



DHYAN-KAKSH
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



The Importance of Satsang/ Association with 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

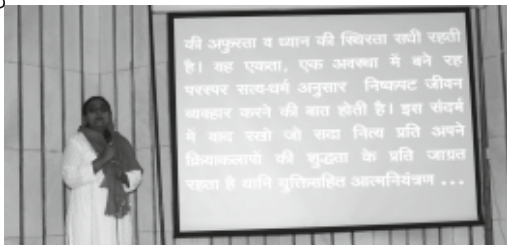
Embrace knowledge, not knowledgeable,
Anchor your faith in eternal, not the messenger

**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.







The Importance of Satsang/ Association with Truth

Truth Association-Meaning and Importance

The association with truth (Sat-Sangati) or Sat-Sang means being in the company of truth i.e. being in the company of the good, virtuous and noble people. A person can attain association with truth in two ways:

1. Firstly, by accepting the principle primordial syllable, “Om - the immortal soul”, as the Guru. Then constantly and attentively connecting your inner awareness, and immersing your mind and consciousness in it, as Satvastu Ka Kudarti Granth says:

**मनमत ते सजनों न चलना,
गुरमत दा संग असां करना।**

(सतवस्तु का कुदरती ग्रन्थ, सोपान चतुर्थ,
कीर्तन न० 51)




2. Secondly, by studying, contemplating, reflecting, churning i.e. deep analyzing and practicing the natural wisdom contained in the holy divine scriptures i.e. Ved-Shastra or Granth. Then by engaging in spiritual discussions related to these teachings, as Satvastu Ka Kudarti Granth says:

सम धारो संतोष धारो धैर्य दा सिंगार रे हां,
धैर्य दा सिंगार सत् शास्त्र दा विचार रे हां


(सतवस्तु का कुदरती ग्रन्थ, सोपान द्वितीय,
कीर्तन न० 71)

It is important to understand that by following either of these two methods of associating with truth, emotions of the person's mind become profound, conduct and thoughts become elevated, the realization of the self-knowledge embedded in deep heart occurs,



the opportunity to reflect on the causes of acquired vices arises and self-improvement through self-control becomes easier. In this way, through association with truth (Sat-Sangati/Sat-sangh), negative tendencies are eradicated, and virtues and positive tendencies are awakened. Qualities such as nobility, strength, modesty, equanimity, contentment, endurance, forgiveness, renunciation, justice, non-violence, selflessness, and benevolence develop. Besides fostering special devotion, love, and faith in the Supreme Self, a sense of affection for all beings grows. It becomes easier to remain in humanity, turn ill or bad intentions into noble and positive, and maintain unity and harmony. Given this significance, it has been said:





"Just as a bicycle won't move if its air is let out, but starts running once it is inflated, similarly, in Sat-sangh (association with truth), people are filled with inspiration. This helps them learn to live with certain discipline and principles."



Not only does sat-sangati (association with truth) enhance a person's wisdom, but it also brings both worldly and spiritual prosperity. Worldly prosperity refers to the attainment of happiness, wealth, and supreme peace in life, while spiritual prosperity signifies the realization of true knowledge or Supreme necessary for liberation from the cycle of birth and death. In essence, Sat-sangati provides the skill for living a positive and virtuous life through spiritual growth and offers an opportunity for self-realization.









In view of this fact, engage in sat-sangat with a detached mindset without expecting any reward or benefit. Understand that sat-sangat performed selflessly has a swift impact on the individual, leading to their transformation-purifying their disposition-memory, intellect, nature, and character, making them radiant, and ultimately leading to a happy life. Recognizing this, it has been said in Satvastu Ka Kudarti Shastra:

**Only those who daily/ regularly receive
satsang can lead a life filled with
happiness and contentment.**

Who is a Satsangi?

Know that one who remains in good company and keeps amicable relationships with everyone, that gentleman is called Sat-sangi.





Coming into contact with such a Sat-sangi's righteous thoughts aligned to sacred texts, leaves a profound positive impact on the minds of others, leading to the development of purity and virtuousness or nobility. That is why it is said:

Good association elevates, bad association degrades.

(साजन जी के पत्र सभाओं के नाम)

Means through mind, speech, and actions, who associates with truth and conducts themselves accordingly such a true, conscious, and honest businessman-crosses the ocean of worldly existence and attains supreme peace. On the contrary, someone who associates with worldly affairs, due to the blind pursuit of materialism and selfishness





to accumulate and hoard more and more, engages in falsehood, dupery, dishonesty, theft, fraud, bribery, and deceptive behavior. Thus becomes a false, hypocritical, and unconscious person and drowns in the middle of the ocean of worldly existence. As mentioned in Satvastu Ka Kudarti Granth:

सच्चा व्यापारी ओ तर गया,
झूठ डुब्बे विच मंझधार
सच किनारे ओ जा लगा,
झूठ डुबिया अधविचकार


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

The effect of Sat-Sangati (good company)


It is clear that a person becomes like the company he keeps. For example, a drop of Swati Nakshatra rain changes by experiencing



various forms of companionship. When it comes into contact with the soft leaf of a banana tree, it turns into camphor. The same drop becomes a pearl in the company of the ocean oyster shell, turns into the medicinal substance called "Banslochan", if it enters into bamboo; and becomes poison when it gets into a serpent's mouth. This clearly illustrates the influence and significance of the company. Similarly, the soul, which enters the womb and takes on a body, adapts to the kind of company it receives from parents, relatives, and friends after conception and birth. In alignment with that environment, it either becomes a source of elixir for its family and society or turns venomous.



The point is that every human being in the world, who is born innocent, later on as they



age, becomes wicked due to bad company and the lack of proper upbringing and Sat-sangati (good company). That's why one experiences various kinds of suffering. To ensure this doesn't happen to you, Satvastu Ka Kudarti Granth advises that from childhood itself, instill in children the following understanding:



**Our path is of truth and righteousness,
and they also should tread on this path.**

In this way, they will walk on the right path and avoid going astray

(सतवस्तु का कुदरती ग्रन्थ, बोर्ड बुधवार का पहला,
सोपन सप्तम, भाग द्वितीय, कीर्तन न० 30)

The means to develop Sat-Sangati

To associate with truth, first and foremost, cultivate a deep yearning, hunger, and positive



feeling in your mind to embrace the truth and become a noble person. In this way, while eating Sattvic food, following a virtuous lifestyle, conduct, and behavior, develop Sattvic qualities in your mind. Simultaneously, while remaining steadfast in your inherent nature of truth, protect yourself from bad company and negative thoughts, which leads to the rise of rajoguna and the desire for material pleasures and superficiality in beings. In this context, always remember:

**Virtues and vices arise from a person's
company**

**Therefore, to become virtuous,
contemplate the teachings of the true
holy scriptures**







Conclusion





From today's discussion, it is clear that Sat-sangati (good company) is the means to self-welfare because the words of wisdom i.e. spiritual nourishment-received through Sat-sang acts as a remedy for the soul. This nourishment quenches the insatiable hunger of the human mind accumulated over many lifetimes. As a result, detachment from worldly pleasures, contentment in divine love, acceptance of God's will in joy and sorrow and satisfaction with what is destined ensues.

Furthermore, qualities like faith and trust, equanimity and contemplation of divine scriptures, contentment and true knowledge, patience and detachment/renunciation, righteousness, selflessness, and benevolence



begin to develop in the mind. Ultimately, the way to a union of the inner awareness or consciousness with the Divine Word/Cosmic Sound or supreme peace is attained. This is why Satsang is referred to as a pilgrimage and the boat to liberation, as it reveals the true purpose of coming into this world.

Under its shelter, the living being embraces contentment and endurance, exercises its inner strength wisely, and remains steadfast on the selfless path of truthfulness and righteousness. Through this resilience is maintained in both joy and sorrow. One gets freedom from vicious thoughts such as enmity and hostility, yours and mine, jealousy and envy. Above all, it strengthens the sense of unity and harmony i.e. - the oneness of the soul and the Divine and through this, the living being attains inner peace or rest.





Understanding this importance of Sat-Sang,
the inner awareness or consciousness humbly
appeals to Lord Hanuman, in Satvastu Ka
Kudarti Granth



**महाबीर जी तों दासी की कुझ मंगदी,
बनिया रहे दासियां दा सत्संग नाल प्यार ।**



(सतवस्तु का कुदरती ग्रन्थ, सोपान प्रथम,
भजन न० 63)

Dear friends, in order to attain the eternal peace
and bliss that comes from Sat-sang i.e. spiritual
association in lives, we must understand the
importance/delicacy of time, because Satvastu
Ka Kudarti Granth is telling us -

**वेला छुटकिया हथ नहीं आवना,
कूड़ छड के ते सच नूं कमावना**

(सतवस्तु का कुदरती ग्रन्थ, सोपान तृतीय,
कीर्तन न० 10)





In other words, as time and life pass by, the priceless opportunity to shape your life is slipping away and will never return. Therefore, before it's too late, stop engaging in useless, selfish, and false dealings or earning through sinful means. Instead, engage in the trade of truth, perform righteous deeds selflessly, and make yourself worthy of attaining liberation.



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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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can be viewed at



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