

HOW TO BECOME TRUTHFUL

Gurdev Singh Sangha
62 Summit Ave., Kichener, Ontario, Canada

ABSTRACT

The universal message of Gurmat conveyed through Gurbani aims at improving the quality of human life. It teaches us how to live a purposeful life, both at personal and social planes. This aim can be achieved by walking the way of God's will, doing Naam simran and performing good deeds under the guidance of Guru. Simran is to always remember One Universal Creator as defined in Mool Mantra or Mangalacharan. Simran is not merely a ritual repetition of a word. To follow Gurmat is to understand Gurbani with a view to improving our life style as Sikhs, not just to do its mechanical reading. A balanced and truthful life style is essential in our modern milieu, which is full of stress, strife and frustrations. Gurbani sums up this way of life as becoming Sachiar or truthful. In JAP, Guru Nanak tells us that to become Sachiar one has to follow Hukm or divine will, also called raza or bhaana. Hukm pervades entire creation. Sachiar Sikhs perceive Naam as the support of all beings and sustainer of the universe. Gurmat emphasizes truthful living as higher than realization of truth. To be a Sachiar is to practice truthful living. Sachiar Sikh is Jiwan-Mukta or liberated while living in this world. Thus Gurmat path leads one to the status of Sachiar or Jiwan-Mukta, a state of sehj where no anxiety, stress or frustration can bother. Naam washes away the filth of falsehood and one becomes Sachiar or truthful which is the acme of human life. Guru Nanak says in Sri Raag at page 62 of Aad Guru Granth Sahib, "Truth is higher than everything but higher still is truthful living."

(English translation provided by Prof Pritam Singh Grewal. This paper has already been published in other journals. Only original papers are published in UNDERSTANDING SIKHISM-The Research Journal. Contact the author for the paper)
