

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

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- Rajesh Raina

Dear Brothers and Sisters.

Namaste.

I thank you deeply for providing me an opportunity to contemplate on these words of our beloved Master and present to you my thoughts related to the topic of today's seminar – “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” [BWS pg. 155].

To understand truthfulness, I want to share some common experiences that we take to be truthful, but those may not be the truth.

Through history we know kingdoms have fallen, fertile lands have turned to deserts, stars have collapsed and such, however we spend all our active life building more and more, assuming our material life as permanent and don't pay any heed to discovering the essence that remains unchanging and is constant within us. This can be classified as an untrue action and living.

We work with the idea, that some things are totally good, and some things are totally bad and design our life around our notions of good and try our best to avoid the bad. But overtime we learn that there is nothing that is good or bad in the absolute and they are the two sides of the same manifestation. To create more wealth in one person, results in many more becoming poor somewhere else. Even good health may not be an absolute good, considering the resources needed to maintain such a good health. This can be classified as an untrue action and living.

When we come across a person who is not wealthy, we assume that person is poor or if a person is not well educated, we assume that the person is ignorant, when we come across a person who cannot speak well, we assume he does not know anything. We see the world through the conditioning of our mind, which is

adulterated by our own samskaras. This can be classified as an untrue action and living.

As a parent, we spend a lot of time and effort and energy catering to the genuine needs but also wants and desires of our children in the name of love. This is attachment rather than love and this can be classified as an untrue action and living.

Another misconception is around the idea of freedom, which we entail to mean the ability to do whatever we want and whenever. This is not possible and is contrary to communal and societal living. An animal has some degree of freedom to roam anywhere, but an airline pilot must follow a prescribed course or risk serious destruction. This idea of conflating non-freedom of the pilot with bondage is another example of untrue action and living.

So, in this context, how do we cultivate the habit of Truthfulness. Master gives us the hint of the truth or Satyapad as something that can only be described as “It is as it is”. Master further states that “It depends upon practice so that one may bring himself up to it by means of proper action and right behavior” [BWS pg. 155]

The proper action in my understanding is through the process of meditation on Divine Light present in the heart as that is the first step of following our system. Through the process of meditation and with the help of Pranahuti, slowly but surely, we become aware of the all-pervading calmness within, a reservoir of calmness and settled ness.

We begin to understand the nature of life on earth is a set of twists and turns, ups and downs and the best way to navigate this is to hold on to our north star, the deep presence of Master in our hearts. Once we begin to align with that even a little bit, the broader view of sufferings and miseries comes to our view and we learn how these things are for our own good, because everything is coming from the Master.

Slowly as we turn to live our life in consonance with the commandments prescribed by our beloved Master, the ship starts to set sail on the path of truthfulness, tugged by the love and devotion to the Master and his grace ever flowing unto us.

Humble Pranams to all