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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

PNE Inspirations

New Year's 2006

"Living True"

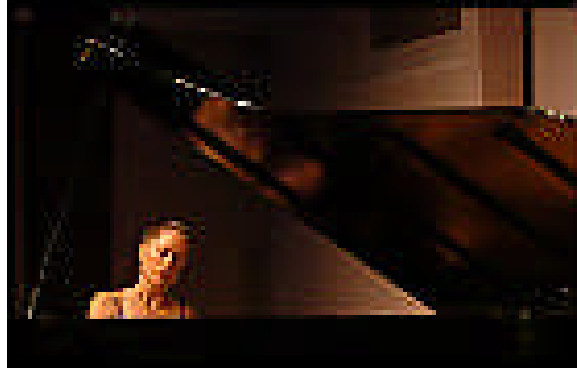
"... victory is often a thing deferred, and rarely at the summit of courage ... **What is at the summit of courage**, I think, **is freedom**. The freedom that comes with the knowledge that no earthly power can break you; that an unbroken spirit is the only thing you cannot live without; that in the end it is the courage of conviction that moves things, that makes all change [transformation] possible." -Paula Giddings

Our spotlight this issue shines on "**living true**." This is a subject that's never taught in primary schools. If a person's lucky it's something that one sees in *another person* but doesn't know what to call it. Initially the reaction is one of curiosity, intrigue, possibly awe, mimicking and sometimes jealousy and rejection. You see, when you are in the presence of somebody living true, your own life is reflected back to you instantly. And in that moment you're either inspired to continue to live your convictions or invalidated because you begin to see where you've sold yourself out. Either way you are left with an invitation to 'true up'.

Living true doesn't mean that you're in a perpetual state of happiness; actually all feelings including sadness, humor, grief, hope, depression, anger, joy, etc., are **intensified**, and *happiness is more like ecstasy*. The pursuit of happiness is fundamental to what it is to be human and absolutely available for everyone.

I have a friend, Emily Takahashi, who is a pianist, mother, daughter, wife and meditator. In December 2005, she performed a public tribute of Beethoven, Chopin and other works as an honoring of the sudden passing of her father, Charles Keeling, a renowned scientist who first warned the world of global warming by measuring CO2 levels, and also was a classical pianist. At the end, that performance brought everyone to their feet with many tears. I can't explain what I witnessed during it; I can only say that when I went out and looked at the stars that night, my heart was open so fully that I could *feel* the scintillating starlight touch me. I was in ecstasy. There's no doubt I was in the presence of someone living true. Later I asked her about her trance-like state during her seemingly flawless performance done with eyes closed. She said that the evening was the alignment of at least three different areas of her life coming together (her meditating, her study of classical piano 20 years ago, and her family) as **an**

acknowledgement of love for her dad and a generous offering to the community.



Emily Takahashi, December 2005

When one is living true, their primary attention is always turned inward (like Emily was during her performance), always looking at their own self first, and truing up. Shakespeare said, "This above all -- to thine own self be true." Regardless of how a person has lived their life up until this very moment, everyone has an opportunity to 'true up'. As an old Turkish proverb says, "No matter how far you have gone down a wrong road, turn back."