

25. Adherence to truth

THERE is an eternal Truth which transcends the categories of time and space and is beyond the three *gunas*--*Sathva*, *Rajas* and *Thamas*. This Truth is God. All creation has emanated from this Truth and merges in it. The phenomena perceived by the senses are by their very nature transient and ever changing. The Spiritual reality is unchanging. The three letters in the term *Sathyam* represents *Praana* (life), *Annam* (food) and the Sun, who is the sustainer of all life. All the three represent the *Brahmam*. Another meaning of *Sathya* is control of the outward and inner senses. When there is such sense control combined with purity in thought, word and deed, one experiences the Divine.

Dharma is based on *Sathya*. The Upanishathik saying is: "*Sathyam vadha; Dharmam chara*" (Speak the Truth and practise righteousness). Today the number of persons adhering to truth is one in a thousand or so. Most of one's life is spent in untruth. A true being should lead a life based wholly on truth. Man is in desperate search of bliss in the external world, forgetting that the source of bliss is within him. Ignorance of his inherent Divinity makes a man miserable. When the ignorance goes, his blissful nature reveals itself. Man has to realise this basic truth.

Overcome difficulties by adherence to Truth

Students! You should realise that whatever difficulties you may encounter in life, you can overcome them by steadfast adherence to truth. You must carry out your promise at any cost. You have the example of Emperor Bali, who honoured his pledge to Vaamana even at the cost of his kingdom and against the warning of his preceptor. Bali declared that there is no greater sin than going back on one's plighted word.

Even ten persons who adhere firmly to truth can save the world. How many today are prepared to sacrifice all theirs for truth? People listen to endless discourses, meet noble personalities and read all the scriptures. Of what use is all that when there is no practice of the teachings?

Man has evolved from the animal to the human and he must progress towards the Divine. Unfortunately today he tends to revert to animality. Man should realise the infinite preciousness of human birth.

Discourse on 2.7.1996.