



Sathya Sai International
Organisation

Truth

TRUTH

Understanding Truth

1. To some, truth is factual accuracy; it is about telling events exactly as they were seen, heard or experienced. This worldly sense of truth is encouraged as a virtue in children and adults alike. *“Whoever is careless with the truth in small matters cannot be trusted with important matters,”* Albert Einstein said.
2. John F. Kennedy once said: *“The goal of education is the advancement of knowledge and the dissemination of truth.”* The question is: What knowledge and what truth? Should we be limited to knowledge and truth about the phenomenal world, which is subject to time, space and circumstance, and is ever changing?
3. We perceive truth in the phenomenal world subjectively. The entire world is a projection of the mind, but the Truth is beyond the mind.

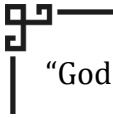


*Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the
truth.”*

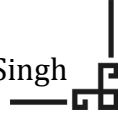
Marcus Aurelius

4. The teachings of the major religions focus on living life in the Truth – not in one’s own will but in the Will of God.
5. In the spiritual sense, Truth is eternal, it has no beginning, for it always is. It transcends time, space and circumstance, and is not modified by them. It is changeless and always remains the same for everyone everywhere, and at all times.

6. Truth is the foundation of the universe. Sathya Sai Baba said, *“Truth and Righteousness are at the root of human existence.”*



“God is Truth.” Maharaj Sawan Singh



Many Truths?

7. The major religions of the world each proclaim they reveal the absolute Truth, and yet there are differences as to what that Truth is. Some declare theirs is the only Truth, convinced that to believe otherwise is to deny the Truth.
8. The hallmark of a true seeker is humility, and his acceptance that man is unable to understand, let alone define God. Meister Eckhart said, *“Why dost thou prate of God? Whatever thou sayest of Him is untrue.”* Meaning, man can never know God. It is little wonder, then, that St. Augustine said the best thing that man can say about God is to be silent about Him.

“The further one travels, the less one knows.” Lao Tzu



9. *“Truth is One. There are notable differences among the seekers of Truth, these differences do not affect the nature of the universe, these differences are the different stages in the understanding of the Cosmic process,”* said Sathya Sai Baba. In other words, Reality is One but the wise speak about it in many ways.
10. More important than asserting the supremacy of one’s beliefs is to know that God is Love, and that God can only be known through love – love that is pure, unconditional and all-encompassing, and which emanates from the Truth that there is only Oneness in God.

11. Blessed is he who realises that *“Nothing hath separated us from God but our own will, or rather our own will is our separation from God.”* – William Law
12. Since we cannot walk in another’s shoes and we cannot feel the stirrings in another’s heart, just love everyone to earn the love of the Lord. With love, the need for differences fades away.
13. Eknath Easwaran explained it poignantly: *“Though different religions call it by different names, the goal is always the same.”*
14. Man’s chief duty is to investigate the Truth. With devotion flowing from a pure heart, and with one-pointed dedication and the grace of God – which is showered on hearts saturated with love – one can seek the Truth. In doing so, one is seeking God.

Man and the Truth

15. Mystics have spoken of man living in God. Plotinus, who was born in Egypt in 204 A.D., said *“God is not external to anyone, but is present with all beings, though they are ignorant that He is so.”* Kabir, a 15th century Indian saint, said *“Where are you searching for me, friend? Look! Here am I right within you. Not in temple, nor in mosque, not in Kaaba, nor Kailas. But here, right within you am I.”*
16. Religions teach of man’s relationship with God. Many believe that man comes from God and he is the crown of creation. That only he possesses the faculty to know the truth about himself.
17. As to the nature of man’s relationship with God, Islam speaks of man’s obedience and surrender before God as His servant and representative. Sufis quote the Holy Quran, 50:16, which states that God is closer to a person

than his jugular vein, to conclude that it is possible to grow closer to God. To some Sufis, it is possible for the believer and deity to eventually become one – Shabistari spoke of each creature coming from the One Name and returning to it.

18. In Christianity, God is sovereign and one should honour, adore and obey Him. Meister Eckhart said, *“The knower and the known are one ... God and I, we are one in knowledge.”* The Blessed John van Ruysbroeck wrote: *“The image of God is found essentially and personally in all mankind. Each possesses it whole, entire and undivided ... In this way, we are all one, intimately united in our eternal image, which is the image of God and the source in us of all our life.”*



*“Still your mind in Me, still your intellect in Me,
and without doubt you shall be united with Me.”*

Bhagavad Gita
(Chapter 12, verse 8)

19. Whatever one’s beliefs, it is clear the Truth about man is that he is not just flesh and bones, and that his purpose on earth is to live in awareness of and in the Spirit, which is the source of all creation.
20. The Divine is present in everyone and everything, when you recognise this you can experience the Divine. *“The primary duty of man is to understand his innate nature and experience his divinity.”* Sathya Sai Baba

Discovering Truth

21. Man’s supremacy lies in his capacity to become aware of his Truth. Use the time and opportunity of this life to

realise that you are a spiritual being, you are divine! In this way, attain peace.

22. There are many teachings about the spiritual practices necessary for the Truth to be revealed. These include:

- ◆ Free the mind of its bondage to the objects of the world. Give up the notion that happiness arises when external conditions are met. Look within. *“That man attains peace who, abandoning all desires, moves about without longing, without the sense of ‘I-ness’ and ‘My-ness’.”* Bhagavad Gita (Chapter 2, verse 71).
- ◆ In *The Perennial Philosophy*, Aldous Huxley wrote of *“the elimination of self-will, self-interest, self-centred thinking, wishing and imagining.”* Let go of anything that defines and limits you to your body-mind complex.

“... there is no greater trouble for thee than thine own self, for when thou art occupied with thyself, thou remainest away from God.” Abu Sa'id



- ◆ By simplicity and detachment, develop purity. *“Those who have passions are never able to perceive the way, for it is like stirring up clear water with hands.”* The Buddha
- ◆ *“The quest for truth is linked with the pursuit of wisdom. For the acquisition of wisdom, purity of the intellect is essential. If the intellect is not pure, the senses are likely to go haywire.”* Sathya Sai Baba
- ◆ Live always in God's presence, always thinking of Him and offering every act to Him. Be devoted to Him. Take Him as your friend and walk with Him continuously. *“The time of business does not with me differ from the time of prayer ...”* Brother Lawrence

- ◆ Saint Teresa of Avila said, *“Surrender our will and fulfil God’s will in us.”* Place yourself as an instrument before God.
- ◆ Selflessly serve others, for service to man is service to God.
- ◆ Meditate. *“It is well known that the love of the Holy One, praised be He, cannot become fixed in a person’s heart unless he meditates on it constantly – and he must withdraw from everything else in the world.”* Moses Maimonides
- ◆ *“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.”* The Buddha

“One must live Truth, not search for it.” Sathya Sai Baba



