

# TRUTH

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# TRUTH



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W.G.Dist., A.P. Ph: 94403 09812

**Rs.50/-**

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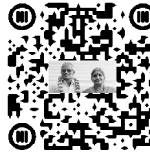
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# TRUTH

In this creation, there is both truth and false. We need to know them properly.

What is the truth exactly?

Truth is that which is eternal.

What does eternal mean? That which is everlasting.

What does everlasting mean? That which exists always.

What does “always exists” mean? That which does not change.

What does “does not change” mean? That which remains unaltered even when time changes or eras pass.

In one way, truth must be eternal, everlasting, and always present. Moreover, it should have the quality of remaining unchanged despite the passing of time and eras. Whatever possesses these qualities is truth. And if something lacks these characteristics, it is false. then what possesses these? There is only one such thing, and that is God. He is also called the ‘soul.’ Therefore, God is the truth. This means we should know that the soul is truth. In this creation, everything except the soul is false!

In the Vedas, it is said, “Satyameva Jayate,” which clearly means “Truth alone triumphs.”

Therefore, if a human being wishes to achieve victory in anything, they must live in the truth!

A human being has much to conquer—sorrow, unrest, pain, difficulties, and problems. And only those who take refuge in truth, speak the truth and live in truth can achieve this.



Therefore, know that those who take refuge in false, live in false, or speak false will face nothing but defeat! This means they will encounter difficulties, losses, sorrows, diseases, unrest, and pain.

To know what false is, we must first know what the truth is. We have already mentioned that truth is none other than God. We have also mentioned that He is referred to as the ‘soul.’ This means that the soul is truth.. the God is truth.. In Hinduism, He is called Parabrahma; in Islam, He is called Allah; and in Christianity, He is referred to as the Father.

Adi Shankaracharya said, “Brahma Satyam, Jagat Mithya,” meaning that only God is eternal. One must know that everything else in the world is temporary, impermanent, meaning everything disappears. Therefore, everything apart from God is false. Meaning, everything apart from the soul is false. It means Adi Shankaracharya explained that anything that is not the soul is false.

Therefore, know that taking refuge in anything other than the soul is the same as taking refuge in falsehood! In a way, anything that has a form—anything visible to the eyes—is false. To elaborate further, truth is that which is never created and never destroyed. Truth has neither birth nor death.

If you look anywhere at the world, everywhere there is suffering, unrest, pain, and hardship. This is understood if one observes the whole world. Every person experiences some form of suffering. **“Sorrow caused by any problem is called suffering”**

If we observe closely, humans face various types of problems:

1. Health problems:- There are not just hundreds, but thousands of different health issues.
2. Financial problems:- These too exist in hundreds of forms.
3. Family problems:- Issues that arise among family members and relatives.
4. Marital problems: Problems between husband and wife.
5. Issues with neighbors.
6. Old-age problems: Difficulties faced in old age.
7. Life after death problems.

The reason human beings suffer from such problems is that they all are living in a falsehood! They are taking refuge in falsehood, have got attached to it, and are believing that falsehood is great. They are chasing the falsehood. Know this as long as one chases false, anyone's life will remain the same! No matter how many deities they worship, how many pilgrimages they go on, or how many ever gurus, swamis, or babas they take refuge in, they will never be free from suffering.

The entire world is taking refuge in the false. It means, they are taking refuge in false idols, photos, and statues. Here, "false" refers to something that once existed but later ceases to exist, something that changes, something that is not eternal.

In a way, those who worship idols are worshipping falsehood. That is why, despite performing ritual worship since childhood and praying to photos they continue to experience suffering, meaning, problems. The reason is that they don't know

that “the soul is the only truth.”

Many people believe, “Performing ritual worship brings virtue,” but how can one attain virtue if they worship false, meaning instead of God, meaning, instead of the soul? They don’t understand it even if they are told.

In Patriji’s 18 guiding principles of Pyramid Meditation, he stated, “Do not worship false idols; worship only the true soul.” The reason is that the truth itself is God. Therefore, one must hold the soul, which means one must practice meditation as Patriji said.

In the Bhagavad Gita, Chapter 10, Verse 20, Lord Krishna Himself clearly declares:

**Shloka: aham atma gudakesha sarva-bhutashaya-sthitah  
aham adish cha madhyam cha bhutanam anta eva cha  
(B.G. 10-20)**

Meaning:- “Oh Arjuna! I am the soul present in all living beings. I am the beginning, the middle, and the end of all beings.”

From this verse that the lord Krishna stated, we can clearly know that “the soul is God,” meaning that God resides in the bodies of all living beings.

Therefore, to worship the truth means to worship the soul. Then, to seek refuge in the soul within the body, one must go within the body. The only way to go within the body is through the “observation of the breath meditation” taught by Patriji.

In the Bhagavad Gita, Lord Krishna clearly stated, “I am the soul.” Therefore, the one who let go of falsehood and holds on to the truth is great. But performing both ritual worship and practicing meditation does not make one great because such a

person has not yet abandoned falsehood nor fully believed the truth.

In the Bhagavad Gita it is taught “hold on to the truth.” Thus, those who hold on to the soul are, indeed, holding on to God. They attain the divine and are liberated from suffering forever. The same is stated in the following verses of Bhagavad Gita:

**Shlok|| ye tv aksharam anirdeshyam avyaktam paryupasate  
sarvatra-gam achintyancha kuta-stham achalandhruvam  
(B.G. 12-3)**

**sanniyamyendriya-gramam sarvatra sama-buddhayah  
te prapnuvanti mam eva sarva-bhuta-hite ratah  
(B.G. 12-4)**

Meaning:- Those who gain control over all their senses, who maintain equanimity at all times, and who are devoted to the well-being of all beings, meditate on the imperishable Brahman (Almighty)—the soul which cannot be designated as “this” or perceived by the senses, which is beyond imagination, unchanging, unshakable, eternal, and all-pervading. Such individuals attain me.

As Lord Krishna explained, to gain control over the senses, one must first close the eyes, lock the hands by interlocking the fingers and sit with crossed legs. Thoughts will arise, they must be cut off and one must observe the breath. After some time, all thoughts will cease (stop), and even the mind will also stop working. At that point, they will become the one who has control over the senses as told by Lord Krishna.

What else did Lord Krishna say? He said, “One must maintain equanimity towards all beings.” This means having the feeling that all beings—humans as well as animals are one and the

same, not separate.

He also said that “One must have an interest to do good for all living beings.” meaning, we must protect all creatures—animals, birds, aquatic beings without committing violence against them or killing them.

“Whoever by living in such a way, meditates on that which is invisible to human senses, unimaginable by the human mind, formless, unshakable, eternal meaning, ever-existing, all-pervading meaning, existing in all the creation—that imperishable Brahman, who is greater than all, invisible, God meaning the soul attains Me”, said Lord Krishna.

The key point that we need to know here is that attaining God means, the Truth, is not a simple or ordinary matter—but it is possible through meditation. Those who practice this can permanently free themselves from sorrow. That’s why Patriji said, “Worship the truth.”

Similarly, Sathya Sai Baba taught the five universal human values: 1. Truth, 2. Righteousness, 3. Non-violence, 4. Love and 5. Peace. Meaning, he taught truth as the first and foremost value.

This truth is referred to in Hinduism by many names such as Paramatma (Supreme soul), Parabrahma (Almighty), Bhagavan (God), Creator, Vishwatma (Universal soul), Parameshwara, Lalita Devi, Adi Shakti, etc. In Islam, it is called Allah; in Christianity, it is known as the Father.

Patriji also told us to take refuge in such truth. He said to worship the truth. In his 18 guiding principles, he mentioned in the 14th principle, “Say no to idol worship. Worship the truth.” But



who can understand this truth? Only those who take refuge in the truth and not those who do not take refuge in truth.

The Vedas say, “Satyameva Jayate”—Truth alone triumphs. This means that when you live in truth and take refuge in it, you will succeed in all aspects of life. Then, who is successful in life? The one who is free from all sorrows forever. That is what the wise people referred to as ‘Liberation.’ This liberation is attained only by taking refuge in the truth.

In the creation, we see trees, insects, snakes, birds, animals, human beings, the sun, the moon, and the nine planets—so many different forms of existence. But do any of these have the characteristics of the truth, meaning, the soul? The clear answer is "No". That means, it is understandable that nothing that has been created is the truth. Why? Because everything that is created is perishable and eventually disappears. Therefore, only that which is uncreated and eternal is the truth. That is God. He is the Brahman and that is called the “soul.”

On one occasion, Patriji said, “Everyone must become lord Narayana. Only such people receive the blessings of Goddess Lakshmi.” Patriji said that only such people will attain luxuries, it means they live a comfortable life. To become lord Narayana one must take refuge in the soul, it means one must take refuge in the truth, meaning, ‘One must meditate.’

# **Characteristics of truth meaning, God**

1. All-pervading:- One who is spread throughout the entire creation.
2. Not confined to one place:- He does not reside in just one place.
3. Inhabitant of all beings:- He exists within all living beings.
4. Formless:- One who has no form.
5. Unmanifested:- One who cannot be manifested, invisible.
6. Nameless:- One who has no name.
7. Shapeless:- One who has no shape or figure.
8. Without a body:- One who has no body, no hands or feet, no clothes or ornaments.
9. Deaf:- One who has no ears, no eyes, no lineage.
10. Ageless:- One who is not subject to childhood, youth, or old age.
11. Inaccessible to the vision:- One who cannot be seen with physical eyes.
12. Transcendental:- One who is beyond the reach of the senses—cannot be known by sensory organs, motor organs and even the mind.
13. Incomparable:- One who cannot be described through analogies.
14. No attributes (Nirguna):- One who has no qualities or attributes.
15. No caste:- One who has no caste, no lineage, no gender or prepositions.
16. Pure:- One who is absolutely pure and free from any impurity.

17. Imperishable:- One who never decays or weakens.
18. Indestructible:- One who is beyond destruction.
19. Birthless and deathless:- One who has no beginning or end—neither birth nor death.
20. Infinite:- One who has no beginning and no end.
21. Limitless:- one who is not measurable.
22. Free from the six modifications:- 1. Birth and death—related to the body, 2. Hunger and thirst—related to the vital force, 3. Grief and attachment—related to the the mind. He is untouched by any of these.
23. Free from attachments and obsessions:- He has no attachment or hatred, does not differentiate between those who worship Him and those who don't worship him. He sees everyone as everyone as equal.
24. Director of the cosmic drama:- The one who holds the strings of this world-play; the Producer and the Director.
25. Still:- One who radiates with stillness.
26. Witness:- The eternal witness of all. He never interferes in anyone's matters.
27. Perfectly complete:- Fully complete and perfect in whole.
28. Timeless:- One who is beyond time.
29. Indivisible:- One who is not fragmented; eternally one.
30. Self-Luminous:- One who shines by Himself—not illuminated by any external source.
31. Desireless:- One who has no desires.
32. Actionless:- One who performs no actions.
33. Beyond Ritualistic Offerings:- One who does not require ritual

worship or ceremonial gestures (like the sixteen offerings).

34. Unmanifested:- One who has no form and cannot be created.
35. Self-Existent:- One who is not created by anyone. He exists on His own; no need for consecration or installation.
36. Ever-present :- One with no beginning, middle, or end. He always exists.
37. Present in every atom:- There is no place where He is not there. Hence, He cannot be invoked or dismissed through rituals.
38. Embodiment of all moving and non-moving beings:- He manifests as both moving beings like insects, birds, animals, humans and immovable beings like trees, minerals. Meaning, He is everywhere and in everything.
39. Non-enjoyer:- Though witnessing enjoyment, He does not partake in it. He sees but remains blind.
40. Impartial:- He takes no sides and shows no favoritism. He treats all equally.
41. Non-dual:- One who is beyond duality, one who is not two, who is one.
42. Eternal:- The one who exists forever.
43. Everlasting:- The one who remains in all times; never ceases to be.
44. Truthful:- One who never changes. Unchanging even as ages pass.
45. Embodiment of consciousness:- The one who fills all living beings with consciousness. He gives the power to move and act.
46. Embodiment of bliss:-Ever-blissful; His nature itself is pure bliss.
47. Embodiment of Sat-Chit-Ananda  
Sat – The essence of truth.  
Chit – The essence of pure consciousness.  
Ananda – The essence of supreme bliss.

48. Beyond illusion:- The one who is not subjected to illusion.
49. Embodiment of Infinite Power:- The one possessing indescribable power. That is why, a body without the soul is a corpse (dead body) and cannot function, but the body can function with the soul. Not just human beings, but all 8.4 million species move and function because of the Soul. Hence, it is said, “The soul is of infinite power.”
50. Beyond the Fourth State, Turiya:- The one who rises above even the Turiya state.
  1. Waking: Body and senses are active.
  2. Dream: Only the mind is active.
  3. Deep Sleep: The mind is inactive.
  4. Super Consciousness (Turiya): No mind at all.  
It means only voidness.
  5. Beyond Super Consciousness (Beyond Turiya):- There is nothing, supreme voidness.
51. The Almighty:- The one who is greater than the greatest.
52. Universal form:- The entire universe is His form.
53. Universal soul :- The soul that is filled in the entire universe.
54. Root soul:- The root of all souls.
55. Supreme soul:- Greatest among all.
56. The Brahman:- the father of all.
57. Creator:- The creator of the entire creation

In a way, we can say that when it comes to truth meaning God, no one can fully describe, explain, or know about Him. He is beyond everything. God is that great.

Therefore, those who take refuge in truth become powerful. Then, what happens when one becomes powerful? They



become like Ramana Maharshi, Swami Vivekananda, Veerabrahmendra Swami, Shirdi Sai Baba, and Patriji. Throughout ages many have become great. All of them attained immense power and became powerful.

Now let's know how such powerful individuals behave:

1. They will never lie under any circumstances.
2. They never act against creation.
3. They don't criticize or feel jealous of anyone.
4. They don't boast (show-off) or expect from others.
5. They live in the present moment.
6. They act as mere witnesses.
7. They live with purity in thought, word, and deed.
8. They do not harm any being — they won't even kill ants, mosquitoes, or cockroaches.
9. They won't hate anyone; they will love all.
10. They don't desire anything and share everything with everyone.
11. They will never fall at other's feet.
12. They are free from likes and dislikes.
13. They remain balanced in dualities like honor and dishonor, praise and criticism, success and failure, pleasure and pain, sorrow and attachment, birth and death.
14. They will live righteously.
15. They will not only seek wisdom but also strive to make others wise.
16. They live in truth.
17. They will perform soul-oriented deeds and services.
18. They become the enlightened souls and reach Satyaloka.

# **“If one takes refuge in the truth”**

Let us know how the behaviour of those who take refuge in the truth meaning, of those who practice “Observation of the breath meditation” transforms:

1. Those who take refuge in the truth show compassion, kindness, and mercy towards all living beings and will protect them.
2. They do good to everyone.
3. They hold no grudges, they show empathy.
4. They will be friendly with everyone.
5. They gain control over the six internal enemies—lust meaning, the desire, anger, greed it means miserliness, obsession meaning, the over obsession, pride, and jealousy.
6. They become an inspiration to everyone.
7. Their intellect blossoms.
8. Wisdom arises within them.
9. They will know that “everything is one” and they will love everyone and everything.
10. Living in truth is Raja Yoga, and Raja Yoga is the greatest of all yogas.

Therefore, those who take refuge in truth attain such profound transformations and benefits. But such transformations will not occur for those who live, practice and worship the false.

# **The greatness of truth!**

In the Vedas, it is stated: “Satyamvada-Dharmam chara”, which means “Speak the truth and follow righteousness.”

This is because a human being performs actions (karmas) in two ways: 1. Through speech, 2. Through deeds.

To ensure that these actions do not harm others, one must be truthful, everything one speaks must be only truth. But those who take refuge in falsehood cannot speak the truth.

Likewise, actions must be righteous, meaning one should perform only righteous deeds.

Furthermore, it is also said: “Satyameva Jayate”, which means “Truth alone triumphs.” That means, in every matter only the truth wins. Therefore, we must know that all those which are not true meaning, falsehood leads to failure.

Hence, one must know the truth, must take refuge in the truth, only truth must be spoken, and must live in truth.

The Vedas also stated: “Tatvamasi.”

‘Tat’ means ‘That’ meaning, ‘Truth’ meaning, ‘God.’ Masi means ‘have become.’ Meaning, “you have become that.” Meaning, “you are only the truth.”

If one does not understand the truth, nothing else can be understood. Everything remains as a doubt and a confusion. Similarly, unless truth is understood, nothing else can be understood; everything is a confusion and chaos. Similarly, nothing is known unless the truth is known, everything is uncertain.

Only those who take refuge in the truth will be peaceful and joyful. Otherwise, there is restlessness and sorrow.

Not only that, Patriji even said: “Living in truth is spirituality. Living in untruth is non-spirituality.”

Likewise, taking refuge in truth brings contentment and satisfaction. Otherwise, there is only dissatisfaction.

One day, every human must know that “there is no other way than to take refuge in truth.” The only path to take refuge in truth is through the practice of ‘observation of the breath meditation.’

Now, let us look at the visible world around us. What in this world remains eternal? What never changes? What exists forever? Nothing.

If we observe closely, whether it’s the countless species of trees, insects, aquatic creatures, birds, animals, or human beings—everything is born, grows meaning, undergoes change, and eventually ceases to exist. This happens to all living beings. That is why, every living being undergoes six types of modifications.

They are: 1.They will be born, 2.Exists, 3.Grows, 4.Changes, 5.Decays, 6.Dies.

It can be known that nothing is permanent, nothing exists forever. Meaning, it can be known that nothing is the truth.

As time changes, with it, everything changes. Change is natural and inevitable in this world. Nothing exists without change. Over the ages, we have witnessed kingdoms vanishing, kings disappearing, countless individuals passed away. Many things have arisen and disappeared. Meaning, we can know that “nothing is eternal, and nothing is True.”

Even the Sun, Moon, stars, planets, and galaxies, though

they appear eternal to us, will all be destroyed at the end of creation. Not only that, even the so-called gods, who are believed to be great also have a lifespan. Meaning, once that lifespan ends, they also will disappear. It means we can know that they are not permanent. Therefore, we must know that “Everything disappears except the one Supreme Being meaning, God, the Brahman, the Soul is eternal.”

This was only explained by Lord Krishna in the Bhagavad Gita.

**Shlok|| sahasra-yuga-paryantam ahar yad brahmano viduh  
ratrim yuga-sahasrantam te ho-ratra-vido janah  
(B.G. 8-17)**

Meaning:- Those who know that one day of Lord Brahma is equivalent to 1,000 Yugas and similarly one night of Brahma is equivalent to another 1,000 Yugas such people will nicely understand the essence of day and night.

Sri Vidya Prakashananda Giri Swami elaborated on this verse in the Bhagavad Gita, explaining the lifespan of Lord Brahma as follows:

1. Kali Yuga	-	4,32,000 years
2. Dwapara Yuga (Two times of Kali Yuga)	-	8,64,000
3. Treta Yuga (Three times of Kali Yuga)	-	12,96,000
4. Satya Yuga (Four times of Kali Yuga)	-	17,28,000
Total	-	<b>43,20,000</b>



This total of all four yugas is 43,20,000 years, which is called one ‘Mahayuga.’

1,000 such Maha Yugas will make one day of Lord Brahma, and another 1,000 Mahayugas will make one night of Lord Brahma.

That is:  $43,20,000 \times 1,000 = 432,00,00,000$  years for Brahma’s one day and  $43,20,000 \times 1,000 = 432,00,00,000$  years for Brahma’s one night. So, one full day (day + night) of Brahma is equal to 864,00,00,000 years.

Like this, 365 such days make one year for Brahma, and 100 such years constitute the full lifespan of Lord Brahma.

From this, it is understood that even Brahma has a lifespan. Which means, Brahma is also not eternal.

But we must know that the Brahman, who can not be created, is the only one who is eternal, indestructible, and unending.

Therefore, it is known that “Anything that is not eternal, only the soul is eternal.” Thus, know that only the soul is truth. That is why Patriji told us to take refuge in the true soul. Then, what is the path to take refuge in that truth, the soul? That only is “Observation of the breath meditation.” The lives of whoever practices this meditation and takes refuge in truth are blessed and there is no one more fortunate than them.

Therefore, now, let us know what Bhagavad Gita says about the end of a Yuga and the dissolution of creation.

**Shlok|| paras tasmāt tu bhavo ’nyo ’vyakto ’vyaktat sanatanah  
yah sa sarveshu bhuteshu nashyatsu na vinashyati**

**(B.G. 8-20)**

Meaning:- That which is unmanifested, best, beyond the reach of senses, and ancient that Brahman is imperishable even when all living beings are destroyed.

Here, Lord Krishna said, “Even when all living beings are destroyed” meaning, he has mentioned about the end of creation. Not only that, he also said that even when the entire creation perishes, God meaning the soul, does not perish.

He also further explained:-

**Shlok|| avyaktad vyaktayah sarvah prabhavantyahar-agame  
ratryagame praliyante tatraivavyakta-sanjnake**

**(B.G. 8-18)**

Meaning:- When Brahma’s day begins, from the Brahman, meaning, the unmanifested, all the movable and immovable beings will be born and again, when Brahma’s night begins, all those beings dissolve back into that unmanifested one. Also, when God’s day begins, all movable and immovable things are created from Him and when God’s night begins, everything that was created dissolves back into Him meaning, they come to an end. That’s why it is often said, “Creation ends when God closes His eyes; creation begins when He opens His eyes.”

This is exactly what is mentioned in the following verse:

**Shlok|| bhuta-gramah sa evayam bhutva bhutva praliyate  
ratryagame ’vashah partha prabhavatyahar-agame**

**(B.G. 8-19)**

Meaning:- Oh Arjuna! All groups of living beings, bound by their past actions (karmas), take birth at the beginning of Brahma’s night, they dissolve into the unmanifested, and at the

start of Brahma's day, they are born again.

**Shlok|| sarva-bhutani kaunteya prakritim yanti mamikam  
kalpa-kshaye punas tani kalpadau visrijamyaham**

**(B.G. 9-7)**

Meaning:- Arjuna! During the time of dissolution, all beings dissolve into my nature — meaning the Illusion and remain absorbed there. When the time for creation arises, I create them again.

From this, we must know that all planetary systems and all worlds will eventually come to an end. The only thing that is eternal is the Soul— meaning, only God is eternal. Therefore, one must know that “Only the Soul is truth.”

## **Let us know a little more about the greatness of truth**

1. There was only truth in the beginning of creation, and there will only be truth in the end of creation.
2. Truth is the root of this entire creation.
3. Truth is the foundation of everything.
4. The existence of all things is only because of truth.
5. Truth is that which always exists—in the beginning, in the middle, and at the end.
6. “Jagrudavasta means wakefulness, Swapnavasta means dream, and ‘Sushuptavasta’ means deep sleep.” That which remains as the witness in all these three states is truth.
7. Truth only is the foundation of the knowledge called Ego meaning, the sense of “I.”
8. Truth itself is pure consciousness, which is bliss.
9. Truth is wisdom. It means, it is the form of wisdom.
10. Truth is the world, and the world is the truth.
11. Truth is the cause behind all actions that senses perform.
12. Truth is also the unified form of the Brahman (Purusha) and Nature.
13. Truth is the observer — the one who observes, but it is not the scene; meaning, it is something that cannot be visible.
14. Truth infuses consciousness into the mind, intellect etc.

15. Truth is of the nature of light, and it illuminates the entire world.
16. Truth is of the nature of Sat-Chit-Ananda.  
That is:  
Sat—it means the truth,  
Chit—it means pure consciousness,  
Ananda—it means bliss.
17. Truth is indivisible—it cannot be broken into parts. It means it cannot be divided into two. This is the secret of truth.
18. We can only know that “Truth exists,” but it cannot be described as “It is like this.” It is the all-pervading, beginningless, endless, supreme light-energy. That is Brahman.



# **Adi Shankaracharya's 'ATMA BODHA'**

Let us learn more about truth, meaning the Brahman, through Adi Shankaracharya's 'Atma Bodha'.

- ◆ “Know this: The very light by whose consciousness the sun and all luminous worlds shine, the one whom even the sun cannot illumine, and the one by whose consciousness the entire universe shines that alone is Brahman.”
- ◆ One must know that “Brahman is only the one which is neither gross nor subtle, neither tall nor short, unborn, unchanging, formless, attributeless (without qualities), without colour, without name. That alone is the truth.”
- ◆ Know that “Just as butter is pervading throughout milk, Brahman is all-pervading.”
- ◆ "Brahman is the one because of whom this cosmos creation, maintenance and dissolution is happening." It was explained by Vedavyasa in the Brahma Sutras (1-2).
- ◆ Know That which is in everything inside and out, which spreads in all directions, which is of Truth-Consciousness-Bliss nature (Sat-Chit-Ananda), which is non-dual, beginningless and endless, eternal across all three times past, present and, future and infinite. That alone is Brahman.
- ◆ “Know that Brahman is that which, once seen, leaves nothing else to be seen; that which, once attained, removes the need for rebirth; and that which, once known, leaves nothing else to be known.”

- ◆ “Know that Brahman is that, after attaining which there is no further benefit to be attained; after experiencing whose comfort there is no other comfort to be sought; and after gaining whose knowledge there remains no other knowledge to be attained.”
- ◆ Moreover, know that which is eternal, pure, liberated, one and only, undivided bliss, non-dual, truthful, wisdom and infinite—that alone is Brahman.
- ◆ Know that just as a sky is spread all over, so too the Brahman is spread all over, both inside and outside. Know that He is indestructible, changeless, the one who sees all equally, ever pure, unbound by anything, untouched by any impurities, immovable, and free from sorrow, bonds, envy, fear, or any such disturbances.
- ◆ Know that just as light is the nature of the sun, coolness is the nature of water, and heat is the nature of fire — in the same way, know that Bliss, eternity, and purity are the nature of the Brahman.
- ◆ Know that the Brahman is the foundation of all, the root of creation; and that worlds arise, exist, and dissolve in Him just as the bubbles form, grow, and disappear in water.

In this way, Sri Adi Shankaracharya explained the nature of truth meaning, the greatness of Brahman.

# **Sentences about truth from the upanishads**

1. “Satyam jnanam anantam brahma”

Meaning:- Truth, infinite Wisdom is only Brahman.

2. “Yo veda vihitam guhayaam”

Meaning:- The Soul residing deep within the heart of every being is the truth.

3. “Anor aniyam mahato mahiyan Atma Guha-yan Nihito’sya Jantoh”

Meaning:- Truth is subtler than the subtlest and greater than the greatest.

4. “Sadena some damagra asit”

Meaning:- In the beginning, only truth alone was present.

5. “Ekameva advitiyam brahma”

Meaning:- There is only the Brahman; there is nothing else.

6. “Sarvam khalvidam brahma”

Meaning:- All that is there is Brahman.

7. “Brahmavidye brahmaiva bhavati”

Meaning:- The knower of the Brahman becomes Brahman.

8. “Aroopa masparsha mashabda mavyayam”

Meaning:- It is formless, it cannot be touched and it is soundless

9. “Ahaadimat parambrahma nasattanna praduchyate”

Meaning:- The Brahman cannot be described either as ‘existent’ or ‘non-existent.’

10. “Soham brahma”

Meaning:- I Am that Brahman.

11. “Tamevaaha”

Meaning:- You are me, meaning, I am that Brahman.

12. “Aham brahmasmi”

Meaning:- I Am the Brahman.

**In the Bhagavad Gita**

**13. Shlok||    na jayate mriyate va kadachin  
                  nayam bhutva bhavita va na bhuyah  
                  ajo nityah shashvato yam purano  
                  na hanyate hanyamane sharire**

**(B.G. 2-20)**

Meaning:- This Soul meaning, the Brahman meaning, the truth is never born and never dies. It is not something that is born and newly lives again because it is unborn, eternal, everlasting, and ancient. Even if the body is killed, the soul cannot be killed.

Such is the nature of truth—that is, the Soul—and it can be known only by those who have attained the eye of wisdom, meaning a soul-realised person.

# Eye of wisdom

The mind operates in four forms: 1.mind, 2.intellect, 3.a store house of thoughts (chitta) and 4.ego. Those who have completely dissolved this fourfold mind into the Soul are the ones who have attained the Eye of wisdom.

In a way, those who have made their mind void. It means those who practice ‘observation of the breath meditation’ can attain the Eye of wisdom. Such individuals are called soul-realized beings.

Therefore, human life becomes complete only when one attains soul-knowledge. But, simply living for a hundred years does not make him a complete being.

Patriji also said,”No matter how many births one takes, everyone is living in falsehood. How long will we continue to take such births? Liberation can be attained only when one lives in truth.”

Not only that, he also said: “A birth in which one can know the truth and live in the truth is the best birth.”

Therefore, let us take refuge in the truth, which is none other than the soul.

The path to that is ‘observation of the breath meditation’ given by Patriji.

Patriji also said:

“Lord Sri Krishna learned meditation at the age of four, Lord Sri Ram at the age of ten, and Lord Hanuman at the age of two.”

Therefore, let us also take refuge in the truth. Let us meditate by practicing ‘observation of the breath meditation’, know

the truth and live in the truth.

To live in the truth means to live as 'I am the Soul.'

Not only that, let us know more about the truth.

1. What is Truth? We have known that truth is that which is eternal, everlasting, indestructible, ever-present, unchanging, it doesn't change even if times change and eras pass. it neither takes birth, nor grows, nor changes, nor decays meaning, it doesn't reduce and perish. That which never reduces or vanishes is the Soul meaning, God.

2. Truth cannot be found in books.

To know the truth, "one must give up the perception of death and inculcate the perception of the Divine."

3. The journey of truth begins from the base of the spine and completes at the crown of the head (This implies the rise of consciousness from Muladhara to Sahasrara).

4. The greatness of truth: **"THERE IS NO RELIGION HIGHER THAN TRUTH."**

5. What happens when one experiences the truth?

It can be said that the truth has been experienced when one can live as if "everyone and everything is one" meaning, "All is me, and I am all."

6. To live in truth means to accept both success and failure equally. Why? Because even for truth, "there is no escape from trials and tribulations (challenges and difficulties)"

That means, even those who take refuge in truth, walk the path of truth, or live in truth will face hardships.

# **If truth is attained?**

Until one attains the truth, even if they appear to be theistic (one who believes in the existence of God), they are actually atheistic (one who doesn't believe in the existence of God))!

After attaining the truth, even if they appear to be atheistic, they are truly theistic!

It must be known that in the association of the wise, of truth-seekers, even if one has to eat dry chapati or Roti (Indian bread), it becomes a sweet rice dish made of jaggery or sugar a hundred times more valuable than other sweet dishes.

Truth means God meaning, the Soul. Without taking refuge in the soul, if you take refuge in falsehoods like photos, idols, trees, birds, animals, human beings, mind and even music, you will not attain any of the powers or qualities of God.

How? It is similar to not getting rid of cold if you take refuge in a photo of fire instead of the actual fire.

That's why, even if you are in association with enlightened beings, their wisdom won't benefit you unless you follow what they say and take refuge in the truth yourself. Only then will you also become enlightened.

Those who live in truth attain happiness; those who live in falsehood attain suffering.

Some people always perform rituals, vows, chants, and good deeds, yet they never understand the truth. Such people are ignorant. Becoming a mother is not great, living like a true mother is the real greatness.

# **Soul-Inquiry**

## **(Truth-Inquiry)**

One must proceed with the inquiry of “Not this... not this...”, meaning continuously rejecting what is not the Soul. Only then one will know: “That which cannot be removed is the Soul.”

Meaning, we must know what is the Soul and what is not the Soul. Just as the grass is separated from roots, the Soul must be separated from the five sheaths (coverings). Like that, you must unite with your own Self-luminous Consciousness. Whatever remains after that is nothing but your own magnificence.

The eternal entity is the truth and that is the soul. Everything that is not eternal is an illusion and that is non-soul.

Understanding this clearly is called “Discernment of Soul and non- Soul.” We must carefully observe two things here: 1) The external world that appears to us and 2) Us, the one who perceives that world.

The visible world has no independent existence; it is not separate from the mind of the one who perceives (see) it. Only the ultimate truth, which is the soul, is true. In that ultimate state, since there is no room for thoughts to move, there is no possibility of perceiving a dualistic world. The True soul doesn’t depend on anything else. Since there is no other thing, the soul is beyond duality — it is non-dual. By knowing this nondual wisdom, one experiences the Soul.

“The knowledge of other disciplines is temporary but through the knowledge of Brahman, one attains the Brahman itself.”



# **Discernment of Soul and non-Soul**

Through discernment of Soul and Non-Soul, one knows that the Soul is the truth, and everything in opposition to it is illusion. The forms of illusion are none other than the Five sheaths.

The one who detaches from these Five Sheaths becomes a liberated being.

Since everything perceived in the illusory non-soul is of illusory characteristics, various differing viewpoints arise. But because of knowing the soul, there is no room for difference in it. The one who grasps this truth through inquiry is the one who frees himself from the Five Sheaths.

The perceived object is different from the seer (A person who perceives deep truths or one has the ability to foresee what is beyond ordinary vision). Thus, the visible body which is seen cannot be the Soul, which is the Seer. Therefore, the Soul is not the physical sheath.

Because the soul is infinite, it is unlimited. The vital energy causes the body to function and is limited to the body, the limited vital energy cannot be the infinite soul. Thus, the soul is not the vital sheath.

Since an immovable object is different from consciousness, the mind, which is immovable in nature, the mental sheath cannot be the conscious soul.

The intellect, which functions through decision-making is known as the wisdom sheath. However, the soul which illuminates both certainties and uncertainties doubts cannot be any one of them. Thus, the wisdom sheath also is not the soul.

Sushupti (deep sleep) is known as the bliss sheath. But it is a veil of ignorance. Since the soul is the one that recognizes even the existence of ignorance and since the one who recognizes is always different from the thing recognized. The soul cannot be the bliss sheath either. Thus, the soul is distinct from all these five sheaths, that which is the foundation for the five sheaths, existing independently, “separated from the five sheaths, is the soul.”

Now, that soul is Sat (Truth). But then, who are you — the Chit (Consciousness) that knows the Soul? Is this Chit separate from Sat?

**“Satt yahi chit  
chitta ya hyayam”**

Ramana Maharshi in the book, “Upadesa sara” taught, “Truth itself is consciousness and that consciousness is none other than You.” Therefore, by possessing the discernment of soul and non-soul and by separating the non-soul the five sheaths, whatever remains is the self-luminous conscious soul! It is this that you must know as your true nature. That soul is you.

# **What did Sadananda yogi say?**

“You cannot achieve anything by wishing. If you get anything without you wishing for it, do not deny that. If it comes, let it come, do not celebrate. If it goes, let it go, do not grieve.”

Meaning, you must know that you should not crave for what you don't have; you should not deny what you have. You should not celebrate the arrival of anything, nor grieve the departure.

Another meaning for this is: Do not desire the false meaning, you must not give importance to the body. Do not deny the truth meaning, you must give importance to the soul. Because, the unreal body will definitely perish, but the true soul is eternal.

Therefore, the elders say, “Do not worry about what comes and goes. Only think about what is eternal.”

Know the “law of reincarnation!” You, the soul leave the body meaning, you die and then again you take a new body meaning, you will be born.

Therefore, weeping (crying) over death is ignorance. Even if you die, you will be born again, right? So why grieve? The soul will always exist. You are suffering because you forgot this truth.

In atheistic views, people accept death but do not accept rebirth. In 1930, a little girl said, “My husband is in such and such place” and she described her children and their location. Upon investigation, it was found that in that village and house, indeed, an old man and the children she described existed. Her name was Shanti Devi. Patriji said, “There have been countless such research

cases.”

After Abhimanyu died Arjuna was devastated by grief. He accused Krishna saying, “You knew all this beforehand! My son died because of you.” Here even Arjuna behaved like one who is in falsehood. Abandoning (leaving) the truth is the reason for sorrow. Living away from truth is worldliness; living in truth is spirituality. Even after countless lifetimes, some people are living in falsehood. To distance oneself from falsehood, everyone must practice “observation of the breath meditation.”

A human being has death but the soul has no death. All are forgetting that. That is unspirituality..

One of the questions by Yaksha is, “What is the most surprising thing in the world?” Dharma Raja (eldest of the Pandavas) answered, “the most surprising thing is, even though everyone around him is dying, every person believes, I will not die.”

Everyone must die! Once this fundamental truth is recognized, it brings spiritual courage and bliss. Everyone thinks, “I alone face the sufferings that no one else in the world faces.” This is great foolishness and great falsehood.

Those who live in truth live peacefully even when they face difficulties. Those who live in falsehood will always remain in sorrow. Spirituality means living in truth. Worldly life means living by putting aside the truth. Death is possible only by birth. Isn’t it stated in the Bhagavad Gita, “The one who is born must die, and the one who dies must be born again.”

**Shlok|| jaatasya hi dhruvo mrrityur dhruvam janma mritasya cha  
tasmad apariharye 'rthe na tvam shochitum arhasi ||**

**(B.G. 2-27)**

Meaning:- If you look at it in any way, one who is born cannot avoid death and one who dies cannot avoid rebirth. There is no need to grieve over something that is inevitable.

Why should you cry over something for which there is no remedy? Spirituality means constantly remembering these truths. Everyone knows that “one who is born must die,” but the greater spiritual truth is that “one who dies will be born again.” We must have faith in the scriptures, in sages and in yogis.

Patriji said, “No matter how many births one takes, people are living in falsehood. Like that, how many births do we take? Liberation is attained only when one lives in truth.” That’s why he also said, “Do not engage in false idol worship, worship the true soul through meditation.”

Moreover, Patriji said, “A birth in which one can realize the truth and live in the truth is an elevated birth.”

Therefore, let us take refuge in truth, meaning in the Soul. That is the path of “observation of the breath meditation” taught to us by Patriji.

We must never forget: “The outcome of a life lived in truth becomes immortal; the outcome of a life lived in falsehood becomes poisonous.”



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# TRUTH

1. There was only truth in the beginning of creation, and there will only be truth in the end of creation.
2. Truth is the root of this entire creation.
3. Truth is the foundation of everything.
4. The existence of all things is only because of truth.
5. 'Jagrudavasta' means wakefulness, 'Swapnavasta' means dream, and 'Sushuptavasta' means deep sleep. That which remains as the witness in all these three states is truth.
6. Truth only is the foundation of the knowledge called Ego meaning, the sense of "I."
7. Truth itself is pure consciousness, which is bliss.
8. Truth is wisdom. It means, it is the form of wisdom.
9. Truth is the cause behind all actions that senses perform.
10. Truth is also the unified form of the Brahman (Purusha) and Nature.
11. Truth is the observer the one who observes, but it is not the scene; meaning, it is something that cannot be visible.
12. We can only know that "Truth exists," but it cannot be described as "It is like this." It is the all-pervading, beginning-less, endless, supreme light-energy. That is Brahman.

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