



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Importance of being a Truthful Speaker (Satyavadi)



‘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

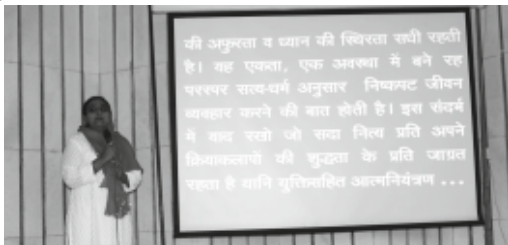
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**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.







Importance of being a Truthful Speaker (Satyavadi)





‘God is truth and He is omnipresent.’ A person who focuses their thoughts and attention on this highest deliberation embraces the truth and accumulates righteous deeds through consistently practicing truthful conduct and behavior in their thoughts, speech and action; such a virtuous soul free from all fear and danger becomes fearless and courageous. As it is said in Satvastu Ka Kudarti Granth:

सच नूं धारण करके जेहड़ा सच कमावे
बेखौफा, बेखतरा, बेडर ओ हो जावे

(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय
कीर्तन नं० 60)

Come, taking forward this series, let us today learn about the importance of becoming a truthful speaker.



Who is a truthful speaker (Satyavadi)?

One who holds deep reverence for truth, remains steadfast in it and speaks the truth honestly and unhesitatingly, such a genuine person is called a truthful speaker. Conversation of a truthful speaker is always aligned with truth, which is from the perspective of universal order, ethics and spirituality based on eternal laws of nature and realistic. In this way, by considering truth as supreme and practicing truth-based principles, the words of such a straightforward individual are genuine/unpalatable, and they always remain firm in their promises or commitments. Not only this, a truthful speaker possesses the ability to express truth through their thought, speech, and action in every situation, without any pretense. This is why there is harmony meaning consistency (Samarasatā) between what they say and do.

They remain firmly rooted on the path of righteousness or justice and ultimately achieve

victory, like the people of the Golden Age
(Satyuga). That is why it is said about them:



सच ओ बोलचाल सच ओ खान पीन,
जेहड़ा सच दा सौदा करता है।
बेफ़िकरा दिन रात ओ राहवे,
ओ किसे कोलों नहीं डरता है।
ओ किसे कोलों नहीं डरता है।।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम भाग प्रथम,
कीर्तन न० 02)

Required truthful dedication to become a truthful speaker



The most essential quality for becoming a truthful speaker is dedication to truth. Understand that this quality of commitment to truth is more connected to our soul than to our needs. This is because whatever object in the world attracts us, whether we need it or not, our mind naturally gravitates towards it.

Later, this very attachment, when it deepens,



transforms into devotion. The farther an object is from us, the more our loyalty towards it increases. This can be well understood in the context of love. But one who loves only the truth, whose loyalty lies only in the truth, cannot be separated from it even for a moment. Hearing, seeing or doing anything contrary to truth feels as painful as annihilating the soul or death. Therefore, to become a truth speaker, become dedicated to truth.

When this devotion awakens in the mind, truth will not only be expressed through words but also manifested through actions. In this way, an ideal coordination between words and deeds will be established, and empowered by the knowledge of truth, we will be able to adopt a mindset to do anything to protect it. Thus, we will be called truth-speakers or seekers of truth who stand firm on truth in every situation, and fearlessly say-





मैं सत्यार्थ इस जगत विच सच दी
पट्टी लै के आया।



सच ही पढ़ना, सच ही गुढ़ना,
उस रब ने समझाया।।

सच पढ़न गुढ़न दे मगरों,
सच ही वण्डना सिखाया।

मैं सत्यार्थ इस जगत विच सच दी
पट्टी लै के आया।।

जद तक मैं सच वर्त्तांगा ते वण्डदा रवाँगा,
ओ संग राहवेगा मेरे,



सच नूं छडना है रब नूं छडना,
फिर उसने फरमाया,

मैं सत्यार्थ इस जगत विच सच दी
पट्टी लै के आया।



(आत्म-अनुभूति भाग-1)

To become such a truth-speaker or seeker of truth, you too should awaken in your mind a genuine desire or a resolve to live a truthful life. Know that by constantly observing the





negative consequences of untruthful behavior through contemplation of the divine scriptures, this desire will naturally awaken and strengthen in your mind. The implication is that if one continuously compares the pain, suffering, and loss that results from anger with the happiness, peace, and glory that result from maintaining patience, then who would choose to harbor anger? Keeping this fact in mind, strengthen your will to become a truth-speaker, and develop the habit of self-examination at every step. That is, patiently observe your daily actions moment by moment and contemplate: What false thoughts do I bring to my mind? Why do I speak untruth with my tongue? And then why do I commit bad deeds? In this way, resolve to immediately abandon whatever appears untrue and to strive for self-improvement. Repeat this resolution to yourself daily until the truth is properly reflected in your actions.



In this regard, do not be discouraged by seeing your faults or weaknesses, because at the

beginning, no one can fully embrace and practice truth. It is through continuous and patient practice and self-control that it gets embedded in our consciousness and then manifests in our actions. When this happens, falsehood naturally fades away, and one never inadvertently takes a step that would cause self-humiliation or regret. As it is said in Satvastu Ka Kudarti Granth:



सच्चाई धर्म लवो तुसां धार
फिर किस तरह करो विकार

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम भाग प्रथम,
कीर्तन नं० 19)

This is the benefit of adopting truth by discernment, by which you arrive at the conclusion that truth is the soul of life.

Points to keep in mind while speaking truth:



1. While speaking truth, one should always have the welfare of others in mind. In other



words, truth should be spoken only for the benefit of all beings. Keeping this in mind, it is better to remain silent rather than speak a truth that would harm or cause suffering to others. In this way, always speak discerning, beneficial, and meaningful words.

2. Truth should be spoken in a manner that is as pleasant and sweet as possible to others; therefore, do not say anything that may seem unpleasant to someone without any purpose. In this context, there are many occasions in life when truth may appear bitter, but failing to express it can lead to harm. Thus, even if it is unpleasant, consider it appropriate to speak the truth in such situations.

3. Always think before you speak. Weigh your words carefully and only say what is necessary. This is because someone who talks too much cannot control their speech and is bound to say something untrue.



4. It is not always appropriate to speak the truth. Sometimes it is even inappropriate to do so. Therefore, one should decide based on the situation and if one is unsure, it is better to remain silent, even if it requires enduring some discomfort.

5. Just as remaining silent is sometimes necessary for speaking the truth, similarly, silence in certain situations can also lead to falsehood. For example, if someone, in front of you, falsely praises your qualities, respect, or wealth in front of others, and you remain silent despite knowing the truth, then that silence is considered falsehood. Therefore, keep this in mind-always avoid flatterers and don't be afraid to speak the truth, as Satvastu Ka Kudarti Granth says:

सत्य को धारण करना है असत्य को
छोड़ना है और स्थिर होना है

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम भाग प्रथम,
कीर्तन नं० 11)



6. To speak the truth, it is essential that our innate nature is simple and honest, meaning truth should be spoken spontaneously, effortlessly, fearlessly without any pressure. Remember, a person who speaks the truth under pressure may also speak falsehood or fabricated words when faced with opposite pressure. Therefore, be cautious, as Satvastu Ka Kudarti Granth says:

सुकर्म और धर्म दा सजनों,
ईश्वर साथी होता है,
वेदां विच लिखया है झूठ बोलन करके
सजनों परलोक बिगड़ जाता है।



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कीर्तन नं० 04)



Conclusion

To ensure that the final outcome of your life is not unfavorable, establish this highest deliberation in your thoughts and vision-that





God, in His true form as the embodiment of truth, is omnipresent. He resides within our souls as the supreme being, constantly observing every inner thought and outer action that we undertake. Therefore, live with the understanding that nothing is hidden from the eyes of God, and none of us can deceive the omnipresent, omniscient God. Until you internalize this thought, you will continue to deceive yourself and present arguments in favor of that deception, trying to prove yourself right. On the contrary, as soon as you embrace this truth, the entire web of falsehood and ignorance will be dispelled, and a genuine desire for transformation-naturally aligning yourself with truth-will arise within. In the face of this desire, no worldly craving, sensory attraction, antagonism, attachment, or sense of ego will be able to stand in the way,





because an unbreakable connection with the supreme divine consciousness will be established, and reality will be anchored in vision.



As a result despite everything being present you will maintain an equanimous mindset and impartial perspective towards them. In this way, you will remain calm, composed and perceive everyone equally and see uniformly in every situation whether it is union or separation, joy or sorrow, success or failure, victory or defeat, honor or dishonor, gain or loss etc. This would mean holding onto highest deliberation, truthful speech, singular vision, unity and a state of harmony and oneness, while living wisely and uniformly in this world. By this only we can become Even-Sighted and appear as if coloured by a single hue. Noble ones this is the supreme achievement, as has been stated:



जेहड़ा सजन विचार पकड़े एक,
उस सजन दी बुद्धि हो गई विवेक
सत हो गया बोलचाल,
सत हो गया बोलचाल ओ सूरज चढ़ पिया जे

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम भाग तृतीय,
कीर्तन नं० 19)

To become such a discerning and truthful individual you too embellish yourself with the virtues of contentment and endurance and engage in righteous deeds while walking straight on the path of righteousness, guided by the principles of equanimity and even sightedness described in the sacred scripture of "Satvastu ka kudarti Granth". In this way, by embracing the power of devotion, elevate your intellect and thoughts. Additionally, contemplate adhering to the scripturally ordained duties and various beneficial actions prescribed for the welfare of people as well as refraining from the improper acts prohibited



by the holy scriptures. In this way, abandon what is forbidden and should be renounced—meaning falsehood, which is a symbol of the darkness of ignorance. Without worrying about opposition or difficulties, continue to move forward on the selfless path of truthfulness and righteousness, becoming free of vices. Only by doing so will you uphold the vow of truth and reach your true home, the Supreme Abode, where you will find peace.

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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

Offline classes and activities

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