

16. Adhere to Truth: Realise Divinity within

EMBODIMENTS of the Divine! young men and women! Truth is God. It is only through Truth you can get peace, plenty and prosperity Truth only bears the wealth of the whole world. There is no greater *Dharma* than Truth. The mansion of *Dharma* is raised on the foundation of Truth. Though people may follow several spiritual paths, Truth is the most important of all. Anywhere and at any time, for any individual, Truth is absolutely essential. Because Truth is forgotten, the whole world is in turmoil. It is only from Truth that all creation has originated, including human beings. The whole creation merges back into Truth. One who follows Truth and Righteousness will always be successful. Mere strength of armoury, valour, skill and ability will not do. These are only worldly and external powers. The power of Truth is supreme. To foster Truth and Righteousness is the bounden duty of man. He should recognise the importance of harmony on thought, word and deed.

The inner meaning of Truth: Life sustaining energy

You may think that relating exactly what you saw is Truth. It is not so. Suppose you see a person taking the role of king in a drama. You see him on the stage with the royal robe and crown, etc. But when you see him off the stage after the drama is all over, he may be in his usual dress. Which is true? Is it his role on the stage or is it his role outside? If you analyse this, it becomes obvious that what is subject to change may be termed as fact but not Truth. Truth remains true at all points of time.

In *Sath-e-yam*, *sath* means life; 'e' stands for food; *yam* stands for Sun. Food is essential for every individual. Sun helps production of crops which constitute our food to sustain our life. Smt. and light never change. *Sathyam* stands for life-sustaining energy. If you read the word *Sathya*, *Sa-tha-ya*, on the reverse it is *ya-tha-sa*. "ya" denotes outer and inner discipline as part of *Thapas* or "tha." When you do much *Thapas*, you acquire divinity or "Sa" *Thapas* is triple purity, that is purity in thought, word and deed. we are not able to know our own potentialities. Divinity is in the Microcosm and in the Macrocosm. Everything is a combination of atoms. You are not able to realise the divinity within, in spite of all your education and scholarship. Whatever you study is only about the physical world and the gross matter.

If you want real lasting happiness you can get it only by union with God. God is all-pervasive. Why should you search for God while he is within you? Body is like a water bubble and mind is a mad monkey. Don't follow them. You should follow only your conscience----which is *Sathya--the* principle of Truth. If you have an unpolluted heart and engage in unblemished action, you will experience the manifestation of God.

We say often we have no *Shaanthi* (peace). Why? because you are multiplying your desires. One who is bereft of desires is peaceful. You must breed only good thoughts and progress forward transcending all thoughts and reaching a state of ending the mind which is but a conglomeration of thoughts. Desire is like the luggage during a journey. If you have less luggage, travel will be more comfortable. So also in life's journey you should restrict your desires which burden you.

You should lead a life of morality and character. The *Upanishath* says: "*Sathyam Bruyaath*" (speak Truth). This is the physical aspect of the directive. "*Priyam Bruyaath*." This is the *Dharmik* or virtuous aspect which means you should speak Truth in a nice and palatable way. Next is "*Na Bruyaath Sathyam apriyam*." This is the spiritual aspect. You should avoid speaking even truth when it is not pleasing the person. At the same time, simply because it satisfies the

other person, don't speak untruth. It is written on the board "Truth is God." This is not enough. You should have this imprinted in your heart.

Truth is changeless and eternal. This conviction is not traceable among persons in the modern world. You should join good company which will help you to entertain sacred thoughts to be translated into action.

Time is God; so is food; do not waste them

Young men and women! You are all wasting time which is divine. God is described as *Kaala-kaalaaya namah*. He is the master of Time. The four days that you have spent here are just a minute fraction of time. The same individual passes through stages when he is termed as boy, adult, old man, etc, due to the passage of time. Time is God. Therefore you should not waste time. Excessive talk is waste of time. When you switch on the Radio and listen to all unnecessary programmes the current is wasted. The body is like a Radio Receiver. Chanting the name and singing the glory of God are useful. But while you indulge in unnecessary gossip, the energy is wasted. In doing wicked deeds also, you waste energy, thereby facing dangerous consequences too. By adhering to the twin ideals of *Sathya* and *Dharma* (Truth and Righteousness) you can sanctify your life and avoid wastage of the precious energy that you are endowed with.

Instead of preaching the ideals---which is unnecessary as they are already there--you should put them into practice. Propagation is 'quantity' while practising is 'quality'. Quality is always important. A spoon of cow's milk is much better than a barrel of donkey's milk. Youth should turn their minds away from distractions and concentrate on practising human values.

I always advise people to avoid waste of time, energy, food and money. Young people should take up a job or profession and start earning money. They should know how to use it properly. Food is God. Time is God. So you should take care-not to waste them.

Transform work into worship

be good, see good, hear good, talk good and do good. The basis for such discipline is to think good which entails the control of mind. You must perform all actions as offering to God. Meditation on God is one of the steps for achieving steadiness of mind. Concentration is needed for every action such as walking on road, talking, reading, etc. You must concentrate with single minded devotion on God. Performing work as worship is also tantamount to meditation. When you have the feeling of divinity in you, you will not think, see, hear, talk bad or do any evil.

Having full faith in the Divinity within is self-confidence. This is the foundation on which the walls of self-satisfaction have to be raised with self-sacrifice as roof, so that the mansion of Self-Realisation is complete.

Enquiring into the Self

In *Vedhaantha*, man is urged to inquire "Who am I?" You will realise that the body, mind and intellect are only your instruments. The single letter "*I*" is the Inner self or *Aathma* while the three letter 'eye' refers to the body. You are the master and should make use of these instruments. You should be careful to use your mind in the right direction. Just as a piece of cloth is a bundle of threads, mind is a bundle of thoughts. If threads are removed there is no cloth. When you remove the thoughts there is no mind and no worry.

I often point out that you are not one but three persons in one. The one that you think you are--at the physical (body) plane; the one others think you are--mind; the one you really are--*Aathma*.

When you have pure thoughts your heart is pure and full of love, radiating human values. In the term MAN 'm' represents mind, 'a' represents *Aathma* and 'n' stands for merger of two. It also indicates Nirvaana (Liberation). Buddha undertook spiritual pursuits and finally felt sorry that he had wasted his life in such external pursuits while he had everything within himself.

Man forgets Divinity within and indulges in wasteful exercises. The five vital airs in man are termed as *Pancha-praanaas*. In reality *Sathya, Dharma, Shaanthy, Prema* and *Ahimsa*--the five human values should be deemed as the five-fold life breaths or *Pancha Praanas*--- *Praana, Apaana, Udhaana, Samaana*. and *Vyaana* (the incoming, outgoing, upward flow, even and circulating breaths). Since the values constitute the life-breath, one who does not radiate the value in his actions is deemed to be lifeless! There is an example for this in the case of five great elements: Earth, water, fire, air and ether. Earth has the five attributes of sense such as sound, touch, form, taste and smell. Hence it is very heavy and cannot stretch .out. Water has all the other attributes except smell and it spreads to a limited extent. Fire has three attributes only, namely, sound, touch and form. It spreads more than water. Next comes air which has two attributes only---sound and touch. It spreads around. But, *Aakaasha* (ether) has only one attribute-sound. Hence it is all-pervasive. God who is attributeless is present everywhere in every object.

When form and formless unite you get liberation

Modern boys ask, "*Where* is God? I want to see and catch Him." You are aware of air because without air you cannot survive. Can you see or catch it? Similarly God is everywhere. Though you cannot see Him, you cannot live without God. God is consciousness.

We know by experiment that two parts of hydrogen and one part of oxygen combine to produce water. Both these are inflammable when they are independent of one another. But, when they combine they produce water which can put out the fire. Separately they cause fire, when they join together they put out fire!

There are two entities namely, *Niraakaara* and *Sakaara* (formless and with form). In ice which is with form, there is formless water. Only when Form and Formless unite, you get liberation. This is similar to hydrogen and oxygen combining in a particular proportion giving water.

Consciousness which is all-pervasive and in all beings can be comprehended only by human beings. Animals and birds do not have this faculty. It is Divinity.. from this you get 'Conscience' which is limited to body. The word 'Conscious' is related to senses. Consciousness is everywhere. All these three are in man. from the *Dhehaathma Bhaava* (body identification) you have to rise to pure *Aathma* (consciousness). Conscience warns you when you move on the wrong path. You. should not entertain any thoughts which do not conform to the dictates of your conscience. "*Yath bhaavam Thath bhavathi*" (As you feel so you become).

Science has developed but senses have degenerated

Youth! You should mould your life by pursuing a good path, practising the ideals of *Sathya* and *Dharma* and grow spiritually. Today spirituality is being reviled. You give importance to Technology which is nothing but "Trickology"! It may yield temporary gains but is ultimately dangerous in the long run. In ancient times they observed *Sathya* and *Dharma* (Truth and Righteousness) and had no fear. But in modern times Science has developed but senses have degenerated.

Science is a semi-circle while spirituality is the full circle. The *Vedhik* dictum says, "That is full. This is full. This full has come from that. What remains is also full." You should keep everything within limit. Scientists discovered the Atom Bomb and also the Hydrogen Bomb, wasting huge stuns of money to produce instruments of mass destruction. All that money could be utilised for the welfare of humanity. If you have the feeling of brotherhood of man, then there is no need for fear and consequent building up of nuclear arms.

In Mahaabhaaratha, you have the Paandava brothers of whom Dharmaja is the eldest. Bheema, Arjuna, Nakula and Sahaadheva are the other brothers in order of their age. Now you have America and Russia leading in the world in technological skill and destructive power. But Bhaarath is like Dharmaja. Even though Bheema and Arjuna were endowed with more strength and valour than Dharmaja, they always bowed to him. Now Bhaarath is the nation upholding *Dharma*. When once you *develop Dharma* there is no need to attack or harm anyone. Hence no need to have destructive weaponry.

Dharma is the *Asthra* (weapon). *Sathya* is the *Bhaavam* (attitude). Truth is common to all countries in the world. If you practise *Sathya and Dharma*, you have no need to have bombs.

Peace and love go together

We always chant at the end of all prayers and *bhajans*: "*Om Shaanthy! Shaanthy! Shaanthy!* Why are we mentioning *Shaanthy* three times? It is to invoke peace for body, mind and *Aathma* (Inner Self). *Aathma Shaanthy* can, not be there without *Shaanthy* of body and mind. Hence we invoke peace of all the three entities.

You should restrict your talk to the barest minimum. When you talk too much, you may stray away from Truth. That is why the ancients practised "less talk, more work." Love is the most essential undercurrent of your talk and work. Speaking with love is *Sathya* and doing work with love is *Dharma*. It will give you *Shaanthy*.

Prema thathva (Love principle) should be followed. God is Love---Live in Love. we have only polluted love. We should practise pure love. With the same set of eyes, you see your mother, wife, daughter, etc. Though the eyes are the same, the vision is different. You see the mother with respect, wife with *anuraaga* (attachment) and daughter or son with *vaathsalya* (affection). The feelings are different. As you feel sorry when someone teases our sister, the others will feel likewise when you tease other girls. This principle of oneness should be imbibed by you.

Students are generally good but change their behaviour due to environments. The famous scientist Einstein invented great scientific truths. But, in the last stage of his life he began realising the Truth and took to the study of Bhagavath Geetha! He used to say "Tell me your company. I shall tell what you are." What is good *company*---*Sath Sanga*? *Sath* is Truth, that is, God. So this means you should always be with God. *Sathsanga* does not mean *Bhajan* participants. If you realise your. Reality which is Divinity there will be no trouble. When Mahaathma Gandhi wanted to go abroad to England for higher studies, his mother did not like it. Gandhi understood his mother's fears about his maintaining sobriety and purity of conduct. So he made promises that he would nor drink, would nor smoke, and would have no contacts with women. He kept up all the three promises and returned with his principles of morality preserved intact.

Today the mothers themselves encourage their sons to go abroad and do not bother about their behaviour and conduct. You should have the feelings of oneness of humanity. Wherever you are, you should not hate anyone.

Realising oneness, the essence of Spirituality

Goldstein mentioned that 2,000 delegates attended this conference from abroad. He did not mention about the large number of delegates from India at all. You should consider the whole world as a mansion in which countries are different rooms. You should develop this feeling of oneness. The main lesson of spirituality is to share and live together in unity. Svaami does not like the word 'Religion' which is often misused. Religion should help one to realise one's Reality. But people have narrow compartmentalised feelings as Muslim, Christian, Sikh, etc. Love makes no difference. It is the basis of all human values and you should practise it with full vigour to justify your real humanity. Having come here, you should return after leaving all your bad thoughts and feelings.

Prashaanthi Nilayam is just like an automobile where all parts of a car are repaired, reconditioned and returned to the owner with new tyres, new parts and new painting. You, who come here, should shed your evil habits and thoughts like untruth, etc., and go back with fresh outlook so that your friends and others should find you to be a transformed person. They should feel happy from your better behaviour. Thus you will contribute to the progress of your nation also.

Serve your parents and your country

Speak softly and obligingly. By using harsh words even to your mother, you will ruin yourselves. Consider Mother, Father, Teacher and Guest as God. You have to respect your parents even after your marriage, since they gave birth to you and brought you up. Wife is your selection. But mother is not so. Mother should be given first place. You have to talk to her sweetly, softly and respectfully. You should also try to influence your friends and relatives, inspiring them to transform and make their life meaningful by doing service to humanity. What is service? It is to do good and share your knowledge with others without selfishness.

Many people invite me often to visit other countries. I do not like to go abroad before setting this country right and transforming its citizens. Many people go abroad begging for money. Many also resort to begging in the name of Svaami. Svaami has absolutely no selfish motive. You must serve your mother country first. Svaami wants nothing from you. You must become true embodiments of love and serve to remove fear. Be good and get happiness. Do good and you will be good. Through sacred action, make life sacred with the principles of *Sathya* and *Dharma* as your guide posts.

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