

TRUTH IS WONDERFUL

By Dora Ines Grosso Garcia
Holistic psychologist



In this article we will reflect on the strength and power of truth and the effects on our physical, mental, emotional and spiritual health.

Psychology conceives the truth as part of the human thought, mind and psyche. The truth is a particular and personal experience; each being conceives this aspect of life from their beliefs, their culture, their social, political, religious, family, work or occupational status.

The truth is also constructed according to the gender and social role that we play and the evolutionary stage that we are living. For example, adolescents defend truth, justice and are willing to fight for their ideals with great will.

Did you know that truth has positive consequences on our health?

Truth, gives the sensation of peace and tranquility, generates endorphins, which are the neurotransmitters responsible for the feeling of enjoyment, happiness and joy.

Anita E. Kelly Psychologist, in one of her studies in relation to truth and health, says that people "presented significant improvements in their health when they said the truth permanently." Such benefits ranged from releasing feelings of tension and melancholy, to healing the symptoms that afflicted them, such as headaches and sore throats among others. By relaxing and relaxing, they improved their sleep habits, among other benefits.

It is concluded that the feeling of calm conscience that people have when speaking the truth and the belief of having acted well, makes them feel better psychologically and physically.

<http://psychology.nd.edu/faculty/anita-e-kelly>

Mental health and neuroscience specialists believe that living in lies produces psychological damage and health problems, it also affects the emotional field, because it produces feelings

of guilt and fear in people because they are not sincere, life with deception brings fear and mistrust. The lie could cause affections in the different organs of the body.

The natural and evolutionary human being is always telling the truth, being ethical leads to being reliable, calm, loving and always giving the best, this guarantees as much as possible also receive the best. It is an aspect of conscience and permanent attention, it is the way in which the true meaning of life is built.

In conclusion, the experts express that living in contexts of truth and authenticity, improves mental and physical health, recommend that society be educated from honesty and openness, with solid values that allow you to live in harmony with yourself, with others and with the environment. An adequate moral and ethical development from childhood, oriented in the truth, is positive. It is the basis of the spiritual structure.

With the truth you get to all places!

With this phrase, generation after generation, we have arrived to one of our most deeply rooted teachings.

Plato said that "you have to have the courage to tell the truth"

The truth is strength, the firmness of the individual's spirit, of tenacity, perseverance. It is this firmness of mind that makes calamities seem small. The truth allows us to be sure and to be absolutely positive, to always go forward, in any situation, seeing the good in all circumstances, the positive virtues are innate in the human being, we all have them, it is necessary to recognize them in ourselves and in the others, so they manifest themselves.

Is it possible to live telling the truth all the time?

This is the challenge to create an authentic life and a sense of ethical and moral social coexistence. Truth can be a possible practice: when a person lives in truth he is calm and confident. Honesty is part of the human being; the natural thing in the human being is the protection and conservation of life.

The mission of Being is the search for personal fulfillment and happiness with solid and authentic values, which are also the basis of love, to love is to live in the truth. we are all beings of love, of wisdom, faith, compassion and understanding.

What is truth?

Some reflections on what truth means:

Truth is closely linked to virtues.

Truth is reflected in and through values, it gives meaning to the existence of people and it is the values that determine the process of humanization of man.

Words are true when we really express judgment with them.

Truth serves as a norm and recognizes reality.

Truth is absolute and immutable and does not admit degrees.

Truth implies certainty.

Truth manifests itself verbally and nonverbally, it is impossible to hide.

Did you know that children always tell the truth?

Children are born clean and always say and express the truth, they are sincere by nature, they are spontaneous, they express things as they feel them, they begin to lie between two and three years old, sometimes encouraged by their parents as part of the adaptation to the social environment, it depends on the adults to continue feeding those innate virtues of the child.

The ideal is to be honest and accept the consequences that truth brings, being sincere and positive is a virtue that requires finding the right context, time and opportunity to express it. Say what you think, expressing the truth requires a commitment to reality.

Finally, I invite you to become aware of the powerful energy in our words, our intentions, our thoughts so that we can build a reality, a context of truth and wisdom that considers our well-being, that of others and that of our family environment. as a couple, in our work field, in the community where we are.

We have a creative power and the idea is to use all those virtues that we bring internally and those given to us by our education, our formation and the beauty of life.

DORA INES GROSSO GARCIA

Holistic psychologist

doraigross@hotmail.com