



YAMA- PRINCIPLE 2 TRUTH - 10/19/14

What does Truth mean?

Definition of Truth

- Truth is 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.

How can you Practice Truth?

- We must speak the Truth all the time.
- All our activities should be centered on the Truth.
- Truth should be the very breath of our life.
- There should be truth in thought, truth in speech, and truth in action.
- Model honesty in yourself which will help you to practice the Truth.
- What may appear as Truth to one person will often appear as untruth to another person. But you should not worry about it, as long as you are honest. What appears 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. Truth is the right designation (name) of God. There is nothing wrong in every man following Truth according to his lights.

What are the benefits of Truth?

- If you make a habit of telling the Truth, then you have to tell it only once and do not need to worry or remember what lies you have told.
- If you tell a lie then you have to remember what lie you have said. If you tell one lie, you may have to tell additional lies to hide or protect your first lie.
- Those who always speak the truth have values and are respected by others. If a person speaks lies then he has no values and is not respected by others (no matter how big the person is).
- The advantage of telling the truth is that, in the long run, people will believe you and trust you more.
- Practicing Truth increases the boldness as the person faces the issue and overcomes it.
- If a person does not speak the Truth, there is more stress in his life. This is because to cover up a lie he or she needs to speak more lies. Speaking lies also leads to laziness as the person would think of getting caught from the challenge or task by telling a lie.
- Truth is the path that leads to God, lies do not.
- How beautiful it would be if all of us devoted ourselves wholly to Truth in all that we might do- in our walking, working, eating, drinking, or playing?
- Devotion to this Truth is the sole justification for our existence.
- Truth gives us inner peace.
- Harishchandra, Prahlad, and Ramchandra are examples of the Truth.

Mahatma Gandhi's Views on Truth

We know God as Sat-Chit-Ananda

- **Sat**-Truth- 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**-Knowledge-Where there is Truth, there is also knowledge which is true. Where there is no Truth, there can also be no true knowledge. That is why the word Chit or knowledge is associated with the name of God.
- **Anand**- Bliss / Happiness-Where there is true knowledge there is always bliss/happiness (Ananda), and sorrow has no place.

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

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 to 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.

That day he was late to school. The principal of the school was very strict. He asked Gandhi about the reason for coming in late. Gandhi told him the truth, but the principal 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 the 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 the truth. He returned the fine as a reward for his truthfulness.

Story about Gopal Krishna Gokhale

Gopal Krishna Gokhale was a great leader of India. Once, he used the help of a senior friend in solving a difficult Math problem when he was a student.

The teacher thought that Gokhale had solved the problem by himself. He praised him during 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 write what they mean to you:

"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

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

- Sat: _____
- Chit: _____
- Anand: _____

