

RESTRAINT TWO:

Truthfulness (Satya)



Notes

Live the Eternal Way (program textbook)

Read pages 106-111

***Living the Eternal Way*, Chapter Seven:**

Cultivating the Virtues—Truthfulness

1. Practice speaking only truth.

Notice the tendency to exaggerate or to say what you do not actually feel.
If you have spoken untruthfully, correct it.

2. Meditate daily.

Direct your attention within to the clear (True) aspect of your Being.

3. Inventory broken agreements.

List any broken agreements you currently have with yourself or others.
Make a plan for clearing them up.

| Broken Agreement | Plan |
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4. Be aware of the interaction of truthfulness and harmlessness.

Notice the way that truthfulness and harmlessness must interact.

Be conscious of harmonizing the two. What happens if either one is sacrificed?

Write down any situations you are aware of where speaking your truth will bring harm to another.