



Practice Of Truth

Glorious immortal Atman! Beloved and blessed children of Light! The Upanishads have referred to that great Reality as the one true essence or Principle, in relation to which all other things are false only – temporary appearances in time and space with no other stable or eternal existence. The Upanishads call that Reality Sat or “*Satayasya Satyam* – The Truth of truths”, and everything other than Reality as *asat*. Therefore, Truth is the ultimate goal to be attained. The great Father of Nation, Mahatma Gandhi was bold enough to declare his viewpoint in the words: “Not only it is true that God is Truth, but I declare that **Truth is God.**” To adhere to truth, verily would be to attain God.

Truth is a divine principle that is not only the ultimate Reality, but also the path that leads to the ultimate Reality. It is the great penance that makes *sadhana* fruitful, that supports and infills this *sadhana* with divine strength. The penance of truth creates *atma-bal*, the spiritual force, within one’s heart. Truth is the penance, truth is the *Sadhana*, truth is the path which allows the *Sadhana* to be progressive. Truth is the inner power that galvanises the *sadhana*. Truth is the ultimate goal to be achieved. The worshipper of Truth never fails to attain blessedness.

Actually truth is already enshrined within you as your own true Self, as your real nature. In truth, you are not of this earth, you are not a physical, biological being. You are a ray of that great Reality. You are a part of that eternal Truth, which never fades, which never changes, which ever shines, shines, shines.

Therefore to be aware of this truth about yourself and to live in this awareness is to adhere to Truth, to worship Truth. To express the Divinity that you are in your thoughts, actions, words, and in all manifested modes of living your life – that is the fulfilling of truth.

“To thine own Self be true.” To be true to your real Self, and to manifest that truth so that your life becomes an expression of the Divinity which you are – that is the practice of truth in its ultimate spiritual form. It is this practice of truth that beloved Gurudev Swami Sivananda Maharaj prescribed for modern age: “You are Divine. Feel divinely, speak divinely, live divinely. Make your life divine. Be divine.”

This is the key to blessedness. This is the way to supreme Illumination and Liberation. Ponder this truth and you will be blessed.

God Bless You!

■ *Swami Chidananda*