

A condensed version of the book *Truthfulness: The Consciousness That Creates Reality* by Claus Janew

Truthfulness is a philosophical and practical reflection on personal integrity, relationships, inner freedom, and the possibility that consciousness helps shape reality. It is not presented as a scientific treatise, but as a mosaic of insights drawn from lived experience. At its center is the idea that truthfulness is more than factual correctness. A person is truthful when his inner intentions and outer actions are in harmony. When that harmony is missing, he becomes divided within himself, and that division spreads into his relationships, choices, and sense of meaning.

Beyond easy happiness

The book begins by challenging shallow ideas of happiness and easy formulas for “manifesting” a better life. Methods like simply asking, believing, and receiving are said to work only when a person truly knows what he wants, is free of inner conflict, and remains open to unexpected forms of fulfillment. In real life, most men are not so clear or inwardly united. They carry fears, contradictions, hidden motives, and old wounds. Because of this, they often chase goals that do not truly satisfy them, or they lose faith in life’s deeper possibilities. The author argues that what men really seek is not mere pleasure, but authenticity, meaning, and a richer form of existence.

What truth means

Truth, in this view, is neither just an abstract absolute nor merely a private opinion. It emerges from the effort to include as many valid perspectives as possible while staying close to the actual experience of the person concerned. Truth is therefore relational, experiential, and open-ended. We approach it by comparing viewpoints, testing impressions, and remaining willing to revise ourselves. A truthful person does not cling to one frozen certainty. He tries to understand more fully, and in doing so moves toward a broader harmony.

Honesty and relationships

This becomes especially important in close relationships. The book treats honesty as the foundation of trust, and trust as one of the essential conditions of love. Lies, secrecy, and self-

deception do not simply hide facts; they damage connection. A concealed truth continues to express itself indirectly through distance, confusion, loneliness, and mistrust. Even when silence seems easier, it often weakens both the relationship and the liar's self-respect. The author makes room for rare exceptions, such as temporary concealment when the truth truly cannot be understood or would unleash something destructive at the wrong time. Even then, the ideal remains maximum honesty as soon as circumstances allow it.

Facts, feelings, and roles

Facts and feelings are not enemies here. The book rejects the romantic excuse that strong emotions can justify deception. Feelings may point to a deeper layer of reality, but if they are used to distort facts, a person is still lying. Authenticity means restoring the connection between what is felt and what is true in the full situation. The same goes for social roles. Every person plays roles such as friend, lover, colleague, or parent, and these roles can be valid in their place. But when a role becomes detached from the living core of the person, it becomes a mask. Love in particular suffers when it is reduced to performance, because love naturally seeks depth, wholeness, and real encounter.

Integrity and forgiveness

The ethical heart of the book lies in integrity. Honesty, respect, reliability, and justice are treated as central values, with honesty given special weight because it supports the others. Honesty allows spontaneity, growth, and mature partnership. Respect keeps relationships from turning degrading. Reliability gives continuity to our commitments. Justice matters too, though the author sees it more as an outcome of the other virtues than as the primary source of them. Forgiveness is discussed soberly rather than sentimentally. It is not always necessary, and it should not be confused with naivety. If a person understands his harmful behavior and has changed in a way that makes repetition unlikely, forgiveness may restore trust. But if the causes remain untouched, forgiveness becomes risky self-deception.

Love, jealousy, and freedom

Love is portrayed as a deep resonance between persons and their unrealized potentials. At first, people fall in love with certain harmonies in the other person; later, they encounter the traits that do not fit so easily. Mature love requires accepting limits, integrating differences, and refusing to confuse idealization with reality. The book does not treat exclusivity as the natural proof of love. It argues that depth and priority in love do not necessarily require exclusiveness,

though they do require honesty, clarity, and respect for the deeper hierarchy of commitments. Jealousy is interpreted less as a noble defense of love than as fear of loss projected onto a rival. The real issue is whether the primary bond retains depth, truth, and reliability.

Self-exploration and inner change

A large part of the work is devoted to self-exploration. People often repeat harmful patterns because they are governed by buried beliefs and emotional reflexes. To change life, one must examine what one truly wants, identify obstructive beliefs, and question the hidden assumptions behind reactions. The author recommends observing oneself from a slight inner distance, like a witness watching the ego at work. From there, a person can trace painful feelings back to beliefs, and those beliefs back to older wounds, fears, or false conclusions. This process is called self-responsibility and self-liberation. No one else has exactly your worldview, your motives, or your inner knots, so in the end each person must become an expert on his own soul.

Consciousness and reality creation

From this psychological groundwork, the book moves into its most spiritual claim: consciousness does not merely interpret reality but participates in creating it. The author presents “reality creation” in a modest way at first. When people clarify their true desires, align feeling and thought, release inner resistance, and act in harmony with a deep intention, life often begins to support them. Opportunities appear, obstacles shift, and events take on a meaningful relation to what was inwardly chosen. Practices such as visualization, belief work, emotional clarification, and then letting go are recommended not as mechanical magic, but as ways of aligning oneself with a deeper current. Intention matters more than force. The pure heart means wanting something, following it, and being inwardly at peace about both.

Limits and harmony

This creative process is not described as omnipotence. Other people have freedom, reality has its own structure, and not every wish should or will materialize. The deeper rule is harmony: harmony within the self, harmony with others, harmony with a larger intelligence or divine order. That is why prayer, gratitude, and trust in a wisdom beyond the conscious mind also have a place here. The best outcomes arise when intention, inner truth, and the wider movement of life cooperate. Put bluntly, the author’s recurring advice is: seek yourself first, and then act.

Meaning beyond happiness

In the final stretch, the book argues that happiness is not life's highest goal. A chemically induced bliss without meaning would be too empty. What people truly seek is growth, value fulfillment, and a richer participation in existence. Even suffering can have meaning if it opens deeper love, truth, insight, or transformation. This does not make suffering pleasant, but it places it inside a greater harmony. The deepest answer offered by the book is a kind of primal trust: the sense that life is not random chaos, that every experience can be integrated, and that a truthful person can move through fear, pain, desire, and love without losing his center. Truthfulness, then, is the path of aligning inner life, outer action, and deeper reality until one can live with clarity, freedom, and trust.

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