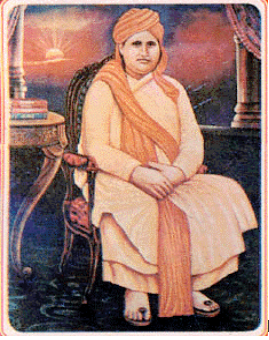


The Fourth Principle of Arya Samaj



सत्य के ग्रहण करने और
असत्य को छोड़ने में सर्वदा उद्यत रहना चाहिए ।

One should always be ready to accept truth
and to renounce untruth.



दृष्ट्वा रूपे व्याकरोत् सत्यानृते प्रजापतिः ।
अश्रद्धामनृतेऽदधाच्छ्रद्धां सत्ये प्रजापतिः ॥

Discerning well, the lord of creatures made two different forms - truth and falsehood. He assigned disbelief to the falsehood and trust to the truth.

-Yajur Veda.19.77

A piece of brown, textured paper with a torn edge on the left side. A red stamp with the word "PERCEPTION" in a bold, sans-serif font is stamped diagonally across the upper right portion of the paper. The stamp has a double-line border.

PERCEPTION

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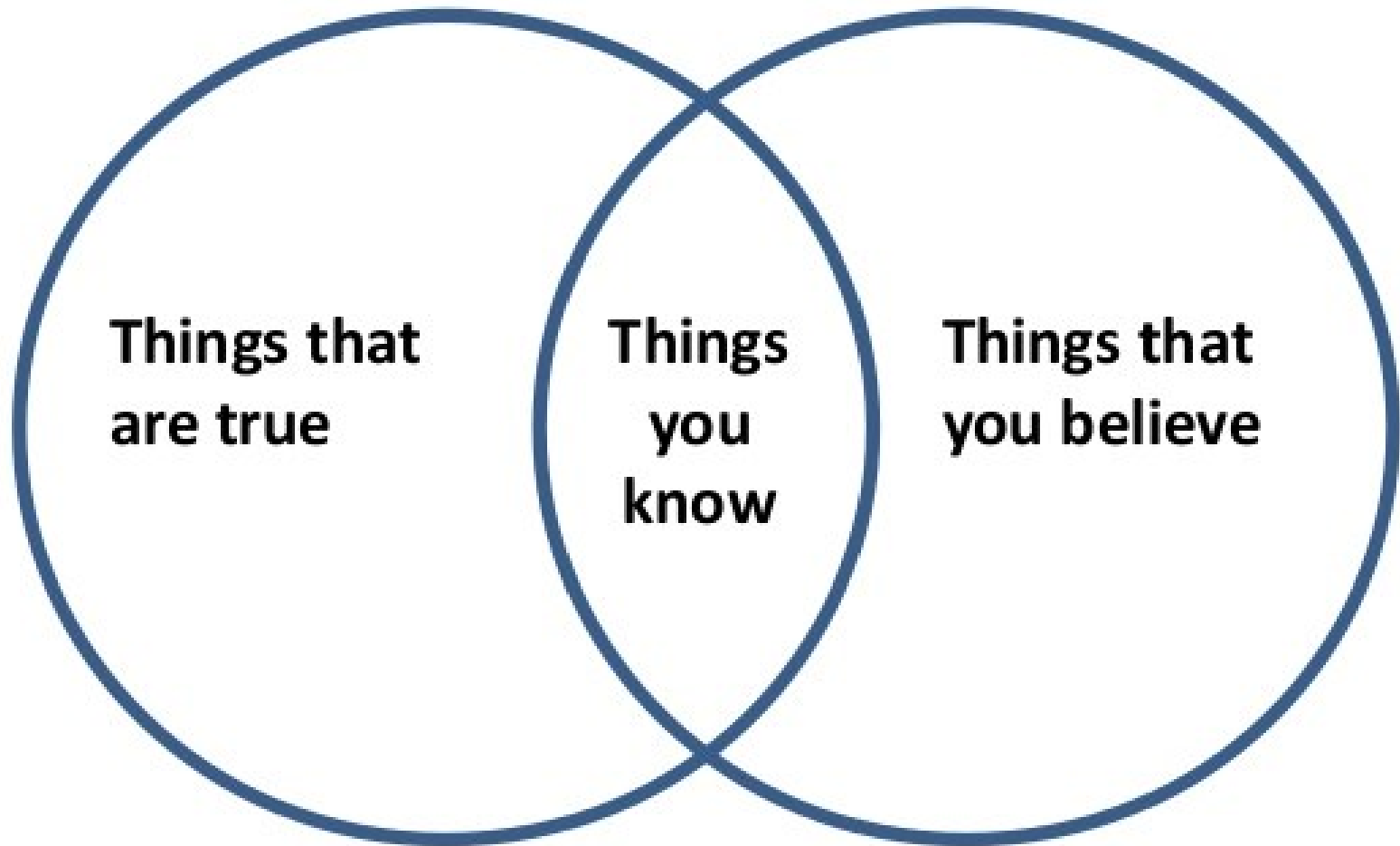
Truth

The problem with truthfulness is to be able to be truthful you must perceive the world in its true and actual state.



Truth is not what is declared by the majority of his fellow beings to be true, **nor** what his untrained conscience prompts him to accept as intellectually believable or practically adoptable.

Among the masses, who compose the majority, ignorance is common, and their verdict, if accepted as the criterion of truth, would upset all known notions of right and wrong.



The voice of conscience is a result of prepossessions, which environments of individuals in both this and previous lives have contributed to form.



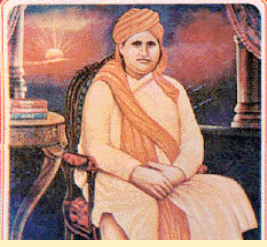
An average man brought up as a Muslim regards it his religious duty to slaughter animals on the day of Id, while another who has from his infancy lived among Jains or Vaishnavas alone, has, as it were, an instinctive horror seeing living beings killed.

*Innocent intention cannot the
whole content of morality.*

There are people, who with the most innocent of intentions commit wrong. There is nothing to be said against their honesty. The fault is with their judgment, which has not had the opportunity of being trained aright.



*The most pious intention of a tyrant would not reduce from
the harmful effect of his tyranny on him who happens to be
its poor target.*



सत्यं यथार्थं वाङ्मनसे ।

Truth consists in word and thought being in accord with facts. *Yoga-sūtra.2.30*

यथा दृष्टं यथानुमितं यथाश्रुतं तथा वाङ्मनश्चेति .

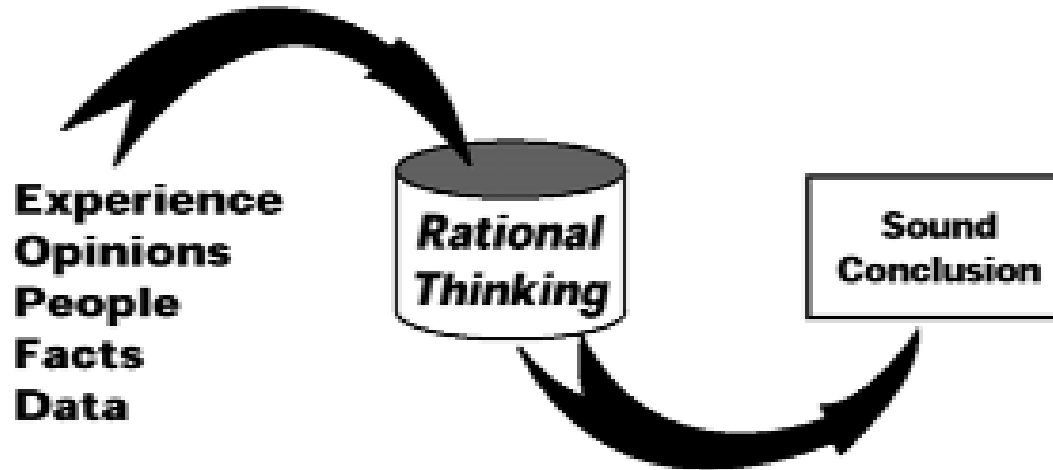
Speech and mind corresponds to what has been known -
by means of senses,
by means of inference and
by testimony of reliable expert .

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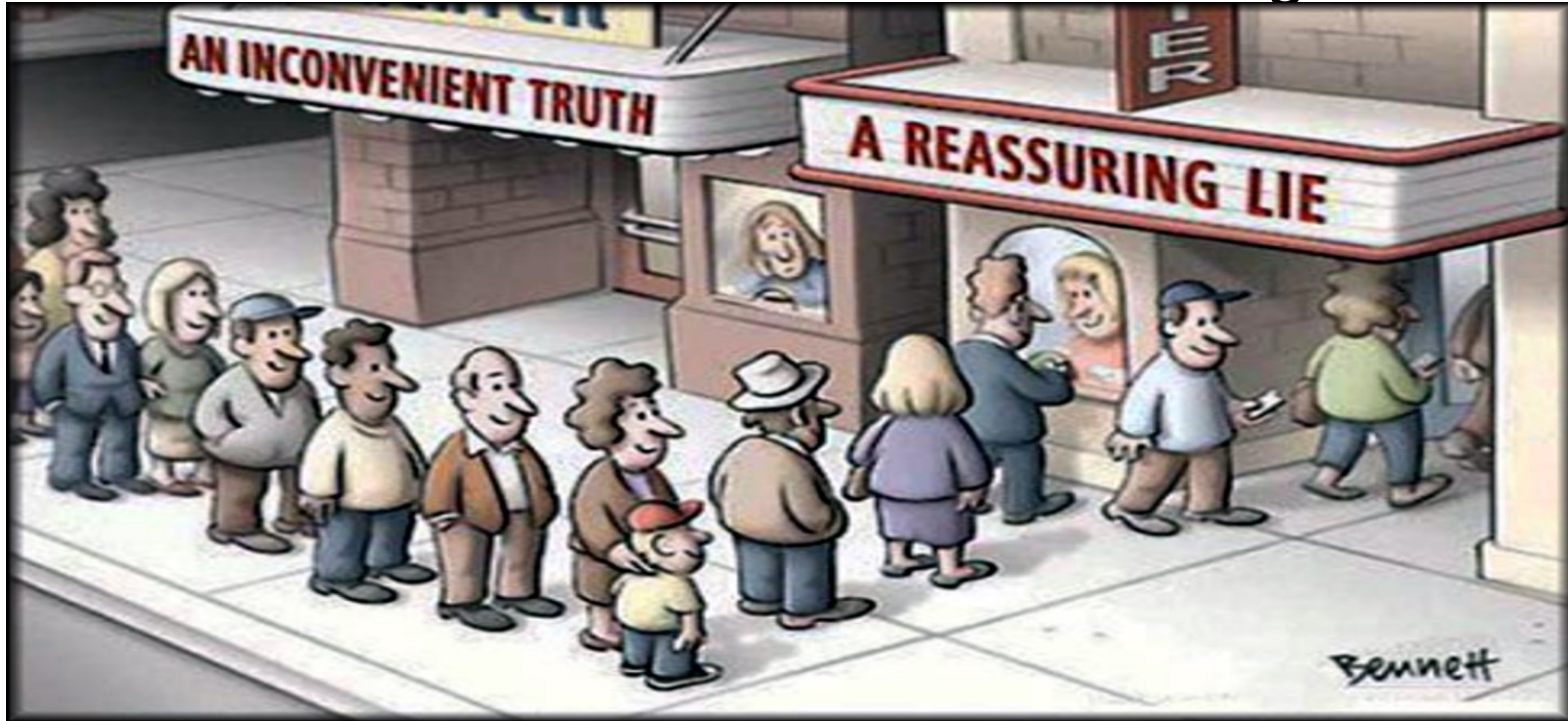
- Acceptance of reality doesn't mean you have to like it **as it is**,
- but you have to accept it and recognize it **as it is**.
- Denial and ignorance is not helping and would keep you away from effective change.

$$\text{Inputs} + \text{Process} = \text{Output}$$

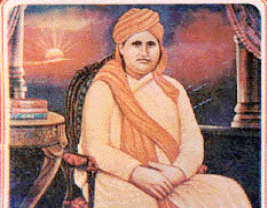


In order to accept the truth, a person must utilize their inherent intelligence. This includes the ability to use **logic, reason, and intuition** to understand a complex thing.

A great hindrance to learning truth occurs when we already have our conclusions formed before even examining the evidence.



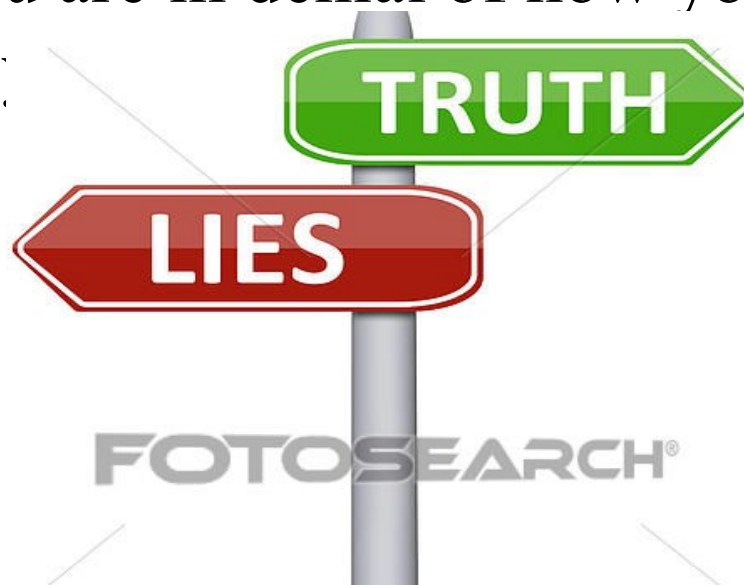
Many people lose their critical thinking skills when they are subjectively biased toward their own paradigm or worldview. **Critical thinking allows you to think objectively, rather than subjectively, and is an essential step for actually learning the truth.**



Why is that important?

As long as you are not aligned with truth you are operating on a wrong perception of reality.

That means you are in denial of how your reality is, knowingly or unknowingly.



It is like trying to find a house in a city while using a map of another city. You simply can't get to where you want to be this way.



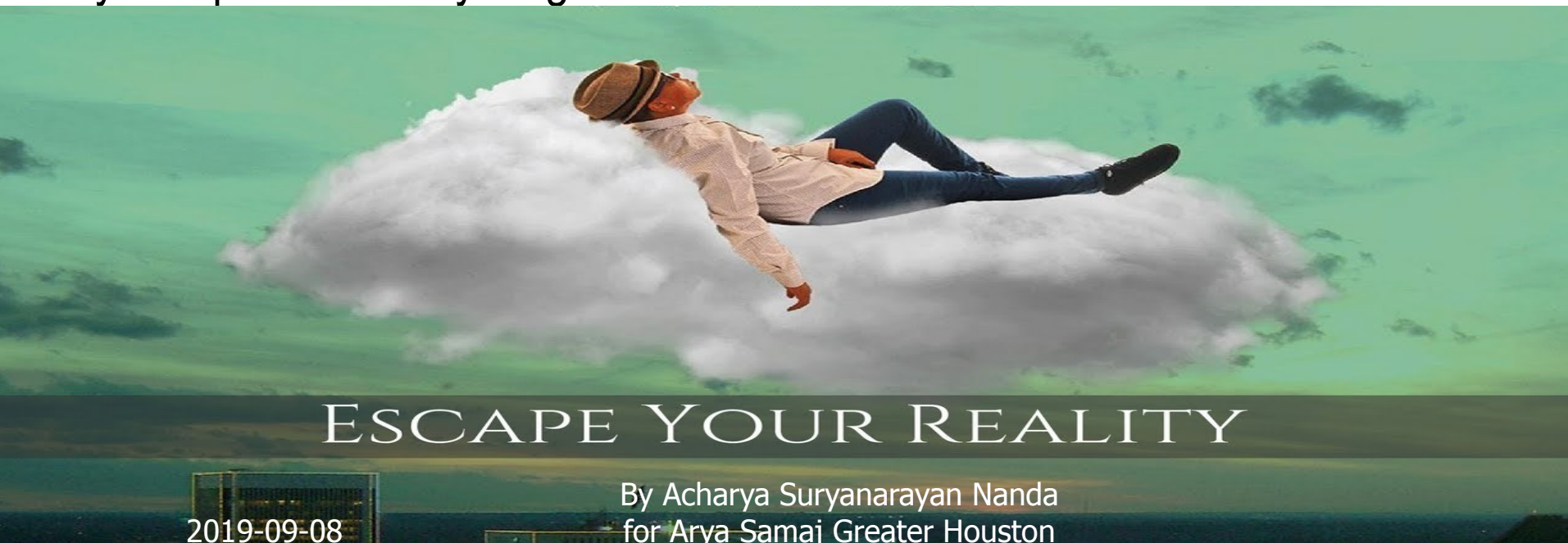
Why is it so Hard to Accept the truth?

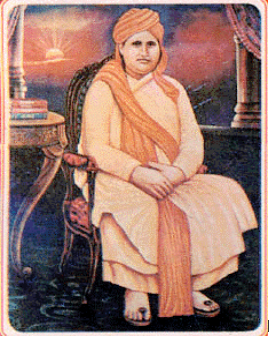


Denial is a defense mechanism of your mind, trying to protect you from what could be an unpleasant realization.

The obvious reason is that by living in denial you can pretend that everything is ok, which will take you into dream world where you have to come back from anyway soon or later.

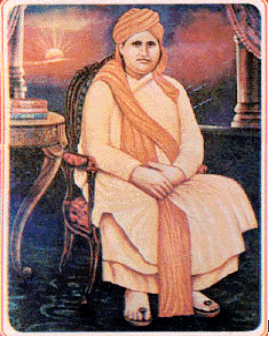
So you avoid negative emotions by not facing your reality. It's easier to look away and pretend everything is fine... for awhile.





How to Accept Your Current Reality

- Take the courage and start a process of self-reflection to come to the truth of your current situation.
- Accept the truth of the situation.
- Do not judge the situation or yourself. Instead know that although it may feel unpleasant for the moment, by accepting reality as it is you are doing the right thing.
- Then define where you want the situation to change to. Maybe set it as a goal. See it as a vision of your ideal life for yourself.



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