



# Toltec Wisdom

## Good vs Evil

Our culture and society preaches and worships the “goodness” of knowing. We are taught that the scientific method is the “best” way to accept something as true. Many learn to reject the unexplainable with skepticism. “If it can’t be measured scientifically, it isn’t real”, this is a message being delivered by our modern culture. As a result, many reject the traditions, rituals and mythology of spiritual teachings. We fail to see that an abundance of truth is within the “unexplainable”.

As we journey along our path in life, we are taught and discover many things. Opportunities to open our spiritual eyes are continually present. All it takes is a willingness to look, see and discover what is there before us. When you walk the path of a spiritual warrior, you find that spiritual awakening is more about letting go of what we think we know than about learning more information.

Toltec spiritual warriors question what they have been taught to believe as part of their fight for freedom from emotional discomfort. Let’s look at one example. For many, a common belief is that a conflict exists in the universe between good and evil. Often we hear strong evidence to support this idea. Look at all the suffering in the world. Look at all the good acts, the good people fighting against the evil acts of other people. The explanations and theories are stories which have been made up. How do we know the story is true?

It is true there is a conflict but the conflict only exists in the human mind. It is not true for the rest of nature. And the conflict is not between good and evil. The real conflict in the human mind is between the truth and lies. Good and evil are the result of the conflict. Believing in truth creates goodness, love, happiness, compassion, empathy and kindness. Believing in lies and defending those lies creates anger, hatred and fanaticism. Believing in lies creates all the violence, injustice and human suffering both in society and the individual.\*

How can the answer to all human suffering be so simple? As we journey along the spiritual path, we discover the truth is often simple. Our minds want to complicate the truth and make it more than what it is. The truth is; when we believe in lies, we suffer. Jesus said, “You shall see the truth and the truth shall set you free”. Free from what? Freedom from the lies which hold your spirit captive. You suffer because your spirit is imprisoned by your belief in lies.

Whenever you experience discomfort, you are creating an expression of the disharmony within you. The disharmony is an internal conflict between believing a lie which your spirit knows to be false. The spirit has access to the “silent knowledge” and experiences truth. Inner peace, tranquility and serenity exist when the mind and spirit are in harmony.

Uncovering the lies within and experiencing truth is the way of the Toltec spiritual warrior.

\* From *Voice of Knowledge* by don Miguel Ruiz