

The Recovery Process

Dr. Gregory E. Tucker



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www.therecoveryprocess.com

Truth is astonishing only because most of us use most of our time defending our fictitious view of reality as if it is a fact. Most of us use most of our time on the run from truth because truth is Fixed, permanent and non-negotiable, and it always threatens to reveal that our version of truth is fragile because it is false.

Reality is not what we insist it is because reality is not what we insist it is, and everyone, in theory, has a date with the truth because it is what 'right now' is, which means it is always true, always what everything is, and nothing we do will ever work to cancel it.

Most of us use time to prolong the fiction truth can be canceled, and life captures the sum of all the ways we wage war with truth, as if the war is winnable. "The Recovery Process" provides the reminders that take us back to the truth of who we are so we can be that instead of who we pretend to be. Life depicts the sum of the strategies we employ to prolong the fiction of who we aren't, and pretend to be, instead of who we are.

When we shift from who we are to who we aren't, duality begins; the lie that we are separate from everything else, and the defense of this lie not only creates suffering, it creates the suffering we depend on to defend the fiction of the separate self. What comes into focus is the startling fact that the defense of the lie the self is real takes precedence over everything, including love, happiness, rationality and even sanity. Most of us use time to defend the lie the self is real, and we are willing to use the suffering we create as proof for the existence of the self. Our motto takes the form of, "I suffer, therefore I am", which means our primary addiction is to our style of suffering (SOS).

Most of us use time to dismiss truth because truth pulls the plug on everything we argue for as fact. The shift from our collection of lies to the truth usually takes time because most of us use time to resist truth. Truth is the only "problem" we have. Life reflects how each one of us wages war with truth as if it is a fate worse than death.

The recovery of truth opens the doorway to objectivity, non-reactivity, calmness, compassion and humor. The way out of our dilemma is to retrace our steps back through our collection of lies until the truth about truth becomes transparent. In many circles, this is called "The Awakened State", and, indeed, most of us spend most of our time sound asleep, in a trance, pretending lies will work to replace truth, which is funny once you realize truth is the context for the lies we assemble to give truth a hard time.

Dr. Gregory Tucker creates a regular series of articles at [The Recovery Process - www.therecoveryprocess.com](http://www.therecoveryprocess.com)

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