

What is Truth?

by Nayaswami Kriyananda

Truth is all-embracing.

Truth knows no barriers;
it is, therefore, always kind.

Truth fosters harmony, never disharmony;
unity, never disunity;
universal respect, never judgment or intolerance.

Truth is ever beneficial;
its rays heal, though they cauterize our imperfections.

Be wary of statements made in the name of truth, if they lack charity.

View skeptically such statements if they are self-serving.

Should anyone, moreover, claim unique possession of a truth,
turn apart, and gaze up into the vast heavens:

For truth is expansive;
its native land is Infinity.

Truth inspires joy in our souls
even if we, in our human littleness, fear its liberating rays.