

# Sudesh Didi – 25<sup>th</sup> September 2022 Sunday Morning Class - GCH, London

## *Truth and Reality*

Om shanti. Om shanti. Good morning. Golden morning. Gold is the speciality of the Golden Age, the Age of Truth. What is truth? What is the difference between real truth, righteous truth and reality? Truth is truth; truth is eternal. The praise of truth is: truth brings victory. Truth makes us fearless; truth does not need to prove itself. Real is also truth in a sense, all the laws of nature, the beautiful elements of nature, that is truth. But when anything is mixed in it then it is mixed truth. Then another adjective is added to its name. For example, in India, ghee means purified butter, very, very rich. Truth means only one. Just once, once and forever, and the power remains forever because truth does not deteriorate. Truth is forever the same, it doesn't change, its power remains. The influence of anything mixed reduces the energy level and the power. When more and more falsehood is mixed in it, it becomes harmful. This is what the state of human beings, the state of matter of the whole world is, including nature.

God's praise is *Sat, Chit, Anand* (the Truth, the Conscient and the Blissful One), which means the Living Truth, the Conscient Truth. When we are truthful, internally there is great joy, we feel happy. Truth makes you victorious, so there is victory and happiness. And you mixed truth in something different, it is *daldal* (bog). Different quality of butter is mixed into the purified butter, then they write *sachcha ghee*, true ghee. The truth does not need to prove it is truth. When something is mixed in it, in order to prove the truth, you cannot say, "Really, I am speaking the truth. I am telling you the truth." At the time, when one is telling the truth, does not need to prove truth and does not to say that I am true. Because truth has its own vibrations. It affects its energy.

The sun does not prove that I am very powerful, I am light. The light is naturally shown as the sun is rising. The diamond does not say, I have so much value in me. Others know that it is valuable. When we experience light from the sun, we say it's hot. The truth touches, it is felt, it is experienced. The subtlety of truth is that it makes you powerful. There are some obstacles on the way to becoming victorious, but the boat of truth shakes but never sinks. Because there is the power in it which is holding its own energy. What is the soul? Now, the soul and the body, what is the real and what is truth? What is righteous and what is unrighteous? For example, in ordinary things, when truth is connected, it is connected with the eternal energy of the soul, and also the energy of matter. But for ordinary things, it is not right or wrong, false or truth. If you are coming from this door, you would say I entered from the front door. I came into the class from the rear door. This is not false. This is not that we can say it's wrong. It is how it is recognised and it is known.

It is when something is connected with the eternal truth, which is power. You call this mic is the mic or the loudspeaker. It's a loudspeaker. It's right; it's not wrong. It is the right word for the right thing, as it is functioning, the name is given. With the loudspeaker, as you're speaking through it, voices can be heard from a distance. Television, is making sounds telling you something, but at the same time, you are watching it; you are seeing the images. But then, the pictures on the television that you see, are they real? Of course, you say yes, it's real. But if it is real, you can touch it; if it is real, you can feel it. Now, you are watching television, and you say, "I met this person." Have you met this person, or you saw this person on television? You feel you have communicated, certainly, because of the sound you hear from the television. But did you really meet the person or not? You met the image of the person. So, it seems true, and yet, it is not real. But it is not the truth. Because you did not actually meet the person. You meet the replica or the photo of that person. And then, you say that this person is sitting in front of me, while they can be sitting thousands of miles away, and you feel that they are sitting in

front of you. So, this is an example of what is real and what is truth. The person is living far away, but yes, you are able to see it. When matter influences, then things look real. But it is not real. It's true, but it is not truth. In the same way, this body and soul work together very beautifully.

So, what is truth? What is truth? Or the soul is truth? What would you say? (Answer: The soul is truth.) The soul is truth, and the body is not truth? (Answer: No.) Why it is not true? it's not the statue. The body is the truth of nature, the wonder of nature. But then, still, as truth never changes; the body changes. In this aspect, today this one is a child, tomorrow, he is an adolescent, tomorrow he is youth, the after tomorrow he is old, and then he is very old and he dies. Who died, the body or the soul? (Answer: The body.) So, the body was there, but it does not remain. But the truth remains forever, and its power also remains.

So, the Supreme Soul is telling us the truth of life is life itself, the living energy. And then, the Truth is that only One in this eternal universe, beyond the universe, who is all-powerful Almighty. And this remains truth all the time. In that context, the soul itself is the child; we are the children of the Supreme Soul.

The living energy is truth, but there is the influence of body consciousness, the influence of matter. because matter has the tendency to immediately absorb the influence of others and changes its reality, and empowers itself by holding or taking the influence of other elements. For example, there is cool water. The nature of water is cool. When it is boiled in a pan, the water becomes hot; it absorbs the heat energy from the fire. Now the real nature of water, which was coolness, is not cool anymore. It is burning. The air is fresh. As air passes through the ocean, it is cool and fresh. As it passes through the garden, it's fragrant. As it passes through a polluted area, it's a bad smell. It is the same air. Although it's real, it's natural, it's true, falsehood is mixed in it, from being real and true, you are not truth anymore because you are not in reality.

Baba says that we were actually real beings. He is establishing the age of truth again, and bringing again the age of truth, the age of reality. When it is the age of reality and truth, there is power, there is fearlessness, and the main thing is inner happiness and joy. That will be for a long period of time.

Anything which is temporary and artificial, it brings happiness, it, of course, gives joy, but it is not permanent. So, the body is not permanent. The soul is eternal and immortal; the body is mortal. In this way, though the body is real, it is not a statue, but it does not have the truth of life. We say my whole life, but is my life my body or is it the life as the soul? We speak the right words, my life, throughout my life, I live this. So, life is the soul or life is the body?

it is the age of this life. But when that living energy is gone, life is finished. So, the truth is that this light makes it seem living, this light makes it feel as if it is living, but in fact, it is not truth. And then, we become so conscious of this body, that gradually we begin to get influenced, either we become possessive or we misuse it. So, the soul itself, which is truth, and righteous, gradually, becomes unrighteous. The soul is really true; it is peaceful, joyful and powerful. Anything which is not pure, not powerful, affects it immediately, and then it brings sorrow. If I keep this falsehood, the sorrow in me, then, I am not truth.

Truth makes you happy. What makes you sad? Something which is negative. I, the soul, am truth, and if I'm holding the falsehood in myself, what will happen? I start losing my power.

Generally, we say, "I am telling you the truth, this has happened. This person said this, this person behaved like this." So, I create a feeling which makes me sad. I spent time seeing it, watching it, and

hearing it, in the truth of which consciousness: the soul or the body? The soul is actually in soul consciousness, immune. It gets influenced, but originally it is influence-proof. But we don't keep it influence proof because we don't wear that consciousness. We forget this consciousness and we begin to suffer.

We cause sorrow to ourselves. We say this person has been causing me sorrow for the past 20 years or 50 years. This person lives somewhere very far from me, so how are they causing me sorrow? Because that which was false, which was not righteous, has hurt me. Good things do not hurt us; good things always give you happiness. Wrong things are not the truth of the soul. It is the truth of the consciousness of our body, that we begin to make artificially show that I am good, I am powerful; I am constructive, but internally, we are doing destructive tasks, because of ignorance, of not knowing what truth is. Then, we prove that we are true, but truth does not need to be proved; truth itself is truth. Reality is impartial. When I, the soul, speak about the sorrow that the person has caused me. It is not that person who has caused me sorrow. Whatever was in their negative trait, I took it, and am hurting myself. I took it as an insult. This was defamation; this was false; this was wrong. I am speaking the truth, but am I holding truth? Something which was false, something which was rubbish, something which was not reality, I am making it into reality again and again.

The person hurt me one time. The knife has caused pain in me and hurt me. But I am using the same knife to hurt myself 20 times, 30 times, 40 times repeatedly. Who is causing me sorrow? Which is true? I tell you the truth, this person has caused me so much sorrow for so many years. Is this the truth that they have caused 20 years' of sorrow? That person caused sorrow one time, or maybe two times. And I made it 50 times more sorrow by repeating it again and again. Maybe I didn't take sorrow for myself. But when I repeat it, that falsehood is giving sorrow to others as well. It causes a disturbance, it creates violence; it creates corruption. So gradually, gradually the world becomes a world of falsehood. There is suffering and deception, and we lose our inner power.

Truth means the original qualities of the self. And in order to recognise the truth, I need to become introverted; the power to inspect myself, introspection, the inner-inspection of myself. When I'm pointing my finger out to others, matter, my body itself is telling me, hey, you're pointing the finger out there. But your identity, your righteous consciousness, is telling you: Look at the three other fingers pointing back at you. So, check three times more: What is the attitude of my mind at the time? How is my intellect analysing it? How am I realising it and putting it into practice, allowing myself to be influenced? When there is introspection, when there is the inner-inspection, I will not lose my truth. I am holding my truth. If it was wrong, I recognise that it is wrong; it doesn't belong to me. If it was bad, I throw it away. Why should I keep anything bad? I stay in my self-respect. So, the original power of the soul is the power of truth.

Truth is not anything gross. It is the subtle. So, all the powers in the soul, whether it is wisdom, purity, peace, love, bliss, benevolence, mercy and forgiveness and the power to let go; these are the powers, this is the truth in the soul. But we have been holding falsehood for a long time and are now practising truth at this time. So, the result is that we begin to express ourselves like a statue, needing something to move us. So, yes, the reality is the original qualities of myself. Then it becomes life; matter also becomes the living truth; the soul becomes a living truth and the influence of the negative does not exist anymore. It means the influence of falsehood does not exist anymore.

Today, Baba says that only one God is Truth. God is Truth and when my connection is with the Truth, then my relationship is true. My faith is true, my activity is also true, and this gives power to others as well. As God is Almighty, our every action is inspiring.

Today is the last day of Shradh, the offering of bhog to our ancestors, the day of offering our respect, love, good wishes, powerful vibrations, thoughts, and feelings to the departed souls. They are known as *poorvaj*, ancestors. *Poorvaj* or ancestors are in the reality. Who are our ancestors? If you look at the Seed of the Tree, who are sitting in the roots of the Tree? We Brahmins are the foundation. And, in fact, in order to give that level of respect, it's very important that we stay in real self-respect. Respect and not as a beggar. If we expect respect, it means I'm begging and begging for respect. But the truth is the soul itself is respectful energy; its original quality is truth. It is the child of the Almighty Authority. So, when I maintain this self-respect, that I belong to the Highest-on-high, the Truth, the Benevolent Being, then the truth in my life will automatically increase, that is, the power of truth increases. And we are able to maintain that good feeling, good wishes for ourselves. And with honest feeling, honesty, truth and reality it becomes a total strength in the soul. In that reality, we are able to connect ourselves with Baba, and we become transmitters to give power to the souls who have departed because when we say we are offering bhog to the ancestors, we do not know where they have gone. But we know that they are here on this planet. And so, with pure feeling and with respect and gratitude for them as they have contributed to us a great deal, and for becoming an instrument in whatever relationship they lived. They are either younger when they left body or they were older parents, who became instruments to bring this body into existence. But the soul has this power only to give that feeling of respect to those who have contributed to our lives, to the different types of experiences and learning, or power in the self.

So, for 15 days, this festival (Navratri) continues on the path of bhakti. But here, all are the children of the Supreme Being, the Supreme Soul; we donate the power, and vibrations, donate, or share the feelings. To transmit, I need to connect myself with the Generator, only then I can transmit this energy. And so, not only just from myself, in order to give this power to those souls, combined intense energy is needed. So, we offer bhog especially on Thursday and Sunday because so many Brahmins are here. So, it is not only those who are offering bhog, it is bhog from them, for their relatives. The whole world is our family.

When we say your world is one family, many are leaving every day. How many souls are leaving the body? So, the truth is that I don't just focus on being benevolent to a few, but I bear good wishes and powerful thought for the whole world, for all souls. This is also possible when I believe in the truth that I, the soul, am the child of God, and all these are children of the Supreme Being. Then all this superficial power or force or control and violence can finish because it is not recognising that we are the support for each other, our strength and our good wishes are there for each other. And Baba creates this Family; different souls come from different directions as one Family and with that feeling, we offer bhog to them. It is not necessary that they are the physical relations, because they do not have any physical relation with us anymore, they are souls who have gone to play another role, but all of us are offering powers and good wishes. So, these souls will get intense benefit.

So, it is not that bhog is offered just from the stage here; bhog is offered from there as well. And this is why Baba emerges them. Sometimes the feeling that emerges from bhog offering is that there is a fair taking place. So many are there, not only just my relatives, but the relatives of others as well. We are all actors, different players playing different roles; all are emerged there. So, Baba's power is helping them. We become only instruments to transmit vibrations. The energy comes from there, and power comes to those souls as well. So, today's the last day to give respect, love and power to those souls. But will it be only for one day? No. It regenerates again to create good wishes. That's why this system is created. And from tomorrow, another festival (Navratri) starts. India is a country of festivals. Tomorrow the days of powers, *shaktis*, will start. My point is that, Baba says the real power is truth. Truth is that you have stability in you. Truth is that you don't take interest in falsehood, then you are

true. If you take interest in falsehood you're also becoming false that not *sachchakee* (truthful), not *aslikee* (real, original), different terms are used to mean original, real and strong. To become false means there is a weakness inside. So, to remove the superficial things, then we become real. We become *sachcha sona* (real gold), all alloy which is mixed in it we need to remove from ourselves, and that truth will go to the other souls as well. So, *shakti* (power) is needed. So, from tomorrow, nine days of *shaktis* days. We are Shiv Shakti Pandav Army. So those shaktis are remembered, but in fact, they are the powers of the soul. We can speak one Shakti one day for nine days. Then it will become *Dashera*, the festival of Ravan being killed. So, in reality, Ravan is falsehood and Ram is truth.

In essence, negativity is falsehood, positivity is truth. Om shanti.