**Sathyam : Truth – 11th Divine quality**

Truth is the 11th Divine quality stated in the shloka 2nd Shloka of the 16th chapter of Gita.

Sathyam means Truth. This value is highly expounded in our puranas and Upanishads. "Sathyaanaasthi Paro Dharma" (There is no greater Dharma than truth), declare the Puranas. Sathya Sai Baba says, Truth is God, it is supreme folly to forget this fact and seek to obtain the grace of God by all kinds of practices. In Bhagavatha Bhoodevi lamented: "Oh Lord! I can bear the burden of any number of sinners. But I cannot bear to carry those who have betrayed Truth." The glow of Truth has been proclaimed by the Vedas, the Upanishads, the Puranas and the epics. The Upanishads have expounded the characteristics of Sathya (Truth). "Sathyaanna Pramadithavyam, Dharmaanna Pramadithavyam" (Do not disregard Truth. Do not be indifferent to Dharma). " In any circumstances do not give up Truth. Overcome all difficulties by adhering to truth" is the teaching of the Brihadaaranyaka Upanishad and other texts. Great example that is often quoted is of Raja Harishchandra who was an embodiment of being truthful.

Truth is power, strength and gives us peace. Any deviation from this golden value puts us under tremendous stress, disturbance and brings pain and agony. Being truthful beautifies one’s personality and earns honour and respect from others. It brings one closer to God.

Confucius says, “The criterion of truth is not dependent on outer circumstance or transitory interactions. The source of correct, sincere truth and goodness is in each person’s humanity, the heart. Others may not always reciprocate. You do it to do it because it is right”.

Imbibing this quality helps us to integrate ourselves and be in one with our inner core. Every small deviation from truth is a hindrance to our spiritual progress as it brings lots of negativity and agitation to the mind.

Jai Shree Krishna!!

***Always tell the Truth. That way, you don’t have to remember what you said – Mark Twain***.