

Seeking Truth

If we refer to ourselves as seekers of the Divine, what are we seeking? Are we seeking some experience or to know the Truth? Throughout the ages, spiritual seeking has meant seeking after Truth. Thus the fundamental training is in discrimination. We must discriminate between what is real and what is unreal, in other words between what is the Truth and what is appearance. We are meant, ultimately, to realize that Truth—which means to make real. We make real the Truth in our minds and thus eliminate the falsehood.

The scriptures teach us: Mind is the cause of both bondage and liberation in the human being. When it believes in the false, when it clings to that which is not true, it creates bondage for us. When it is determined to know the truth at any cost, it liberates us from falsehood, and we abide in the Truth which is a peace and a joy that is beyond the understanding of the mind, but is who we really are.

In that process of approaching the Truth that we are, that will liberate us, the mind has to be purified, made true, made real, both outwardly and inwardly. The mind must be trained to tell the truth outwardly. Why? Because telling the truth outwardly is based upon the truth of our ultimate goal, which is to make real that all is One. And just as one part of the body doesn't want to injure another part of the body because it will feel immediate pain, we must not injure anyone else by deceiving them. It is the same One functioning through all of us.

Difficult as it is to teach the mind to tell the truth at all costs, at all times, it is still more difficult to tell the truth to ourselves. We are so devious inside. We may not want outward things too much, but inwardly we want everything to suit us. We want the world and other people to adjust themselves to us. Therefore the mind, instead of recognizing the truth that we are all One and thus that we shouldn't be treating ourselves as something special, will make up all sorts of justifications for what we do and how we act. Therefore, Gurudev not only told us to tell the truth outwardly, he used to say, "Scrutinize always your inner motivation." In other words, whenever we want to do something, whenever we want someone else to do something, scrutinize our inner motivation. Is it true, is it based on the welfare of the other person, or do we have a selfish motivation?

We are only supposed to suggest something to someone else if there isn't a shred of personal motivation within. Whatever we say may be for the benefit of everyone concerned, but it must be said without personal motivation. Then we are on the road to the ultimate Truth. Otherwise, we are just pretending, and that will never lead us to our highest welfare.