

## The Hard Truth

The Hard Truth is another name for the {In:Sacred Truth} except that it speaks of the effort and willingness to give up on what you want to believe and accepting what really is. Reality isn't what we want it to be, nor is it what other people want us to believe it is. The Hard Truth is reality the way it really is. It is often hard to give up believing the beliefs we are comfortable with and believe instead what really is true as determined by the {In:Sacred Method}.