

# *Truth and Speech*

## TRUTH

Effort towards the truth should exist in every man of goodwill.

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Our life ought to be governed by the Love for Truth and the thirst for Light.

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Absolute truthfulness must govern life if one wants to be close to the Divine.

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Only those who are perfectly truthful can be my true children.

*13 December 1933*

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Let the light of Truth be born upon earth from today and for ever.

*21 February 1953*

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The Light of Truth broods over the world to permeate and mould its future.

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Everything must be transformed by the knowledge of the Truth.

*6 May 1954*

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## Truth and Speech

Take Truth for your force, take Truth for your refuge.

*28 April 1954*

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The only important thing is to follow the Divine's truth with love and joy.

*9 May 1954*

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The truth is in us, we have only to become aware of it.

*17 May 1954*

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Blessed will be the day when the earth, awakened to the Truth, lives only for the Divine.

*28 August 1954*

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The Truth is in you — but you must want it, in order to realise it.

*29 August 1954*

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The Divine's Will is that the mind should know and He says, "Awake and be conscious of the Truth."

*22 October 1954*

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Let the Lord of Truth be always with you.

*17 September 1958*

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Let the flower of Truth blossom within you.

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## Words of the Mother – II

We must all be the faithful army of the Truth.

*3 November 1965*

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We aspire for the Truth and its triumph in our being and our activities.

*16 December 1967*

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Let the Truth be your master and your guide.

*16 December 1967*

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Let your consecration to Truth be complete and constant.

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Be more eager for truth than for success.

*12 February 1969*

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Cling to Truth.

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O Splendour of eternal Truth  
I call Thee.  
I salute Thee, O Sun of the morrow.

*July 1971*

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Supreme Lord, Eternal Truth  
Let us obey Thee alone  
and live according to  
Truth.

*June 1971*

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*(Message for the Rayagada Study Circle, Orissa)*

The moment approaches when the Truth will govern the world.  
Will you work to hasten its coming?  
Blessings.

1971

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Let us all work with a growing sincerity for the manifestation  
of the Divine Truth.

3 May 1972

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*Salute to the  
advent of the Truth*

Salute to the advent of the Truth.

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### FALSEHOOD AND TRUTH

Once falsehood is conquered, all difficulties will go.

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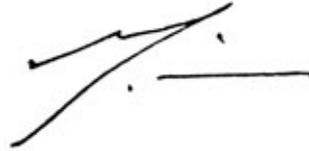
In all human beings is not falsehood always mixed with Truth?

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Falsehood is the great ally of Death.

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Falsehood is the  
great ally of  
Death.



There is one Truth but a million ways of distorting it in the attempt to express it.

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Hypocrisy and pretension are the homage ignorance pays to the truth.

Hypocrisy and pretension are the first signs of the inconscient's aspiration towards consciousness.

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Simultaneous with the progress and intensification of the sadhana, there is increasingly felt the imperative need that all hypocrisy and compromise should stop.

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This earth is still governed by ignorance and falsehood. But the time has come for the manifestation of Truth.

*9 August 1954*

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## Truth and Speech

May the Truth be invincible, overwhelming, all-powerful, leaving no room for falsehood anywhere and for ever.

1956

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Such is life!

The world is a place of falsehood and it is only in the silent depths of the Divine that one can find the peace of truth.

15 December 1964

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Truth is stronger than falsehood. There is an immortal Power that governs the world. Its decisions always prevail. Join with it and you are sure of the final victory.

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Worship Truth.

It will cure you of Falsehood.

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When men will be disgusted with the falsehood in which they live, then the world will be ready for the reign of the Truth.

14 August 1971

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Before dying falsehood rises in full swing.

Still people understand only the lesson of catastrophe.

Will it have to come before they open their eyes to the truth?

So I ask an effort from all so that it has not to be.

It is only the Truth that can save us; truth in words, truth in action, truth in will, truth in feelings. It is a choice between serving the Truth or being destroyed.

26 November 1972

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## Words of the Mother – II

For those who are eager to get rid of falsehood  
here is the way

Do not try to please yourself, do not try either to please others.  
Try only to please the Lord.

Because He alone is the Truth. Each and every one of us,  
human beings in our physical body, is a coat of falsehood put  
on the Lord and hiding Him.

As He alone is true to Himself, it is on Him that we must  
concentrate and not on the coats of falsehood.

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There is only one solution for falsehood:

It is to cure in ourselves all that contradicts in our consci-  
ousness the presence of the Divine.

*31 December 1972*

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Let us offer our falsehood to the Divine so that He may change  
it to joyous Truth.

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## TRUTH IS ABOVE MIND

Truth is eternally beyond all that we can think or say of it.

*10 December 1954*

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Truth cannot be formulated in words, but it can be lived pro-  
vided one is pure and plastic enough.

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When the gates of true knowledge are crossed, no words are left  
to express what is known.

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He who has crossed the gates of the true Knowledge has nothing more to say or to teach.

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To come closer to the  
Truth, you must often  
accept not to understand.



To come closer to the Truth, you must often accept not to understand.

25 November 1961

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*When I am right, no one remembers. When I am wrong,  
no one forgets.*

Because there is no true right and wrong — the only Truth is the Lord and He remembers everything.

26 January 1963

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Each idea (or system of ideas) is true in its own time and place. But if it tries to be exclusive or to persist even when its time is over, then it ceases to be true.

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## Words of the Mother – II

If any element of this totality is taken separately and affirmed as the sole truth, however central or comprehensive it may be, it necessarily becomes a falsehood, for then it denies all the rest of the total Truth. This is precisely what constitutes an indisputable dogma, and this is why it is the most dangerous type of falsehood, because each one affirms that it is the sole and exclusive truth. The absolute, infinite, eternal Truth is unthinkable for the mind which can only conceive that which is spatial and temporal, fragmentary and limited. Thus, on the mental plane, the absolute Truth is divided into innumerable fragmentary and contradictory truths which strive in their entirety to reproduce the original Truth as best they can — for each is a truth that attempts to affirm itself as the sole truth, to the exclusion of all the other truths, which, through their innumerable totality, express progressively in the becoming the Infinite, Eternal and Absolute Truth — that is how they deny the total Truth.

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*The truth is neither  
in separation nor  
in uniformity -  
The truth is in unity  
manifesting through diversity*

The truth is neither in separation nor in uniformity.  
The truth is in unity manifesting through diversity.

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## Truth and Speech

Intellectually, the Truth is the point where all the opposites meet and join to make a unity.

Practically, the Truth is the surrender of the ego, to make possible the birth and manifestation of the Divine.

Doubt is the best arm used by the ego to protect itself from extinction.

These are remarks on the way which may lead you a little further.

They are sent with blessings.

*6 October 1965*

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Truth is above mind; it is in silence that one can enter into communication with it.

To pray to the Divine and to surrender oneself entirely and in all sincerity to Him are the essential preliminary conditions.

*24 October 1971*

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He who sincerely wants to serve the Truth will know the Truth.

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## OPINION AND TRUTH

In the Ignorance mental opinions always oppose one another.

In the Truth they are complementary aspects of a higher knowledge.

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All opinions are an aspect of the Truth that can be reached only when you can make a comprehensive whole with all these aspects.

*11 January 1967*

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## Words of the Mother – II

Naturally, all these discussions (or exchanges of opinion) are purely mental and have no value from the viewpoint of the Truth. Each mind has its way of seeing and understanding things, and even if you could unite and bring together all these ways of seeing, you would still be very far from attaining the Truth. It is only when, in the silence of the mind, you can lift yourself above thought, that you are ready to know by identity.

From the viewpoint of outer discipline it is indispensable, when you have an opinion and express it, to remember that it is only an opinion, a way of seeing and feeling, and that other people's opinions, and ways of seeing and feeling are as legitimate as your own, and that instead of opposing them you should *total them up* and try to find a more comprehensive synthesis.

On the whole the discussions are always pretty futile and seem to me to be a waste of time.

5 June 1967

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In all opinions there is something true and something false. It is indeed a great and useful thing to be able to listen to the opinions of others without losing one's temper.

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To know how to listen: to be attentive and silent.

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It is always better to tell the truth rather than give a pleasant and sweet smile. But what you are saying is not the truth. It is only an expression of your opinion.

To tell the truth is not to utter whatever crosses your mind.§

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HONESTY

Honesty is the best protection.

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A peaceful heart is the best reward of honesty.

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Be sincere and honest and your mind will be at rest.

*10 December 1959*

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Vital honesty: not to allow our sensations and desires to falsify our judgement and determine our action.

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Mental honesty: one does not try to deceive others or to deceive oneself.

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Mental sincerity: the essential condition for integral honesty.

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SPEAK ALWAYS THE TRUTH

To speak always the truth is the highest title of nobility.

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One drop of truth is worth more than an ocean of false information.

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Never tell a lie: absolute condition for safety on the path.

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## Words of the Mother – II

Each lie uttered is a step taken towards disintegration.

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I have always and will always forbid lies.

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If you do not wish to say something which is true, instead of lying just keep silent.

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Let nothing be written with this pen except what is perfectly true.

*14 June 1934*

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If we allow a falsehood, however small, to express itself through our mouth or our pen, how can we hope to become perfect messengers of Truth? A perfect servant of Truth should abstain even from the slightest inexactitude, exaggeration or deformation.

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Silence is far superior to inexactitude.

*30 December 1972*

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## CONTROL OF SPEECH

Control over what one says is more important than complete silence. The best is to learn to say what is useful in the most exact and true way possible.

*5 March 1933*

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## Truth and Speech

It is the control over oneself that is the first thing needed, and especially the control over one's tongue! If people could learn to keep silent how many troubles would be avoided!

Be quiet and gather strength and force not only to do work but also, chiefly, to achieve the Transformation.

3 March 1934

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If only people did remain a little quiet before speaking, acting or writing, much trouble could be avoided. So many things are said uselessly, they bring misunderstandings and bad feelings which could have been saved with silence.

If were spoken only the words that needed to be spoken, the world would be a very silent place.

29 December 1934

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The world is deafened with useless words.

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*Mother, we were late with our drying work because they were behind with the washing. However, I am happy to say that I was not carried away by the violent discussions of my co-workers. With difficulty, I could do it. From now on I shall try to take this attitude. Give me the strength of Your Silence.*

Yes, it is very good to know how to remain silent and not take part in discussions that are always useless and unwholesome.

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There is a great strength in the power to keep silent.

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## Words of the Mother – II

It is always better not to listen to talks especially on so-called spiritual matters. Each one must follow his own way and the others have nothing to do with it.

*9 January 1938*

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An atmosphere of spirituality sometimes helps much more than an exchange of words.

*22 November 1951*

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You must always do what you say, but it is not always wise to speak about everything you do.

When you speak, you must always speak the truth; but sometimes it is better not to speak.

*18 December 1951*

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When speaking of physical things one should have a lively, pleasant, witty style.

When speaking of vital things the style should be eloquent.

When speaking of mental things the style should be clear, precise, exact.

When speaking of psychic things one must be inspired.

*23 January 1953*

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Spiritual speech: all-powerful in its simplicity.

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Frankness says candidly what it has to say without caring for the result.

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## Truth and Speech

It is always a sign of strength to be able to say things gently and it is always weakness that bursts out into unpleasantnesses.

18 April 1956

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Anger has never made anyone say anything but stupidities.

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Never boast. By boasting you dissipate your capacity for realisation.

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Boasting, boasting — one of the greatest obstacles to progress. It is a foolishness one must carefully avoid if one aspires to a true progress.

The criticising habit is more destructive than many bad habits.

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*Médire est une chose très vile.* I don't know how to translate *médire* into English. It is not exactly "speaking ill". Crooked mind, crooked tongue, crooked heart: this comes out in speech that looks like honey but tastes like poison.

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Every word spoken uselessly is a dangerous gossiping.

Every malicious word, every slander is a degradation of the consciousness.

And when this slander is expressed in a vulgar language and gross terms, then that is equivalent to a suicide — the suicide of one's soul.

9 August 1957

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When, in ignorance, one speaks ill of others, he debases his consciousness and degrades his soul.

## Words of the Mother – II

A respectful and modest silence is the only attitude befitting a disciple.

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To cure a critical sense that manifests by incontinence of speech:

1) When you are in this state, absolutely refuse to speak — if need be, make it physically impossible for yourself to speak.

2) Study yourself without pity and realise that you carry in yourself precisely all the things that you find so ridiculous in others.

3) Discover in your nature the opposite way of being (benevolence, humility, goodwill) and insist that it develop to the detriment of the contrary element.

*11 October 1958*

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True strength and protection come from the Divine Presence in the heart.

If you want to keep this Presence constantly in you, avoid carefully all vulgarity in speech, behaviour and acts. Do not mistake liberty for licence and freedom for bad manners. The thoughts must be pure and the aspiration ardent.

*26 February 1965*

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Be careful always to keep the living Presence and Protection around you when you speak to people and speak as little as possible.

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You are right in keeping quiet in front of those who do not understand, because the Divine is with you, and that is the only thing that matters.

With love and blessings.

*3 November 1965*

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## Truth and Speech

You need not go to apologize. But as your words were misunderstood you do right to resolve to be more careful about what you say.

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It is certainly very bad to speak about the faults of others; everyone has his defects and to keep on thinking of them surely does not help to cure them.

June 1966

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For writing, even more than for speaking, if you aspire to remain in the best attitude for advancing swiftly towards the Divine, you should make it a strict rule to speak (and even more to write) only what is *absolutely indispensable*. It is a marvellous discipline if you follow it sincerely.

27 July 1966

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Neither too many nor too few words — just what is needed.

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*I think the tendency to gather information is not bad?*

It is *bad* and harmful and lowers not only the consciousness of those who gossip, but also the general atmosphere of the place.

29 July 1967

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To gossip about what somebody is doing or not doing is wrong.

To listen to such gossip is wrong.

To verify if such gossip is true is wrong.

To retaliate in words against a false gossip is wrong.

The whole affair is a very bad way of wasting one's time and lowering one's consciousness.

## Words of the Mother – II

Unless this very nasty habit is eradicated from the atmosphere, never will the Ashram reach its goal of Divine Life.

I wish all would repent like you and take the resolution of stopping this unhealthy activity.

12 October 1967

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### SPEECH AND PRACTICE

It is not enough to know, you must *practise*.

It is not enough to pretend, you must *be*.

15 November 1940

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On the path of Truth, in order to know more you must put into practice what you already know.

A little bit of sincere practice is worth much more than a lot of written or spoken words.

July 1953

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A drop of practice is better than an ocean of theories, advices and good resolutions.

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1968

Speak less, act more.

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Talk little, be true, act sincerely.

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To listen is good, but not sufficient — you must understand.

To understand is better, but still not sufficient — you must act.

24 November 1969

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## Truth and Speech

*(Message for the inauguration of Sri Aurobindo's Action)*

To speak well is good. To act well is better. Never let your actions be below your words.

29 July 1970

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It is better to state a truth than to disregard it; but it is much better still to live it than to state it.

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One speaks a great deal about this teaching but one does not follow it.

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People who do not live what they think are useless.

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It is good to read a Divine Teaching.

It is better to learn it.

The best is to live it.

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A teaching can be profitable only if it is perfectly sincere, and that means if it is lived at the moment when it is given. Words often repeated, thoughts often expressed cannot be any longer sincere.

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All theories, all teachings are, in the last analysis, nothing but ways of seeing and speaking. Even the highest revelations are worth no more than the power of realisation that comes with them.

To live the Supreme Truth, if only for a minute, is worth more than writing or reading hundreds of books on the methods or processes by which to find it.

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## Words of the Mother – II

To realise a progressive truth, theory must be moulded according to the practice and not practice made to suit the theory.

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Before acting, know what you have to do.