



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Truth/Truthfulness Definition



‘Sada Hai Sajjan Ram, Ram Hai Kul Jahan’

‘Shabd Hai Guru; Sharir Nahi Hai’

SATYUG DARSHAN TRUST (REGD.)

GUIDING FORCE

“Satvastu Ka Kudarti Granth”



**“Read, comprehend, and exercise the same
to become a exemplary human being”**

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“Sada hai Sajjan Ram, Ram hai Kul Jahan”

God is Our Beloved Friend
and He is Omnipresent.

so

Acknowledge and embrace Him and
accordingly adopt His virtuous qualities.

“Shabd hai Guru, Sharir Nahi hai”

The word of God (Shabd) is the Master
not some physical body or idol/image.

so

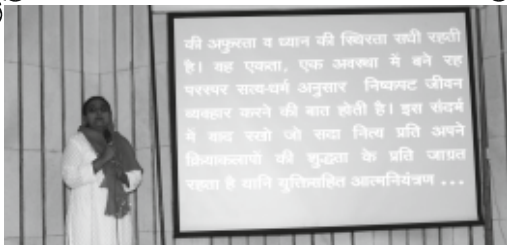
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**Stand firmly on this,
remain steadfast on this eternal truth**

“OM Amar Hai Atma, Atma Mei Hai Parmatma”

“OM”, the soul is immortal
within the soul resides the Supreme.






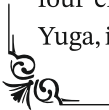



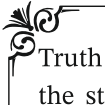
Truth/Truthfulness



Literal meaning of truth:

The literal meaning of truth is, "as it is or should be - exactly that." It signifies the real essence, ultimate or absolute reality/transcendental authority, that which always remains as it is, in which no distortion or transformation is possible. Just as, Brahma (the ultimate reality) is truth, and the world is an illusion. The soul is 'Sat' (eternal), and the body is 'Asat' (unreal). In addition, truth encompasses the concept of being factual, meaning stating things exactly as they are, or in other words, speaking the reality/truth. It also includes being correct, authentic, just, and adhering to righteousness. The first of the four eras, known as the Satya Yuga or Krita Yuga, is also referred to as the "Age of Truth".


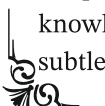




Truth is also referred to as "Sat". Sat signifies the state of being, existence, firmness, and stability. It represents the fundamental element or essence of any object, its existence, reality, life force, Brahma (the ultimate reality), and that which is captivating or beautiful.



Truth - Expanded Meaning

Considering the definition of truth it becomes clear that the absolute reality/ transcendental authority which exists uniformly across past, present and future i.e. in all three periods of time is truth. That which never changes, meaning it is not susceptible to any kind of distortion or transformation, is truth. That which is real and complete, stable, firm, and ubiquitous is truth. That which is full of knowledge and bliss, and is subtler than the subtlest and greater than the greatest, that is



Truth. That which is the cause of all causes and the source from which everything manifests means from where the false inert/inanimate world becomes illuminated is the absolute reality/transcendental authority i.e. the Brahm is only absolute truth (Sat-vastu) and all other things are unreal. That is why the Supreme being proclaims:

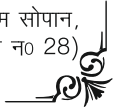

सत् सत् सत् सत् सत् सत् सत्
हम प्रकाशित प्रकाश हमारा
प्रकाश रहा जग सारा,
ओही...ओही...ओही...ओही
प्रकाश रहा जनचर, बनचर, जड़ चेतन
प्रकाश रहा सिरजनहारा
ओही...ओही...ओही...ओही
कीड़ी कोलों हाथी अन्दर,
ब्रह्मा कोलों तृण अन्दर
आ रहा अपर अपारा
ओही...ओही...ओही...ओही
सत् अमन सत् चमन,



सत् अमन सत् चमन,
सत् अमन सत् चमन
सत् अमन सत् चमन,
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सत् अमन सत् चमन
सत् अमन सत् चमन

In simple words, truth is the fundamental element of every object or substance, that is, the essence of life. Everything depends on truth, but truth does not depend on anything because it is self-existing (स्वयंभू), independent, and the receptacle of everything (सर्वाधार). Truth is the eternal or ever-illuminated God. The truth is my natural state means it is my own real self. That's why it is said that :-

ओ३म् तत् ओ३म् सत् ओ३म् जप ओ३म् तप ।
ओ३म् दा है विस्तारा, ओ३म् जपो,
जपो ओ३म् ओंकारा ।।





(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
तृतीय भाव कीर्तन न० 28)

Know that truth can never be hidden because truth is clear and supreme. Truth is pure and authentic like gold, therefore it is the reality. There is no religion greater than truth, because truth is the path to attaining immortality/liberation. In light of this, Satvastu Ka Kudarti Granth states that :-

**सच बोलो, सच चानणा है, झूठ अन्धेरा है।
सच घर में वर्तो और दुनियां में फैलाओ।।**

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
बुधवार का पहला बोर्ड, कीर्तन न० 30)


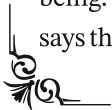
That is, be truthful because truth is that light/illumination under which the true form of things becomes visible, that is, it is the state of cognizance, consciousness, and awakeness. On the contrary, falsehood is darkness, ignorance, inertia, unconsciousness, despair, and the state of being unaware of one's own reality, making our life endangered. For this to not happen, Granth says:



असत्य नूं भैणां छोड़ के,
सत्य नूं लवो धार
महाबीर जी दी शरणी आवो,
बेड़ा कर देसन पार

(सतवस्तु का कुदरती ग्रन्थ, प्रथम सोपान,
भजन न० 53)

Meaning, abandon what is false, untrue, and embrace the truth - which is Brahm, real, correct, authentic, just, and righteous. By adopting it, become steadfast and be known as one with a truthful soul. Always remember here that the soul is eternal (sat) and the body is unreal (asat). Therefore, abandon lust, anger, greed, attachment, and ego-driven physical tendencies, and embrace the soul-filled tendencies to become a noble human being. To become successful in this, Granth says that:



सत है गुरु, सत नाम सत् ध्यान लाणा सीखो,
सजनों सत सत बड़ा है महान
सत् सत् वर्त-वर्ताओ करना सीखो,
सजनो सत सत करो प्रवान
सत् सत् बोलना सीखो सजनों सत्
आप पढ़ो ते सजनां नूं पढ़ाओ
इसे शब्द नाल हिवे विश्राम

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
द्वितीय भाग, कीर्तन न० 34)

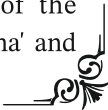

Therefore, truth is the Guru or mentor/
preceptor who imparts spiritual knowledge/
art i.e inner wisdom and true consecration,
and bestows true gift/initiation. Similarly, the
true word 'Brahm' or the true name is the one
that leads to self-realization. Therefore,
abandoning all other ostentation and rituals,
with single minded concentration focus your
attention/thoughts/mind on contemplation
and direct your contemplation towards divine





enlightenment and mentally perceive truth.

Meaning thereby learn the art of bringing the truth into your thoughts, ideas, and memory, and then contemplate and meditate on it. In this way immerse your mind in the greatest/ Supreme truth and incorporate the related principles, rules, and customs into your conduct and behavior. Authenticate and establish them through your thoughts, words and actions.


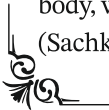
The essence is to honestly chant the truthful sacred word 'Sat'/'Om'/'Brahma' in your mind and learn the technique of aligning your thoughts and notions with reality and speaking or expressing the fact/truth. In this way through systematic study and practice not only should you consciously understand the hidden meaning and significance of the truthful sacred word 'Sat'/'Om'/'Brahma' and







attain true knowledge but also encourage others to do the same. Know that only by realizing the greatness of the sacred truthful word 'Sat'/'Om'/'Brahma' you will attain tranquility i.e. the ultimate peace.

It is clear from these words of Granth that the Truth (Sat) is the source of supreme knowledge, and the Truth is meditation itself. The Truth is contemplation, and the Truth is the ultimate destination. In other words, the Truth is the goal and truth is the spiritual practice (both the means and the end). The Truth is righteousness, the Truth is peace, and it is the gateway to self-realization or liberation. In light of this significance, in order to perceive the all-pervading Supreme Being within your soul, you too should strive to transform your body, which is like a house, into the true abode (Sachkhand), as Granth says:





‘सचखंड वरसे निरंकार,
सचखंड वरसे निरंकार’ ।




(सतवस्तु का कुदरती ग्रन्थ, षष्ठम सोपान,
कीर्तन न० 30)


The Ultimate Homage to Truth

Know that the ultimate homage to Truth is to practice it selflessly. For this, it is necessary that we embrace Truth, only speak Truth, and establish Truth through truthful conduct. That is, our mind, speech, and actions - all three should be truthful. To understand this better, know that:-

According to Gurumat (inner wisdom) or as directly perceived by our senses, having the intention to communicate the exact same feeling to others is what constitutes a truthful mind.



With the intention of conveying the truth as it



is, we always utter authentic words and genuine speech from our mouth, this is what constitutes truthful speech.

Then, whatever we speak from our mouth, we should act accordingly. This is what is called truthful action. Thus, assimilating Truth through mind, speech, and action is no less than any perseverance/austerity. Through the influence of this perseverance/austerity, all the sins of a human being are destroyed, and in the mind and consciousness, truthfulness, truth-oriented tendencies, love for truth, adherence to truth, dedication to truth, purity, cleanliness, clarity, awareness, righteousness, trustworthiness, fearlessness, and idealism flourish. Thereby the divine nature of the human being, their true essence, is revealed.

In this context, it is also stated in Satvastu Ka Kudarti Granth:

सच नूं धारण करके, जेहड़ा सच कमावे
बेखौफ़ा, बेखतरा, बेडर ओ हो जावे।
निर्भय निर्वैर ओन्हु मिले, त्रिलोकी दी कुर्सी
कैसा ओ चमक रिहा चमके ओ सुजान,
जपो भगवान जपो भगवान ॥

(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय,
कीर्तन न० 60)

Understanding the significance of Truth and recognizing it as the highest value in life, sages and saints have been practicing Truth for ages. Therefore, become a seeker of Truth, and imbibe it into your life, assimilate it completely. Let there be no existence of yours apart from Truth. Whether in material or spiritual life, in business or on the battlefield, in artistic pursuits or mechanical endeavors, everywhere, understand the importance of Truth and embrace it. Considering victory and defeat as equal, always remain truthful in speech and righteous in conduct.

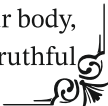
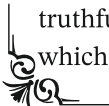




Conclusion



From the discussion on Truth, it is clear that God is Truth and Truth is God. Therefore, abandon selfishness and seek true happiness, that is, contemplate your true self. For this, remember the Truth every moment and have true faith, that is, firm belief in the omnipresent, omnipotent, and omniscient divine power. The essence is to consider the true soul as the basis of the body and the world, accept the pleasures and pains of the body as the divine will, and strive diligently every moment to attain divinity through righteous actions.

In addition, develop good intellect through the company of truth (Satsang) and the contemplation of true scriptures. Expand truthfulness in both your eyes and your body, which is like a house, by engaging in truthful





conversations, consuming Sattvik food intake, adopting a truthful lifestyle, and demonstrating truthful conduct. In this way, by transforming your body into a true abode (Sachkhand) and embracing truthful actions, spread purity in your thoughts, words, and deeds, thus engage in selfless service to alleviate the suffering of all beings, thereby attaining the true state.



Learn the science of inner dimensions

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SUBJECT

Human Values

- Contentment-Definition
- Means to develop Contentment
- Endurance-Definition
- The Practical form of Endurance
- The identity of an Enduring person and the benefits of adopting Endurance
- Truth/Truthfulness –Definition
- Means of developing Truth
- The Importance of Satsang/Association with Truth
- Importance of being a Truthful Speaker (Satyavadi)
- Dharma (Righteousness) –Definition
- Subject and Main Objective/Purpose of Dharma/Righteousness
- Surrender for the pursuit of Dharma i.e. Righteousness
- Selflessness – Definition
- Obstacles on the Path of Selflessness and Ways to Overcome Them
- Benevolence

The means of restraining the mental tendencies

- Practice
- Practice-The key to success
- Detachment
- The True Criteria of Detachment
- The Significance of Silence
- Silence and Speech
- The importance of silence in life

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