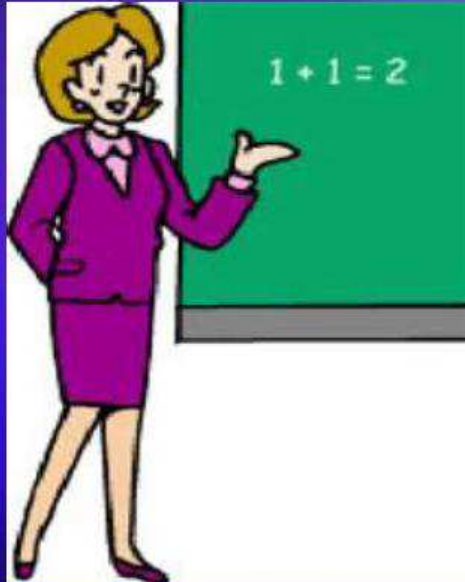


Satya (Truthfulness)



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Satya or Truthfulness

- **Satya or Truthfulness** means removing the veils of falsehood and deceit from our lives. We gain nothing by being false. To preserve a lie we have to lie a hundred times and live a life of deception. To follow the path of truthfulness, we only need courage to face the realities of life. First let us be truthful to ourselves in every action. The farther we remove ourselves from falsehood, the closer we move to truth.

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Satya (truthfulness)

Truthfulness is understanding our own nature without pretensions and falsehood. Removing the pests of lies those are harmful to ourselves as well as others. Have to cultivate good intentions for having great results. When the intentions are good and without falsehood, the Harvest is good.

We should be able to decide which way to go, whether the path of righteousness or the path of deceit and falsehood. Nobody can force you into a wrong way when you strongly stand on the right path. The power of your will turn your opposition into your side.

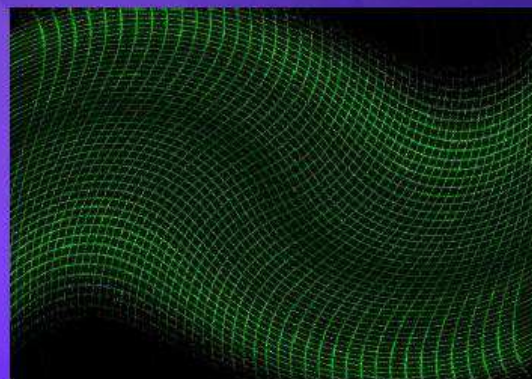


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Satya (Truthfulness)

You are the most important person for yourself. To be good to yourself, you have to stop telling lies to yourself and others as well. Don't strain the mind unnecessarily for creating and enacting lies all your life. You would be the happiest man if you keep yourself out of the web of lies, once you enter the web there is no going out.

Stress is a heavy burden that has been carried by people, by giving false promises, false commitments and false show-offs. To be away from falsehood is to be away from stress.



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Satya (Truthfulness)

Now is the right time to stop telling lies to yourself and to others. One has to live in the present, not in past nor in future; people live in lies has to remember the past lies and think of framing the future lies, thus they cannot live in present. All achievers, in any field, lives in present and that is the secret of their achievements.

Write down all the deeds you have done in the day and read it for yourself. Checkout, whether there are any false commitments to yourself or others, get rid of them to have a peaceful slumber.

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