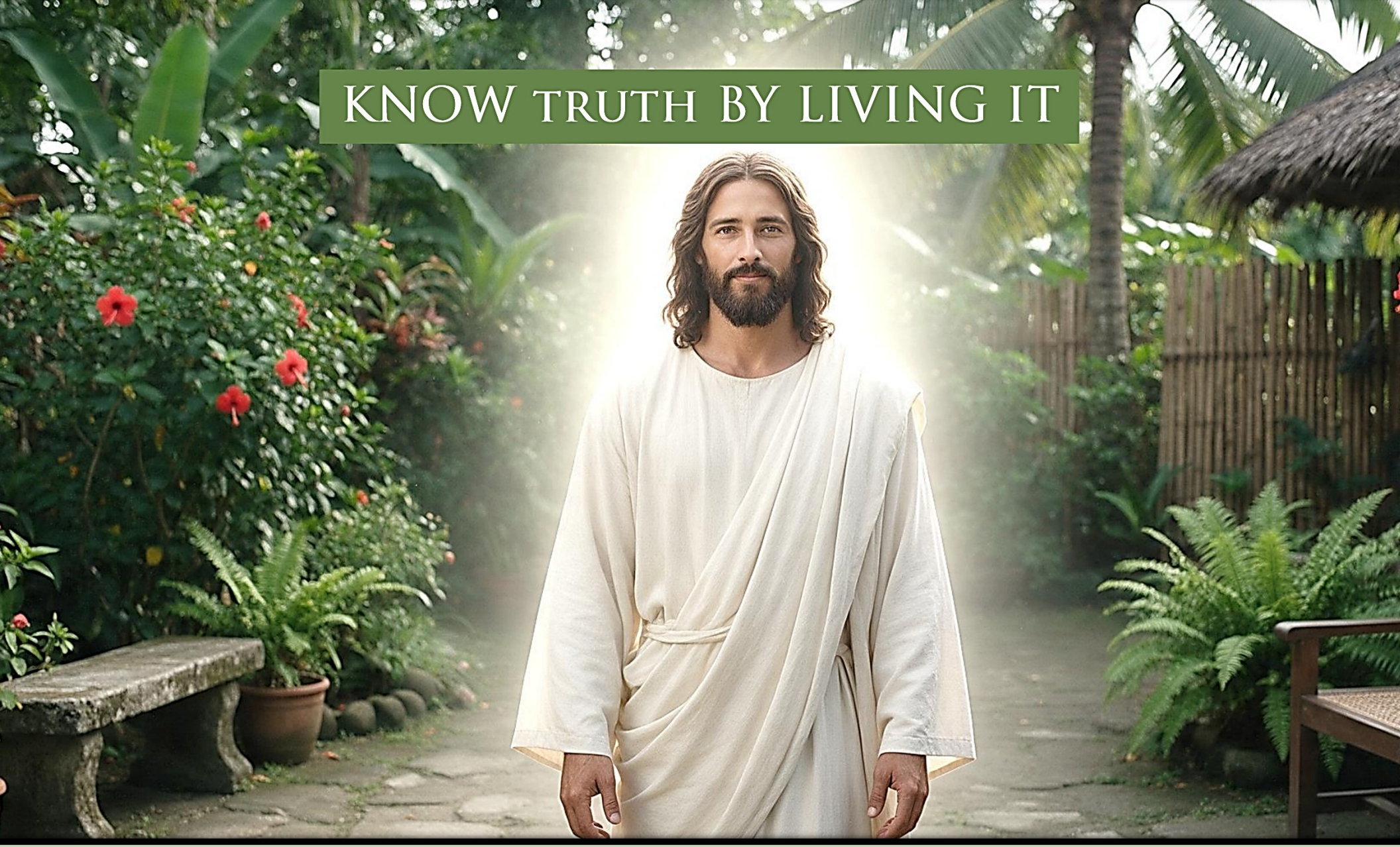
In addition, humility is a critical personal attribute needed to find all truth. To recognize our innate weakness and incapacity is vital to receiving the outside help necessary for us to expand in light and truth. (Ether 12:27)

Find truth in others



Armed with meekness we can find truth in the lives of those whose righteous personal attributes we admire and desire to have. As we do what they do, we can have a powerful sure witness that we are living true and elevating transcendent laws.

KNOW TRUTH BY LIVING IT

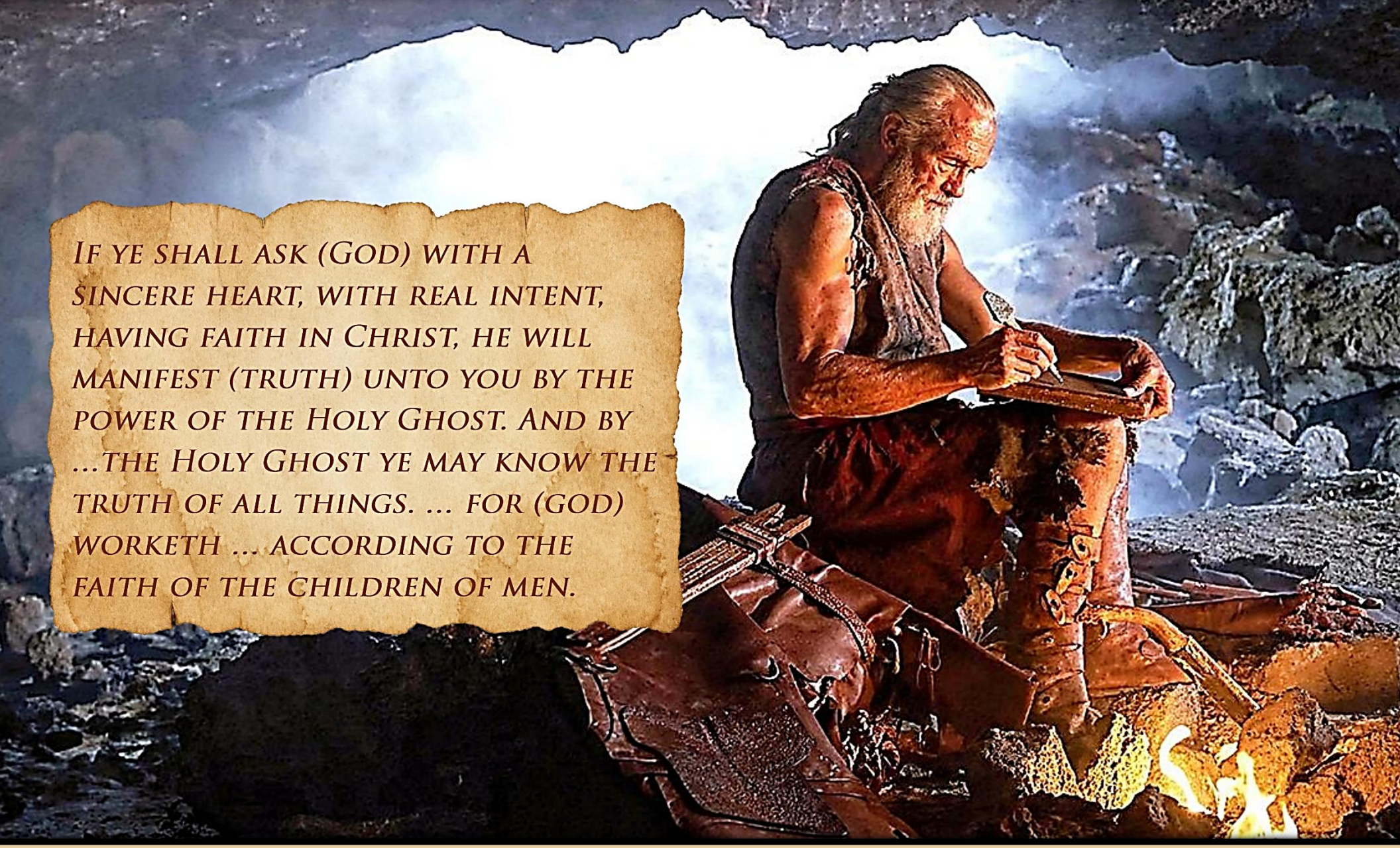


Jesus Christ said, "Anyone who chooses to do the will of God (i.e. live truth) will find out whether my teaching comes from God (i.e. that it is truth) or whether I speak on my own." (John 7:17 NIV) We know what is truth by living it.

The Holy ghost

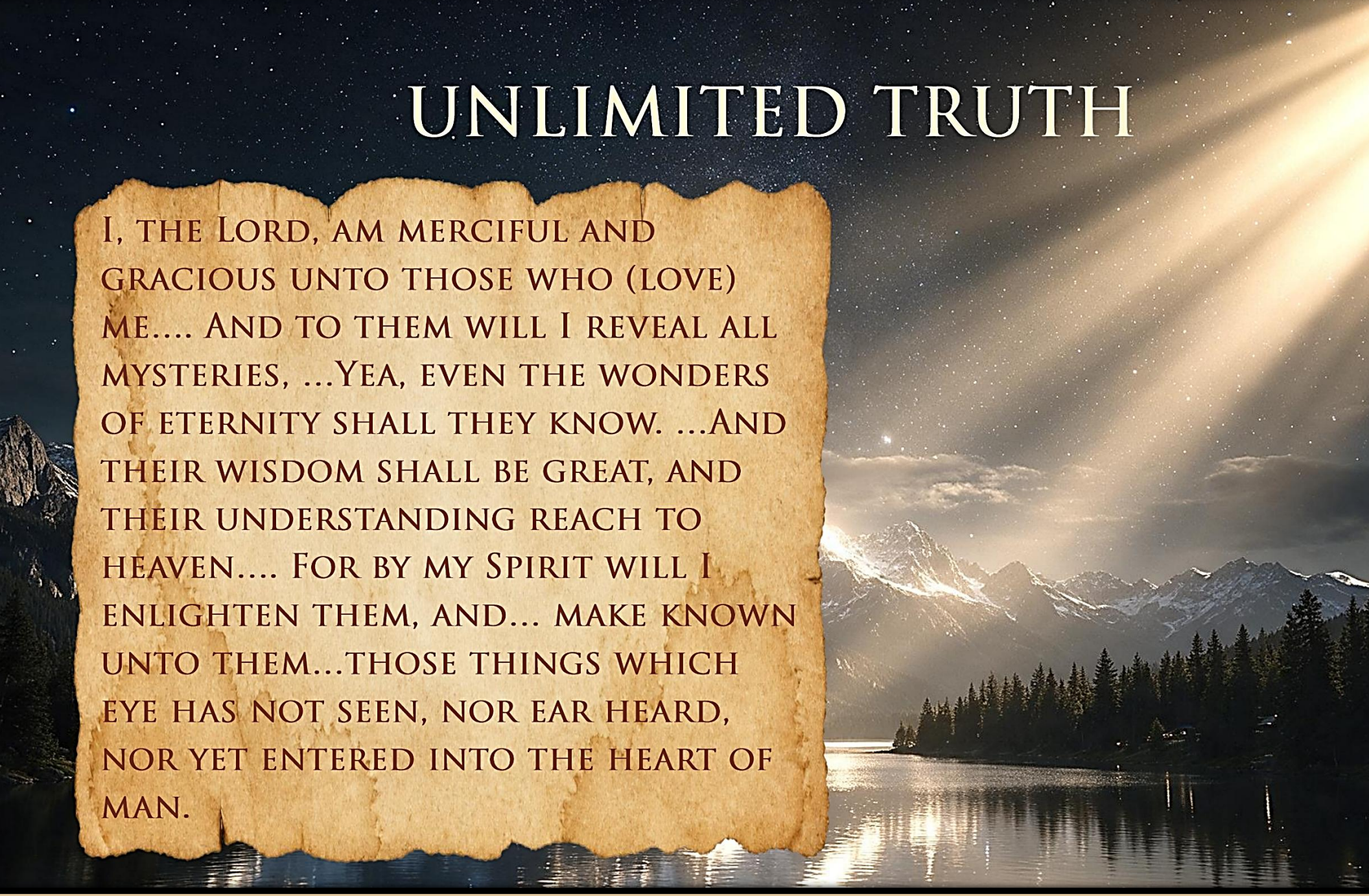


With humility, our eyes and ears and hearts are open to receive extra-terrestrial help and guidance that is direct and personal and real. Jesus Christ has promised that we can have the Comforter, the Holy Ghost, abide with us to "teach us all things" and "bring all (truths) to remembrance." (See John 14:26)

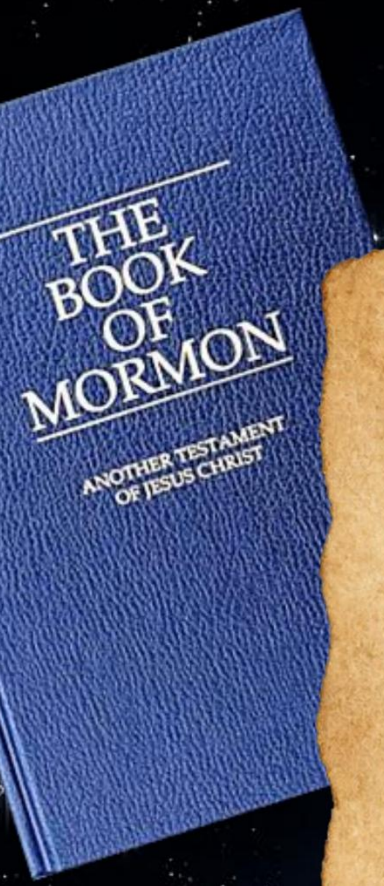


Our humility can lead us to verify by our own experiences the promises of Moroni in the Book of Mormon. There are literally millions of people on the earth today that are living witnesses of the existence of the Holy Ghost and that by following Moroni's admonition one can experience for themselves this infinite source of truth. (See Moroni 10:4-7)

UNLIMITED TRUTH



The truth we can receive by the Holy Ghost is virtually unlimited. (See Doctrine and Covenants 76:7-10)



THE TRUTH LAW

It is given unto many to know the mysteries of God; nevertheless they are laid under a strict command that they shall not impart only according to the portion of his word which he doth grant unto the children of men, according to the heed and diligence which they give unto him. ...He that will harden his heart, the same receiveth the lesser portion of the word; and he that will not harden his heart, to him is given the greater portion of the word, until it is given unto him to know the mysteries of God until he know them in full.

The extent to which we can find and know truth is determined by the law that governs truth. Alma, in the Book of Mormon, powerfully delineates that law. (See Alma 12:9-10)



Truth is to know who we are and what we are all about. The way to access all truth is to seek it and live it. Then truth will make us free forever. (See 2 Nephi 2:16, 26; John 8:32)