

TRUTH - THE MAINSTAY OF OUR LIVES

Truth is the face of reality that we see all around us - every where, every day. We do not see that face because we are looking for the images of what we like.

Truth is reality. When we align with it, our minds and spirit, we are filled with its strength, opposed to it, we grow and then being rootless, fall...

Since our nature is truth, it comes to our minds and tongues naturally, untruth has to be contrived. Our minds are simple and happy, life is smooth and uncomplicated when we live in truth.

Truth as a quality and a virtue strengthens our character and smoothenes our path in life. Truth as a form of shakthi or divine energy protects us and lifts us beyond the layers of ignorance that bind us.

If we make truth the mainstay of our lives and know its power, and that it exists, then all the quarters, all around us is filled with joy. But if we doubt the power of truth, think of it as a non-existent or of no relevance, then we shrivel up spiritually and slowly degenerate.

The path of truth is slow and steady, of untruth flashy and attractive. But the slow progress in spiritual and worldly life is matched by its firmness and once one climbs this ladder one only moves up.

Author : Shrihariprasad Swami

