

# Metaphysics and Truth

In Unity, “Truth” is another name for God, the Divine, the Christ.

John 8:31-32 (NRSV): Then Jesus said to the Jews who had believed in him, “If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free.”

## Absolute Truth

- The sum total of all Divine Ideas in their original purity and power
- Describes the pure, ideal Good that encompasses Divine Mind
- Changeless

## Relative truth

- What we experience in the physical realm
- Constantly changing

When having an experience in the relative world:

- How does it impact you to shift to greater awareness of Absolute Truth?
- What practices help you shift your awareness to Absolute Truth?



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