

## Yama Principle 2

### TRUTH

#### Definition of Truth

- Truth – Conformity to fact or actuality or reality.
- A statement proven to be true or accepted as true.
- Often **Truth** is considered to be the supreme reality and to have the ultimate meaning and value of existence.

#### Mahatma Gandhi's Views on Truth

We know God as Sat-Chit-Ananda

- **Sat**- The word Satya (Truth) is derived from Sat which means 'being'. That is why Sat or Truth is perhaps the most important name of God.
- **Chit**-Where there is Truth, there is also knowledge which is true. Where there is no Truth, there can be no true knowledge. That is why the word Chit or knowledge is associated with the name of God.
- **Anand**- Where there is true knowledge; there is always bliss/happiness (Ananda). There sorrow has no place.

Hence we know God as Sat-Chit-ananda, one who combines in himself Truth, Knowledge and Bliss.

- Devotion to this Truth is the sole justification for our existence. All our activities should be centered in Truth. Truth should be the very breath of our life. Truth is understood merely to mean that we must speak the Truth.
- There should be truth in thought, truth in speech, and truth in action.
- There can be no inward peace without true knowledge.
- But how is one to realize this Truth? What may appear as Truth to one person will often appear as untruth to another person. But that need not worry the seeker. Where there is honest effort, it will be realized that what appear to be different truths are like the countless and apparently different leaves of the same tree.
- Does not God himself appear to different individuals in different aspects? Yet we know that he is one. But Truth is the right designation of God. Hence there is nothing wrong in every man following Truth according to his lights.
- Truth is the path that leads to the God.
- Harishchandra, Prahlad, and Ramchandra are examples of Truth.
- How beautiful it would be if all of devoted ourselves wholly to Truth in all that we might do- in our walking, working, eating, drinking, or playing?

## Stories

### **The Reward for Speaking Truth:**

#### **Story about Mahatma Gandhi**

Great people are very truthful since their childhood. When Mahatma Gandhi was a small child, he was never late in reaching school. Though he did not have a watch or clock with him, he would guess the time by looking at the position of the sun in the sky.

One day the sky was overcast with clouds and it began to rain. Gandhi did not care getting drenched by the rain. However because of the clouds in the sky, he could not guess the time of the day.

The day he was late in reaching his school. The principle of the school was very strict. He asked Gandhi about the reason for coming late. Gandhi told him the truth, but the principle did not believe him.

The principal fined him for arriving late. It made Gandhi weep.

His friend asked, "Why are you weeping for such a small punishment."

Gandhi replied, "I am not crying because I have been fined. I feel hurt, because the principal thought that I was lying.

I always speak truth. No one has ever accused me of lying."

When the principal came to know, why Gandhi cried, he called him to his office and praised him for his courage of speaking truth. He returned back the fine saying it was reward for his truthfulness.

#### **Story about Gopal Krishna Gokhale**

Gopal Krishna Gokhale was a great leader of India. When he was a student, once he took the help of a senior friend in solving a difficult problem of Mathematics.

The teacher thought that Gokhale had himself solved the problem. He praised him in the class and also rewarded him.

However, instead of being happy, Gokhale began to cry. When the teacher asked him the reason, he told him that he had taken the help of a senior student in solving the problem.

His truthfulness very much impressed the teacher. He said, "You need not return the reward. Take it as a reward for truthfulness."

**MORAL: The value of truth is greater than any loss.**

**Homework:**

1. Read the following Quotations and discuss with an adult in your home:

"It does not require many words to speak the truth."

-- Chief Joseph, Nez Perce tribe

"There is no god higher than truth."

-- Mahatma Gandhi

"What is Truth? A difficult question; but I have solved it for myself by saying that it is what the 'voice within' tells you."

-- Mahatma Gandhi

"I may be a despicable person, but when Truth speaks through me I am invincible." *Despicable= Dull, Invincible=Strong*

-- Mahatma Gandhi

"Truth alone triumphs." *Triumphs =superior, express joy, joy of victory*

-- Mundaka Upanishad, 3.16

"Speak the sweet truth."

-- Manu Smriti, 4.138

2. In God's name Sta-Chit-Anand what are the meaning of the following words?

- Sat: \_\_\_\_\_
- Chit: \_\_\_\_\_
- Anand: \_\_\_\_\_

3. Write definition of Truth:

\_\_\_\_\_  
\_\_\_\_\_

4. Fill in the blank. Truth should be in our \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

5. True or False: We should speak the Truth only while walking, working, eating, drinking, or playing. \_\_\_\_\_

6. Read the Gokhale's story and answer: In your opinion what would have happened to him if he did not tell the teacher about the help he had received from the other student.

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