

Knowing the Truth

The scriptures instruct us: “Know the truth and the truth shall make you free.” Pūjya Swāmī Chidānandajī teaches us: “You are Divine. Know this truth and live in its light.” What is the nature of this knowing? Normally we know something as an object—either a physical object or a mental object. But in the Bible when they say *know* the truth it is the same word as when they describe the relationship between a man and a woman. In other words, at its highest it is a non-objective knowing. It is a unity.

Thus the knowledge that will set us free is a non-objective knowledge. We don’t know the truth as an object, we become the truth. And, therefore, at that moment we are set free from all objectivity. It doesn’t mean that objects are no longer there, but objectivity has gone because “there are no differences here.” Unity prevails.

All the great religions and higher teachings lead us on a common path from being lost in objectivity to being free of it. The first step is to wean us away from our attachment to objects, from our selfishness. We basically do this by doing unto others as we would have them do unto us. When this is practiced, gradually others lose some of their objectivity and become subjects to us, ideally, equal to ourselves. Our consciousness gradually loses its *tāmasīc* nature and becomes more *sāttvīc*. It is an infinitely better life to lead.

However, as much as we see others as subjects, there is still objectivity there. We see them outside ourselves. We don’t include them in our own consciousness. Therefore, we must undertake yogic practices, practices of universal love, of trust, of surrender, letting go. Our consciousness expands and becomes more inclusive. Objectivity recedes still more. We gain new powers, new confidence, new strength, new comfort. And just as the *sāttvīc* ego was a tremendous improvement over selfishness and gave its own comfort, so now surrender, trust, love give a new height of confidence. But even here objectivity is still present.

Therefore we need to become one of those rare souls called to go beyond even the heavenly realms to find the true state of non-objectivity. And just as we had to leave behind selfishness and then leave behind being a good person, we must also leave behind the heavenly realms in order to find the Supreme—that includes all realms.