

Our Evasive Truth and Effortless Lies

Why is truth so elusive? Why are we reluctant to state that there is absolute truth? These were a couple of questions that were asked in my senior Humanities class, and I was asked to reflect on them. Our homework was to record and keep track of how many lies we told over the course of one weekend after leaving class on Friday. After hearing what our homework was for the weekend, I instantly thought this would've been a rather straightforward task. I thought to myself, *I just won't lie at all. That should be easy.* Little did I know that my assumption was wrong. What appeared to be such a simple task... actually turned out to be quite difficult.

The first two questions kind of go together. The definition of truth varies from person to person. There is only a universal definition that generally defines what truth is and outlines what it holds. It does not say what truth actually *is*. This is why truth is so elusive. Nobody knows what truth exactly is. We are also pretty reluctant to state that there is an absolute truth because we do not even know what it is. We haven't even formed a starting point for us to build the exact definition of truth. Sure, we have a foundation being its definition and outline of an idea, but where do we go from there? How are we supposed to state that there is an absolute truth when there is something lacking in the next layer above the foundation? This missing piece of information is keeping us from building on.

If you were to ask a handful of people, "Is lying easier than telling the truth?" then most people would say that telling the truth is MUCH easier. I guess the saying: "Easier said than done" is way too accurate. It is human nature to lie. There are so many different types of lies out there that it is so hard to keep track. Some lies are even told subconsciously! It is almost impossible to refrain from lying altogether, therefore, it is easier to lie than to tell the truth

occasionally. Now, lying has a negative connotation associated with it, but that does not mean that all lies are bad. Some are essential. For example, surprises need to be kept secret or else that ruins the surprise and there is no such thing as it being a surprise anymore. With that being said, lying is easier than telling the truth, since we do it so often, as if it were second nature. Don't believe me? Attempt not lying for a day.

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