



Focus of the month  
August



Sathyam (Truth)

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Swami has been guiding us to realize that  
Truth does not change with time  
And He has shown us various ways to realize  
What the Eternal Truth is

## **We consider Truth to be of 3 kinds:**

Prathibhasika Sathya: the reality one experiences in a state of *dreaming*.

Vyavaharika Sathya: the empirical reality. Based on the fact that *many have experienced it*, and hence accepted as true.

Paramarthika Sathya: The *absolute, Eternal reality* that is present everywhere and at all times. The highest end of all.

## **But, the reality check is.....**

There is one and only Truth.

The Eternal, Absolute, Spiritual Truth.

Something beyond what we perceive as Truth

## **How can we recognize the only Absolute Truth?**

- Swami says we need not make any special efforts.
- Just 11 seconds of contemplation on Truth
- Just 11 seconds are enough to realize the Eternal Truth
- Inquiry into one's own Reality.

## **What prevents us from experiencing the Truth?**

- The mind

## **How can we address the mind?**

- Have a deep and persistent yearning to realize the inherent Divinity, the Truth
- Develop an Inner and Outer Discipline
- Adhere to what is True in Thought, Word, and Deed.
- Follow your conscience, the principle of Truth

## Collective Reflections

### Points from the study of quotes of Truth.

1. Several members of the centers discussed the concept of Truth as a journey from oneself to oneself.
2. As the sublimation of the ego and the recognition of unity in diversity.
3. A practice of constant contemplation on the Self to achieve Self Realization by establishing firmly in the Self at all times and under all circumstances and experience the bliss of the Self.
4. Awareness is responsible for the “I” consciousness in all beings, which is called *aham*. When this *aham* identifies itself with the body, it becomes *ahamkara*. This is the false “I”, and not the real “I”. The mind (which came from *Atma*) hides the *Atma* itself, like the clouds (created by sun’s heat) hide the sun itself. As long as the mind is there, one cannot hope to understand anything about the Self. Get rid of the mind by understanding its nature, and the Truth will shine effulgently. In the same vein, the right kinds of *sadhana* for seeking the *Atma* are those that are directed toward the destruction of the mind.
5. The Self is *Sat* (Existence), *Chit* (Awareness) and *Ananda* (Bliss). All three refer to one and same entity, e.g. consider a tumbler: it exists, we are aware of it, we use and enjoy it.
6. Consciousness (Awareness) + Senses = Consciousness + Mind = Conscience+Self = Pure Consciousness
7. All people are embodiments of one and the same Self, although they may be engaged in different occupations, e.g. agriculture, business, government service. As long as you have the body, the senses, and the mind, it is difficult to experience the unity of the Self. But, just because it is difficult, don’t give up or relax your effort to experience it, because it is worth much more than all your effort
8. Know the Lord is the basis and lose all fear. Where fear is present, Truth cannot be.

Quotes on Sathyam(Truth) from Swami's discourses and Sai Literature:

He reveals the truth and encourages you to progress towards it. Unless you have the yearning, the questioning heart, or the seeking intelligence, he cannot do much.

realise the transcendental Truth behind the objective world.

the Super Consciousness in all individuals is ONE. That is the Self, Atma, which is mistaken as the ego through ignorance. Only when this truth is acquired, can man release himself from the hold of this transient world.

talk and discourse about the Lord, about truth, about the service (seva) of others, and about love that considers all as equal.

He reveals the truth and encourages you to progress towards it.

When the mind is filled with good thoughts such as truth, love, forbearance and compassion, your life will be filled with peace and serenity.

Truth is the only refuge, for truth is God. Love is God, live in Love.

There is no nobler quality in the world than love. It is wisdom. It is righteousness. It is wealth. It is Truth. – Baba

inquiry into one's own Reality. This truth has to be recognised.

From love arises truth. When love and truth come together, humanness finds its sustenance.

Everyone should consider adherence to truth as the greatest deed they can perform.

What is truth? It means harmony of thought, word and deed. Wherever these three are in harmony, there you find Truth.

Divinity is immanent in every being. The same truth was proclaimed in the Bhagavad Gita: Mamaivamsho Jivaloke Jivabhuta Sanathanaha (In this world, every being is eternally an aspect of My Divinity, says the Lord).

If you follow Truth right from this very day, you will certainly become an ideal to the entire country. What is Truth? God's word is Truth. Hence, when you speak and act with the feeling Sarva Karma Bhagavad Pretyartham (All actions are meant only to please God), everything will become Truth. Every thought and feeling emanating from you is a reflection of your inner truth.

The recognition of one's innate Divinity and the regulation of one's daily life in accordance with that Truth are the guiding stars for those caught in the currents and cross currents of strife and struggle.

The sanctification of the five senses is the way to Truth. – Baba

Let it flow clear from the heart, as a stream of Truth, and a river of wisdom.

I am in You, With You, Above You, Beside You, Around You....” Any number of times Bhagawan has reminded us about this ultimate truth.

How happy the world would be if everyone comprehends that their viewpoint can at best be only the partial truth and that it requires the harmonious commingling of many other facets to arrive at the whole truth!

What now appears as the Cosmos is really God. This is the vision that the true aspirant will get when he/she succeeds in their endeavour. As a matter of fact, the Universe we experience is the dream. When we awake from the dream, the truth of it being God will shine in the consciousness. From the beginning of time, the God whom we posit outside ourselves has been the reality inside us also. This truth will become steady with growing faith. - Sathya Sai Vahini, Chap 10, "The Yogis".

in this world, truth and untruth, righteousness and unrighteousness, joy and sorrow pass and change with time. You should have faith in the Ultimate Principle out of which both good and evil arise. - Thought for the Day, December 17, 2006.

You should take Sathya (Truth) as your very basis.

Truth is the holiest of all virtues. - Dhyana Vahini, Chap 5, "Cultivate the Blissful Atmic Experience."

God is present wherever you search for Him. He permeates the entire universe. Most people are not able to recognize this truth. - - Divine Discourse, Mar 30, 2006.

all this multiplicity of things and beings is really God? Yes! That is the truth. All that the senses cognize, all that we are aware of, are God. There is nothing else but He. Our bodies, minds, intellects, consciousness—all are God's. Sathya Sai Vahini, Chap 9, "One with the One".

The same principle of Truth is present in both. - Divine Discourse, March 30, 2006.

Where there is truth, there will be righteousness. Where there is righteousness, there will be peace. Where there is peace, there will be love. Where truth and love coexist, everything else will be added unto that person. - Divine Discourse, 20 Mar 2007.

the innate and genuine truth and wisdom of an individual may sometimes be hidden by evil thoughts and deeds. Those acts and practices that can disclose the native splendour and glory of the Atma are termed as good deeds and practices. Sathya Sai Vahini, Ch 9, "One with the One".

Meditation is the only island of refuge in the ocean of life for all beings tossed on the waves of desire, doubt, dread, and despair. This Vedantic truth must be present in the mind, even while one is engaged in the mundane material world! Dhyana Vahini, Chap 4, "Promote the welfare of all beings". know the depths of Truth - Sathya Sai Vahini, Chap 7, "Be Yourself".

the real nature of man is divine and that one should ever be conscious of this truth. - Sathya Sai Vahini, Chap 6, "Religion is Experience".

Prathibhasika satya is the reality one experience in his state of dreaming It remains true till he wakes up. Vyavaharika satya reffers to the empirical reality. It is experienced by many, and hence accepted as true. It lasts till the dawn of Brhmanjana. Paramarthika sathya is the absolute reality or state of Brahman. It is the highest end of all.