

“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”

Dear Brothers and Sisters.

Namaste.

I express my gratitude for this opportunity to share my understanding about the topic taken from commandment 5 (Page ref from BWS) which talks about the habit of cultivating truthfulness and being in consonance with nature.

Master asks us to be Truthful. The question arises here as to, how should one cultivate the habit of Truthfulness. If we go by the meaning of word truthful first thing that comes to our mind is the virtue of speaking truth at all times which is, but a small part of the Truthfulness which Master is referring to. In Masters words **“To be Truthful means that we should be truthful to our original nature of being dependent on Master.”** (Page ref from Imperience Beckons-Notes on Sri Ramchandra’s Ten Commandments)

On contemplating further on the above lines following is my understanding.

We all are dependent on the Master, however the level of awareness of dependency keeps changing based upon our seriousness in sadhana. To begin with, our mind is dominated by so many thoughts related to family, job, future, health and so on. To remain happy and calm it appears is dependent on all these factors. If all the desires are met there is temporary happiness, only to be replaced by another desire that creeps in making it a never-ending cycle. This is when we need to make a firm will by developing faith, understand the real meaning of dependency and align ourselves with our true nature. When there is total dependency upon Master, there is neither misery nor happiness we accept everything coming as a Divine gift.

Second line in fifth commandment talks about taking miseries as Divine blessings and remain Thankful. It is a matter of experience for all of us that during miseries we remember our Master more and more and say to ourselves that we are dependent on him. One has to check for themselves whether the dependency on Master is need based or is it total dependency accepting everything as a Divine gift. Practically

speaking we all are family people. We live amongst people and worldly things, our thoughts and actions are mostly driven by the environment we move in, making our initial dependency need based. In this context I would like to cite few situations that one comes across in their life and how they tend to get labeled as miseries

Goals in life- We all have specific goals in life, we make sure to put in our best efforts but when the result does not come as per the plan there is dejection and unhappiness. Subconsciously we remember all our Masters sayings i.e., to accept everything as Divine gift but still the first reaction is disappointment and unhappiness. It is natural to feel disappointed but constant brooding over it will not help us either. Instead, we should do our duty in his thought and leave the result to Master which helps us understand that whatever happens is for our own good and feeling of gratitude gradually develops for Master.

Reaction to External Environment-There will be occasions when someone abuses or hurts us and, in such situations how do we remain calm and be thankful. Initial thought and reaction might be to abuse them back. But maturity in sadhana enables us to understand the meaning of the commandment and we will be thankful for those situations and look for them as opportunity in getting closer to the Master. Similarly, when one goes thru physical ailments there is lot of pain and agony, unknowingly we ask Master for help to get relief from the suffering My personal experience few years back when I prayed to Master to relieve me from the pain so that I could sit in meditation without any discomfort.

In all the above-mentioned scenarios the commonality is our initial reaction to the misery that starts with dejection and unhappiness and gradually making us reach to the point of total dependency on Master. But the deeper question here is how do we get to the condition of total and permanent awareness of this dependency ignoring miseries or joys.

It is very much possible when we follow the commandments of Master in letter and spirit, discharging our duties in the thought of Master and remembering the sayings of our Master **“Total absence of sufferings and miseries in life is however impossible and unnatural. In fact, they are rather meant for our betterment. In fact, to put up coolly with miseries and troubles contribute much to our**

betterment, hence they are valuable assets to our progress.” (Page ref BWS) And also

“We are benefitted by disease also which takes along with it vicious samskaras. All is the play of his love.” (Page reference SDG)

To progress in spirituality in spite of all miseries and sufferings we can take the lives of our great Masters as an example. They silently accepted sufferings and diseases as boons of nature in disguise which help in deliverance from effect of samskaras. The uniqueness of our Masters teaching is that they always teach us positive attitude and there is no negative thinking. **“We live here, we exist here, we make our life meaningful here as an expression of Divinity. God created us for expressing himself through us. He desires to express himself through our existence with all our capacities. Whatever is the ability we have is the ability that is given to us, for the good of others. Just as God gives bountifully everything that we need, similarly through us, he expects to give what we have to others. Then our life becomes meaningful to others.”** (Page ref Imperience Beckons- Notes on Ten Commandments)

For developing the above condition, we should offer bedtime prayer with a heartful of love and devotion for his guidance and support on path of duty.

In connection to the today’s topic, I would like to share a memory related to conversation on spirituality with my late Grandmother who was a serious Sadhaka. One morning after she was done with her morning meditation, I asked her why she sat that long for meditation when she had physical discomfort, for which she said the following.

Remember my words though you may not understand them now, but in future when you start practicing the system you will understand the meaning.

- People think they have the greatest miseries in life, but the fact is each one of us have miseries, few are visible, and few are invisible. You fall into Maya and start comparing your life with others thinking they are in better position than you. But you never know what another person goes through.

- We are blessed to have found a Master like him who assures that one can achieve the goal of life in this very life by following the system sincerely with love and devotion, we need to do our part without elevating other mundane issues in our life.
- We never know what our next life would be, we do not know whether we would be blessed with the same opportunity to practice the method of PAM, so we need to utilize the present life by practicing the system as advised by Master and dedicate our life to his service.

I always remember her lines and whenever I tend to neglect my spiritual duties giving justification to myself that as a mother, I have more important things to do and Spirituality can wait, I remind myself that I should not get drifted away by family and other issues instead I should discharge all my duties in the thought of Master. When there is goal clarity then there will be not any scope for excuses.

Sometimes during the process of sadhana we encounter various ups and downs. At times there is a feeling that we have developed seriousness in sadhana and sometimes there is also a feeling of lowness and sadhana seems to slow down. At such moments the love and support of Master through Pranahuti rekindles the reduced spirit of sadhana and pushes us to move further. This kind of a push given by the Master makes us yield to Him unconditionally with a feeling of gratitude.

In conclusion, our way of life should be moulded according to the commandments given by our Master. This is the yardstick which helps us in evaluating the sense of duty one has. It is our primary duty to maintain the rhythm of Nature. Aspirants in path of Sri Ramachandra's Rajayoga realize the immense benefits derived by following all the commandments and the topic of today's seminar based on Commandment 5 sums up the attitude one should adopt in dealing with sufferings. Acceptance of sufferings and to remain thankful may not happen overnight it only comes with assiduous Sadhana, and restlessness towards the goal will definitely change our attitudes and makes us accept everything as divine gift over a period of time, thereby helping us to live in tune with Nature and bring happiness to oneself and also to others.

Thank you

Meena.

References

Basic Writings of Sri Ramchandra

Showers of Divine Grace

Imperience Beckons