

God as the Absolute Truth

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What is the source (origin) of life, and what is the ultimate purpose of life: are inquiries as old as the human life. Both are fundamental questions and are closely tied to our belief and faith. It is not possible to know the absolute answers to such questions conceptually and/or logically. It may be helpful to the reader to first fully understand and comprehend the meaning, importance and significance of the key words used in the present essay.

The word **absolute by its very nature stands for perfection and purity with no exceptions, restrictions or qualifications.** It is unquestionable and indubitable. Similarly, **reality in itself is beyond all concepts. It is a genuine, fundamental, essential and a true entity, which is neither a derivative nor dependent, but exists necessarily as self-contained existence.** Truth stands for actual existence and reality. **Truth is a vision, an ideal abstraction conforming to a universal reality and is free from errors or falsehood. It is in complete agreement with true facts, is impersonal and completely detached.** It is transcendent and is beyond all usual limits of worldly experience and knowledge. The word 'TRUE' is an ideal, a reality, a truth, which is consistent to all expectations and all facts.

Thus absolute truth and absolute reality are not limited, and are perfect, eternal, infinite, limitless and indivisible perfections. The truth and reality is that we exist as created human beings and of the presence other forms of life in this world. In all created things in nature you can feel the pulsation of something other than physical, call it divine if you wish, and then you will immediately recognize the truth and reality of an all-pervading divine power permeating throughout the universe. Truth has always existed, exists now, and will continue to exist. This is admirably illustrated by the prelude (introductory) hymn in Sri Guru Granth Sahib (SGGS):

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥ ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥

"Truth first (in prime), truth in the beginning, truth now, Nanak, truth will be".

Primal Reality: It is desirable and purposeful to dwell at some length on **what truth really is. Truth is neither derived nor dependent but exists *per se*, and that is the reality.** Absolute reality is the reality of the cosmos (world) as God created it. Truth is what is in accord with reality. Truth fully and completely describes what reality is. Truth is simple and consistent. The thought or idea that something is true for you whereas the opposite is true for me violates the very fundamental principle of what it means for something to be true. **Absolute truth is what is in accord with absolute reality.** The absolute truth by definition is universal, is admirably manifested in nature, is profoundly awe-inspiring, and is singular in character and nature. Absolute Truth deals with where we come from and what is the purpose of life, or why are we here on earth in the first place. **There is only one universal truth and therefore there is only one God. If we earnestly seek that one truth, we will find God.** As a part of prelude to SGGS we read:

ੴ ਸਤਿ ਨਾਮੁ

"One God, (whose) name is Truth".

In the continuation of this prelude, Guru Nanak further elaborates on nature of God as

below:

ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

“Creator, Supreme Being, without Fear, without Enmity, Ageless (in) Form, Unborn (is free from the cycle of birth and death), self Existent, and (is realized through) the Grace of Guru”.

Divinity: Since Absolute Truth is the Reality, the Reality becomes Absolute Truth, which then becomes synonymous with God. Eternal Truth will be always, under all circumstances, true and eternal. This is illustrated in the hymn:

ਸਚਾ ਸਾਹਿਬੁ ਏਕ ਤੂੰ ਜਿਨਿ ਸਚੇ ਸਚੁ ਵਰਤਾਇਆ ॥

“Thou are the One True God, who has truly manifested as Absolute Truth”.

The concept of “Truth” also includes beautiful virtuous qualities like love, humility, compassion, honesty, equality, righteousness, integrity, selfness, gratefulness, altruistic service, accepting divine order, and justice. Eternal Truth is applicable to all areas of social, economic, ethical, moral, political, scientific, and philosophical situations.

Pervasive: The truth and reality then is that God has manifested Himself in all the creation, including, animal and plant life, as an eternal and most powerful universal cosmic energy (power) source. It is the divine, profoundly supreme “Universal Energy” which sprang from one Light source. It has been argued, **how can the “Light Force” which cannot think manifest itself in physical form.** The simple answer is provided by the now famous Einstein Equation by which mass can be converted into energy and vice versa ($E=mc^2$). It is now obvious what the ultimate Truth is, and that it has emanated from this supremely powerful light, call it a Creator if you wish, or God, who designed the world and the cosmos most intelligently and with perfect precision. **Where is God?** God is everywhere, and is everything about us, including our hearts. God is in the midst of everything and is alive in creation. Our heart is the temple of God and God indeed dwells within us, within our heart. Just focus on the immanence of God. You can find God in everything you are doing, relating to God and you are in touch with God. All things come from God and all things go back to God. It is no wonder then that as the Creator, God has the absolute authority to rule our lives, and therefore all our actions, deeds, thought processes, and behavior are accountable to Him. The question is also often asked **why was the universe created in the first place.** A simple response is when God wished, He brought the universe and cosmos into being. This is well explained by Guru Nanak in the following hymn.

ਅਰਬਦ ਨਰਬਦ ਧ੍ਰਿਯੁਕਾਰਾ ॥ ਧਰਣਿ ਨ ਗਗਨਾ ਹੁਕਮੁ ਅਪਾਰਾ ॥

ਨਾ ਦਿਨੁ ਰੈਨਿ ਨ ਚੰਦੁ ਨ ਸੂਰਜੁ ਸੁੰਨ ਸਮਾਧਿ ਲਗਾਇਦਾ ॥

ਜਾ ਤਿਸੁ ਭਾਣਾ ਤਾ ਜਗਤੁ ਉਪਾਇਆ ॥ ਬਾਝੁ ਕਲਾ ਆਡਾਣੁ ਰਹਾਇਆ ॥ [SGGS: 1035, M-1]

“For countless ages, there was utter darkness. There was no earth and no sky and the infinite God’s will was prevalent. There was neither day nor night, nor moon nor sun, and God alone sat in profound trance. When God willed, He created the world, and without any support he sustained the firmament”.

The Universe: It is most significant to point out that well **over 500 years ago Guru Nanak spoke of utter and complete darkness and therefore of the existence of dark matter before the beginning of the universe and before any thing was created.** It is important to note that Astronomers are now using dark matter for about 70 years to explain various observations about the universe’s behavior. It has been shown that rotating spiral galaxies would fly apart if it were not for the gravitational pull of undetectable matter in addition to

their stars. That undetectable material is the “**dark matter**”, the **mysterious invisible substance that is believed to account for the bulk of the universe’s mass**. Guru Nanak further proclaimed that a divinely eternal power present throughout the universe is the key to creation. It is obvious then that God has an eternal and intrinsic creative power which is responsible for all the creation in the universe and the cosmos. God created the universe for its own pleasure. It was God’s will to present Himself in all His creation with all its manifestations. The **reality is, that God permeates everywhere and is within each one of us**. The following hymns beautifully describe this concept.

ਇਹੁ ਜਗੁ ਸਚੈ ਕੀ ਹੈ ਕੋਠੜੀ ਸਚੇ ਕਾ ਵਿਚਿ ਵਾਸੁ ॥

[SGGS: 463]

“This world is true One’s (God) home, wherein resides the True One”.

ਮਨ ਹਰਿ ਜੀ ਤੇਰੈ ਨਾਲਿ ਹੈ ਗੁਰਮਤੀ ਰੰਗੁ ਮਾਣੁ ॥

[SGGS: 441]

“(Oh my) mind God is with thee. Enjoy His love through Guru’s teachings.”

ਪ੍ਰਭ ਕੀ ਜੋਤਿ ਸਗਲ ਘਟ ਸੋਹੈ ॥

[SGGS: 282]

“(the presence of) God’s Light in all beings looks beautiful”.

ਪੰਚ ਤਤੁ ਮਿਲਿ ਕਾਇਆ ਕੀਨੀ ॥ ਤਿਸ ਮਹਿ ਰਾਮ ਰਤਨੁ ਲੈ ਚੀਨੀ ॥

[SGGS: 1030]

“Mixing of five substances (earth, air, water, fire and ether, which is the upper regions of space) fashioned the body, and within that you can see God’s jewel (soul)”.

ਸੋ ਐਤਰਿ ਸੁ ਬਾਹਰਿ ਅਨੰਤ ॥ ਘਟਿ ਘਟਿ ਬਿਆਪਿ ਰਹਿਆ ਭਗਵੰਤ ॥

[SGGS: 293]

“God’s (spirit) is within and without. God is residing in every heart.”

Cosmic Reality: The universe shows remarkably astonishing stability in all its operations and these operations take place under direct Divine Order so that there is complete harmony and equilibrium in the universe. If this were not so, the whole cosmos would have been chaotic and would have self-destructed itself. However the very existence of cosmos over countless millions of years attest to its self-preserving nature. The same harmonizing stability can be observed in all the activities of the countless forms of life present in nature. It is clear that the overall functioning of life forms in this universe is governed by an eternal order, which is able to maintain the equilibrium and thus provide a continuing stability. It has been suggested that “Cosmos” is responsible for all the creation. You may think of Cosmos as only a flowery metaphor for God.

It is now easy to conclude that true is God (Universal Supreme Being), and true is His Order (Will, Commandment), which governs all the working of the universe. Since the creation with all its manifestations is real it is easy to conclude that its Creator-God is as much His creation and His manifestations. Divinity is therefore inherently present throughout the cosmos and the universe. When the Supreme Being manifested itself, it became the key to all created things, visible and invisible. When we look at the wonder of this stupendous cosmos and its enormous beauty our mind is overwhelmed with profound awe and deep humility. Consider for a moment the wonder of the physical organism you call your body. Your body is a marvelous super and superb human factory whose intricate workings are beyond complete human comprehension, even though the scientists are trying to unravel the mystery of mind, brain and body. Human beings are craving for something more than just physical existence. You want assurance for the future, hope for divine after-life, forgiveness for your sins, peace of mind, and answers to your deepest questions. The reality is that God’s divine spirit is within you and therefore it is vital for you to realize that

you don't have to look outside, you just have to peep through your inner self to feel the hand of God guiding and directing you. Within you is present an unlimited amount of divine knowledge and divine power (divine life current) that you are not directly conscious of. These can be tapped to transform you into good and decent human beings. It is useful to remember that God has implanted in you, and all around you the knowledge of Himself. Creation of a very large variety of things alone testifies that God is real.

ਕਰਤੇ ਕੈ ਕਰਣੈ ਨਾਹੀ ਸੁਮਾਰੁ ॥ [SGGS: 3]

“There is no counting of (God's) created things (creation)”.

Beneficent: The belief you hold for the reality of God gives you calm assurance that there is a goal in life, and that the hopes and aspirations that burn within you for union with God are simply pulsations of the mighty law of life of creation. In search of God, some people stretch their hands in the dark night of infinite and unknown. This way they hope they can find the touch of a hand that can lead them through the shadows, and make them feel the throb of a heart that will assure them of unfailing goodness and rightness through all daily activities. But this does not happen. This can result only from inner contemplation, reflection, and thoughtful considerations of divine hymns extolling the praises, virtues and grace of the divine power. Similarly don't look in a book to find God, look around you to envision His numerous manifestations in His homeland (earth, universe), which attests to the presence of divine life current permeating throughout the universe. The purpose of life then is for the divine life current (soul) present within each one of us to find eventual union with God. This is achievable through blessing of divine grace and mercy, and by obeying God's will, by leading a truthful and righteous living, in glorifying, adoring and praising God for all the gifts and blessings you receive in this life, to be contented and be ever grateful for all the gifts you have been blessed with, to reverence God, to trust God completely, to serve God, to serve one another, and to love other people. Truth is the key to such a righteous living. It follows then that there is one basic religion in the world, “the religion of truth.” He, who grasps this truth, realizes that the creator is one and is ever the same age after age. There is therefore one God, and ideally, one religion of absolute truth for all mankind.

Life & Creative Order: At times life can be pretty rough and you may feel out of control. But recognizing and surrendering to divine order you can readily realize that life is really not as bad as it seems. Divine order influences every aspect of your life. It is the flow of Universal Order affecting your personal life. Once you believe that everything happens for a reason, then it becomes easier to understand that life and death, health and disease, joy and grief, good fortune and tragic incidents are all part of living and happen under Divine Order. Remember, every mishap and success leads to something better. It is only this way that you find inner peace and acceptance in God's court. There is only through one truth as enunciated by one God. When you earnestly seek that one truth, you will find that one God, and stay linked to that God during all your daily activities.

It is now obvious that God as the first cause is the source of the Reality and of Absolute Truth. This realization comes only through meeting with the true Guru, as is clear from the hymn:

ਸਤਿਗੁਰਿ ਮਿਲਿਐ ਸਚੁ ਪਾਇਆ ਜਿਨ੍ਹ ਕੈ ਹਿਰਦੈ ਸਚੁ ਵਸਾਇਆ ॥ [SGGS: 467]

“Truth is obtained on meeting the True Guru, in whose heart resides the (eternal) truth.”

Life's Purpose: There is not any physical or real composition in God, only spiritually divine truth (nature and/or power) and therefore the presence of an immensely pervasive eternal divine power. By saying God is eternal means that God is altogether beyond physical limits.

He has neither beginning nor end, only eternal presence. God's center is everywhere, His circumference nowhere. God is Divine Truth, is the cause of all reality, and is infinitely perfect. By accepting Divine Order as the Truth, you are aligning yourself with the harmony of the universe as designed by God. By accepting Divine Order without any grudges, you can transform your biggest challenges into your greatest blessings. This way the supremely powerful God will direct and guide you at every step of your life. Won't that be a wonderfully enlightening journey? It is only this way that you can maintain a personal relationship with your God now and throughout all your life. In a way the Creator (God) owns you and you are subservient to Him. You have to follow the rules of owner (God) and that is the purpose of life. The Creator has implanted within you, and all around you the knowledge of Himself. Creation alone attests to the fact that God is real.

Conscience: The creator then must be recognized as a universal, all-powerful master who is sovereign over the affairs of all creation, and therefore must be obeyed. By obeying God's will you become moral, ethical, spiritual, integrated and lead a balanced state of life.

Your life conscience is your absolute code. It is your conscience which instructs you that something is not right with suffering, starvation, violence, rape, abused drugs, killings, pain and evil. Again, it is your conscience, which invokes in you the qualities of love, generosity, humility, gratitude, sweetness of tongue, kindness, contentment, compassion, justice, and altruistic services, all of which lead to a peaceful life. The existence of such a conscience in itself demonstrates the presence of a higher power (God's) within you, which can then help and guide you to distinguish right from wrong, and good from evil. It is important that you recognize God's will in the movements within your own heart and events of your lives. God touches individual soul only if you notice it, listen for it, and follow it. Hear God's call and respond in deep generosity and much love. God blessed you with intellect and reasoning power. Your motives for your actions can be very complex. They can be benevolent or malevolent, selfish or altruistic, and may be for a good or a bad cause, and may be beneficial to society or might be just for personal gain.

Moral Law: It is vital that **you follow the godly rules of morality faithfully and make a total commitment to them.** Many people in our present day society tell lies fairly regularly and are largely untroubled by them because they believe that their lies are innocuous. What this then implies is that most human beings are extraordinarily adept at bending moral values when it is convenient. Thus it is fair to say that such people are being hypocrites. You must avoid becoming victim of hypocrisy, and you can accomplish this with and through God's help by earnestly praying to God for guidance and direction so you can stay on the moral course.

Common Goal in Life: In our rapidly changing technological world, **science and religion both seek and discover truth.** They complement each other and are not antagonist to one another even in emerging areas of genetic engineering and nanotechnology. Science and religion, different though they are, share a common objective to "**know**" – to discover the truth that lies in the nature, universe, and at the heart of our existence. It is this **fundamental concern for discovering the truth, which binds religion and science together.** Science answers specific questions about the workings of nature, whereas religion delves deeper into the mystery of life and its creator (God). **These are two essentially independent ways of understanding reality, and must not be thought of being in opposition.** The reality is, that the universe and God are too vast for the human mind to comprehend. One may wonder how science relates to absolute Truth.

Objective Reality: Science is simply a body of knowledge in the study of nature and natural processes as we observe, and an innate desire to learn more about such processes. Thus

any scientific study must necessarily be based on the premises that there are objective realities in the world. The objective of science is to discover truth (reality) as it exists in the world and in the universe. Without absolute reality, what would there be to discover. Scientists are discovering that underneath all phenomena, and in the back of all the laboratory processes – beyond the point of their most extended observations and experimentations – there are mysteries at work. These mysteries are essentially spiritual. **Science is thus becoming increasingly spiritualized, and spiritualism, in turn, is turning more towards the scientific method, and the two certainly complement one another for the greater good of humanity.** This communication addresses an important aspect of the Sikh Message towards this end.

Imperatives of Enlightened Existence: Any one of the readers who, regardless of his/her faith, reflects on it deeply and follows it through in his/her daily living with right deeds, right actions, right intentions, right attitude, right motives and right thoughts, is on the right track for truthful and righteous (that is conforming to ethical and moral standards) living. **This leads to your inner purification and inner enlightenment wherein God's divine spirit gracefully resides in your heart and you get blessed through divine grace with a blissful union with God in your present life.**

