



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



Means of developing Truth



‘Sada Hai Sajjan Ram, Ram Hai Kul Jahan’

‘Shabd Hai Guru; Sharir Nahi Hai’

SATYUG DARSHAN TRUST (REGD.)

GUIDING FORCE

“Satvastu Ka Kudarti Granth”



**“Read, comprehend, and exercise the same
to become a exemplary human being”**

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“Sada hai Sajjan Ram, Ram hai Kul Jahan”

God is Our Beloved Friend
and He is Omnipresent.

so

Acknowledge and embrace Him and
accordingly adopt His virtuous qualities.

“Shabd hai Guru, Sharir Nahi hai”

The word of God (Shabd) is the Master
not some physical body or idol/image.

so

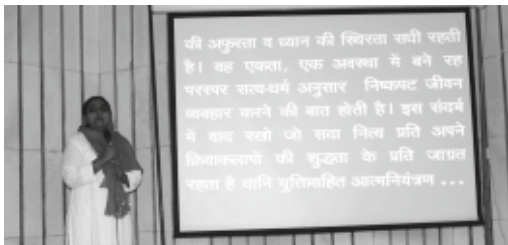
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**Stand firmly on this,
remain steadfast on this eternal truth**

“OM Amar Hai Atma, Atma Mei Hai Parmatma”

“OM”, the soul is immortal
within the soul resides the Supreme.







Means of developing truth

Friends, as is well known that truth is that which is inaccessible, invisible, indestructible, and eternally pervasive. Truth is that which never changes and is never lacking. Truth is absolute, meaning it is independent and the same for everyone. Truth is the embodiment of God. Although those who worship the truth may call it by different names, the truth, that is, the omnipresent, omniscient, and omnipotent Supreme Being, is one and the same for all and is shared by everyone. Thereby Satvastu Ka Kudarti Granth states that:

कोई पुकार रिहा श्री राम जी,
कोई पुकारे कृष्ण महाराजा
कोई पुकारे दस पातशाह जी
इक रूप अनेक नाम पुकारे ओ है
ओ सब दा साझा

(सतवस्तु का कुदरती ग्रन्थ चतुर्थ सोपान,
कीर्तन न० 27)



The amazing thing is that not only living beings but the entire visible nature is also operated, influenced, inspired, and disciplined by truth. Truth is the gateway to self-knowledge and self-realization, meaning that the credit for uplifting humans from a nature filled with virtues and vices and making them honorable and glorious goes to truth itself. Additionally, truth is the quality that fully encompasses a human being and is expressed through thoughts, speech, conduct and behavior. In this way only, by taking shelter in truth, personality can be glorified and by following or walking on the path of truth ultimate liberation can be attained by merging into the Supreme Truth/Brahma. That is why it is said that truth is all-conquering, that is, "Satyameva Jayate" (Truth alone triumphs). Come friends, let's learn today who is called a true human being.

Who is Truthful?



One who cultivates truth in their mind as per

Guru's teachings i.e. inner wisdom bestowed by God, speaks the truth with a holy heart, and always performs good deeds selflessly, that a candid, simple, and pure, characterful and honest, trustworthy and genuine, intelligent and virtuous, powerful and just human being. Due to being endowed with good qualities, such a person is called a true human being, is known as the best, pious soul and gentleman. Such a self-satisfied and patient seeker of truth, harboring a sense of oneness with the entire creation, behaves with mutual affection and becomes a symbol of immortality. In addition to this, they fearlessly and righteously wander in this world and selflessly work towards their own and everyone's salvation, ultimately merging with the Divine. Thus by being united in thought, speech and action and by practicing unity, both the worldly and spiritual life of such a truth seeker gets improvised i.e. gets elevated and prosperous. And about them, Satvastu Ka Kudarti Granth states:-



जेहड़ा सच सच वर्ताव दिखाता है,
ओ दीदार महाराज जी दा पाता है
जेहड़ा सच वर्ते सच वर्त वर्तावे,
ओ मेल महाराज जी नाल खाता है

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
प्रथम भाग, कीर्तन न० 2)

From this fact, friends, it is clear that the conduct and behavior of truth is always commendable, and the culmination of such true, subtle thinkers, and discerning gentlemen is evident in the best era, Satyug (the Golden Age). That's why it is said about them: -

सतवस्तु जिन्हां ने पहचान लई,
सत करे वर्ताओ,
सत है ओन्हां दे घर दी रसम,
सत है रसम रिवाज़
सतवस्तु दी रमज जैं समझ लई,
सतचीज़ जिन्होंने पछान लई आ आ आ
ओ खावे खुराक निराली है,
अक्ख होवे परखन वाली है।



(सतवस्तु का कुदरती ग्रन्थ चतुर्थ सोपान,
कीर्तन न० 55)





If you too wish to become such a true human being and enter the Satyug (Golden Age), then listen carefully now on how to develop truth within yourself.



The means of developing truth

To develop truth in your mind, hold firm faith and belief in the Supreme Being, that is, God or the Divine. Along with this, maintain feelings of amiability, compassion, sensitivity, and service towards all living beings, who are parts of the Divine and selflessly and humbly engage in truthful conduct and behavior towards each other. By doing so, your speech will become free from negativity, your resolve/intentions become immaculate, your sight becomes aurous/divine, your tendencies and memories, intellect, and nature will become pure, your heart a reservoir of truth, your inner conscience generous and vast, and a sense of goodness, that is, oneness with the





entire creation, will blossom. As a result, negative emotions such as selfishness, desire, anger, greed, attachment, ego, affection-aversion, jealousy-hatred, and contempt will naturally come to an end, and truth will reside permanently in your heart. When this happens, it will become easy and natural for you to harmonically keep your thoughts and focus situated in self awareness, and without any other effort, you will become self-realized and be recognized as one with the Divine Brahma. In this regard, there are examples before you of many epoch makers/incarnated souls or great saints who, by fully developing and establishing truth in their lives, have demonstrated the practical manifestation of the pervading nature of truth to the world. Therefore, like them, you too should become a successful practitioner of truth. As stated in Satvastu Ka Kudarti Granth -



झूठ पहरेवा लहाणा जे
सजनों जेहड़ा करदा जे औखा ।
सच दा पहरेवा पाना जे
जेहड़ा करदा ओ सौखा,
जेहड़ा करदा ओ सौखा ।।
सच ओ मौज उड़ावे,
झूठ ओ ठोकरां खावे ।
ठोकरां खा-खा उठ-उठ के ओ,
फिर ओ सजन पछतावे,
फिर ओ सजन पछतावे ।।

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
प्रथम भाग, कीर्तन न० २)

The essence is that if you wish to live a joyful life, always be ready to embrace the truth and abandon falsehood. Conduct all your actions in accordance with righteousness, carefully considering what is true and what is false. Remember, true knowledge can only be easily attained through contemplation i.e. the voice of God, known as inner wisdom, or the voice of soul. This is because by repeatedly

engaging in deep contemplation, one can be truthful and attain a unified vision, and unified philosophy. Meaning the true real self can be manifested and we can remain in a state of unity and harmony in all circumstances. Considering this significance, as per Satvastu Ka Kudarti Granth -

विचार नुं सजनों पकड़ो सत् करो ज़बान
ओ एक दृष्टि ओ एकता, एकता पकड़ो महान

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
तृतीय भाग, कीर्तन न० 22)

Here, friends, carefully understand the process of bringing truth into practice from the very beginning. In this context, know that you must first hold on to inner wisdom i.e. 'vichar' or contemplation, then, by consistently speaking truthful words/speech with your tongue, fill your heart or the house that is your body with the light of truth. Make it so full of truth that its fragrance surpasses even that of the divine realms. In this way, by

honestly holding onto truth with sincerity in mind, speech, and action, become a true practitioner of truth, living in accordance with reality, and come to know your true formless nature. As it is also said:

सच सच जिह्वा कर सचखण्ड भर लौ,
सच सच सजनों सच नूं फड़ लौ।
फिर निरंकार अपना आप ही जानी।

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
प्रथम भाग, कीर्तन न० ३३)

When this much has been done, then Satvastu Ka Kudarti Granth, while guiding us, says that

सच वर्तो सच वर्त वर्ताओ,
फिर सच उपदेश सच दी पौड़ी चढ़ाओ।

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
प्रथम भाग, कीर्तन न० ३३)

In other words, while practicing truth yourself, also interact with others truthfully

and encourage them to do the same. In this way, through truth-filled sermons bring everyone to the righteous path and help them fulfill the purpose of their life in a timely manner. To do this, guide them to ascend the ladder of truth, which means to advance step by step on the path of truth in accordance with the principles of equanimity and even-sightedness. So that, they too, by following this method, can transform their negative intentions into positive, and solve the questions of equanimity, contentment, endurance, truthfulness, and righteousness, thus becoming capable of self-realization. Consider this as true devotion. Through this devotion only, one can be freed from all doubts, delusions, false thoughts, and desires, and peace-power can spread in their mind. That is why it is said in Satvastu Ka Kudarti Granth:

भक्ति सच धर्म दी कर,
फिर इन्सान नूं मौत दा न रिहा डर।
शक्ति दा हथियार हाथों में फड़,
बेखौफ़ा बेखतरा जगत में विचर।।

(सतवस्तु का कुदरती ग्रन्थ, सप्तम सोपान,
द्वितीय भाग, कीर्तन न० 12)

The purpose is to abandon the superficial forms of devotion prevalent in the present age and, instead, selflessly and devotedly worship truthfulness- righteousness according to the principles of equanimity and even-sightedness. In other words, while realizing the truth of your eternal self everywhere, engage yourself in righteous and noble humane behavior with each other. Know that by remaining even-minded in all circumstances, the entire universe will become unified and noble, and the fear of death will disappear. Only then, by embodying the peace-power, will you be able to roam fearlessly in this world and achieve great fame.

This, friends, is the essence of devotion. Anyone who understands this essence as described by the Granth, needs to know nothing else because then their speech becomes truthful, truth resides in their heart, and their behavior is guided by truth. By embracing truth with harmony in mind, speech, and action, the body, which is like a house, becomes so filled with truth that its natural fragrance, or fame, spreads across the globe and even brings joy to the divine realms. When such effort is demonstrated, the question of truth is solved, and the person becomes a symbol of truth. In confirmation of this, it is said in Satvastu Ka Kudarti Granth:

फिर सच होवे जबान, सच होवे हृदय,
सच होवे वर्त वर्ताओ।
फिर शरीर रूपी मकान नूं सच खण्ड बनाओ,
फिर फैले सुगन्धि ओ सजनों तुहाडी देश
देशान्तर।

इस तरीके नाल देव लोक नूं हर्षाओ,
देव लोक नूं हर्षा लवो सजनो,
देव लोक नूं हर्षाओ।
फिर सजन सच्चाई वल्लो फतह पा गया ओ
सजन सच्चाई वल्लो फतह पा गया।।

(सतवस्तु का कुदरती ग्रन्थ सप्तम सोपान,
तृतीय भाग, कीर्तन न० 16)

Conclusion

The conclusion is that only through the contemplation of truth can self-realization be achieved and the impressions in the unconscious mind be destroyed. On the contrary, until the knowledge of truth is attained, illusions and delusions cannot be dispelled. The ignorant person lives in this delusion, considering the physical body as their true self and mistaking its pleasures and pains as their own, leading a miserable and ineffective life full of sorrow. To ensure this does not happen to you, friends, pursue the search for truth like a humble and serious practitioner. Thoughtfully discern what

should be embraced and what should be rejected in every aspect of life, and implement what is right with a dedicated heart, shaping your life in alignment with truth. To succeed in this endeavor, the Granth advises:

**कलुकाल दा पहरवा बदल के ते,
सतवस्तु नाल प्रेम बढ़ावो सजनों।**

(सतवस्तु का कुदरती ग्रन्थ सोपान,
तृतीय कीर्तन न० 33)

Therefore, discard the tainted and impure temperamental attire of Kaliyuga, and instead, cultivate love and affection for the enlightened truth in your heart. By doing this, your thoughts will always remain truthful and positive, and the tendencies, memories, intellect, and notion/temperament, which are like the garments of your nature, will become pure. As a result, you will realize your latent true supreme reality as self-existent existence-consciousness-bliss (Sachidananda) and reach your true home, the supreme abode, finding peace and rest.

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at Dhyān-Kaksh

School of Equanimity & Even-sightedness

SUBJECT

Human Values

- Contentment-Definition
- Means to develop Contentment
- Endurance-Definition
- The Practical form of Endurance
- The identity of an Enduring person and the benefits of adopting Endurance
- Truth/Truthfulness –Definition
- Means of developing Truth
- The Importance of Satsang/Association with Truth
- Importance of being a Truthful Speaker (Satyavadi)
- Dharma (Righteousness) –Definition
- Subject and Main Objective/Purpose of Dharma/Righteousness
- Surrender for the pursuit of Dharma i.e. Righteousness
- Selflessness – Definition
- Obstacles on the Path of Selflessness and Ways to Overcome Them
- Benevolence

The means of restraining the mental tendencies

- Practice
- Practice-The key to success
- Detachment
- The True Criteria of Detachment
- The Significance of Silence
- Silence and Speech
- The importance of silence in life

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