

“We cultivate a habit of truthfulness so that our actions and dealings may be in consonance with the state related above and just as it is in the dealings of Nature” (Commandment no. 5)

**Shrikant Mahajan**

Namaste, my Dear Brothers and sisters,

I lay before you my thoughts on the saying from our beloved Master's saying, as under.

Truthfulness is not something that can be postponed or planned to be done at convenient time of life but it is to be pursued from the very beginning or the moment we are blessed with right path of living life effectively, especially when we are lucky to have such great Master who allowed us to lead grihastha life as well while seeking spiritual growth. The analogy of studying in the last month of exam comes to my mind but it's now over, as not only that semester type exams are in place, but during the lockdown with no exams students were assessed based on their consistent performance during the year & that's why with periodic assessment system in western world lockdown didn't impose any confusion. So mind well, our journey towards truthfulness, the goal is being counted on day to day basis & we would be granted His grace depending on that. Like the moon it may be rising towards Full moon day or reducing towards the no moon day. All our actions and thoughts will have bearing on it. The smaller than smallest action or thought if blended with corruption i.e. departure from morality or not reinforced with His remembrance will lead to negative marks. Any adversity that we face need to be regarded as something that is designed for our own good, as it is afterall His design, He must have did it so with some purpose which could be none other than to elevate us. Anyone who might have caused some trouble to us & people may laugh at us for being passive but since he/she is our fraternal sibling we must show due patience/forbearance & if needed forgive & forget at the earliest so that our citta will not get an opportunity to record the incidence. For sake of our consolation, it may be convenient to grant them all status of our beloveds whereby their teasing too will be found enjoyable. But all in all, His constant remembrance is a definite answer to our problems. With the filter of Him all time before us, we can make sure that none of our actions and thoughts could be detrimental to our

path because it would be always keep our self (I ness) off from every concept. When He is there in place, there would be no scope for I to mingle in any affair. This is basically because He is zero, nothingness or reality or vast infinite yet omnipresent for our service. This filter is located at our hearts where He resides so it's very easy & simple if we keep our attention at that part of our body. Initially it may be difficult as worldly matters are awaiting to capture our attention. So to start with we need to do it consciously so that it would take a place of frequent remembrance & at least much later we could succeed in constant remembrance. So there remains no room for any disappointment or misery in our lives. We will start living life full of sameness all over. The state of mind at such point of time in our lives would very enjoyable or pleasure some, as could be described as on today but actually it would be nothing other than perpetual calmness of mind. And what would then remains for us to do is be thankful or in better words be grateful for showering us with all He had in mind for us.

To summarise it is to be said that thru this Commandment, Master wants us to employ our willpower to be with the Nature as we have forgotten that we are part of the Nature. Our dealings & behaviour should be like the Nature. Obvious thing that we see therein is uniformity i.e. absence of any like/dislike or bias & calmness. We therefore need to adopt moderation by using our sense organs only for the things which are conducive to our goal of becoming the Nature personified. Regular practice turns into habit to tendencies to form/mould our nature. This transformation or return to True nature is what our Master is seeking from us so that we can reflect Him in our society.

Thank you for the opportunity given.

Pranams