

# TRUTH

## *Honesty and Sincerity*

### 1. ESSENCE

- 5211 Sincerity and truth are the basis of every virtue.  
Confucius (B.C. 551-479)
- 5212 Truth is always straightforward.  
Sophocles (B.C. 495-406)
- 5213 The language of truth is simple.  
Seneca (B.C. 3-65 A.D.)
- 5214 An honest man is always a child.  
Martial (43-104 A.D.)
- 5215 Abstract truth is the eye of reason.  
Rousseau (1712-1778)
- 5216 Honesty is the first chapter of the book of wisdom.  
Thomas Jefferson (1743-1826)
- 5217 Everything that is possible to be believed  
is an image of the truth.  
William Blake (1757-1828)
- 5218 Truth makes on the ocean of nature no one track of light;  
every eye, looking on, finds its own.  
Bulwer-Lytton (1803-1873)

### 2. OPPOSITES

- 5219 Say not unto thyself, Behold, truth breedeth hatred, and  
I will avoid it; dissimulation raiseth friends, and I will  
follow it. Are not the enemies made by truth, better than  
the friends obtained by flattery?  
Akhenaton? (c. B.C. 1375)
- 5220 The Supreme Truth exists both internally and externally,  
in the moving and non-moving.  
He is beyond the power of material senses to see or know.  
Although, far, far away, he is also near to all.  
Bhagavad Gita (c. B.C. 400)
- 5221 They who imagine truth in untruth, and see untruth in truth,  
never arrive at truth, but follow vain desires.  
They who know truth in truth, and untruth in untruth,  
arrive and follow true desires.  
The Dhammapada (c. B.C. 300)

- 5222 The spirits of truth and falsehood  
Struggle within the heart of man;  
Truth born out of the spring of Light,  
Falsehood from the well of darkness.  
And according as man inherits truth  
So will he avoid darkness.  
Dead Sea Scrolls (c. B.C. 200-680 A.D.)
- 5223 Truth is confirmed by inspection and delay;  
falsehood by haste and uncertainty.  
Tacitus (55-117 A.D.)
- 5224 The opposite of what is rumored about men and things is  
often the truth.  
La Bruyere (1645-1696)
- 5225 There are two kinds of truth: those of reasoning and those  
of fact. The truths of reasoning are necessary and their  
opposite is impossible; the truths of fact are contingent  
and their opposite is possible.  
Leibnitz (1646-1716)
- 5226 All men wish to have truth on their side;  
but few to be on the side of truth.  
Richard Whately (1787-1863)
- 5227 Every truth is true only up to a point. Beyond that, by way  
of counter-point, it becomes untruth.  
Kierkegaard (1813-1855)
- 5228 As scarce as truth is, the supply has always been in excess  
of the demand.  
Josh Billings (1815-1885)
- 5229 A truth that disheartens because it is true  
is of more value than the most stimulating of falsehoods.  
Maurice Maeterlinck (1862-1949)
- 5230 There are trivial truths and the great truths.  
The opposite of a trivial truth is plainly false.  
The opposite of a great truth is also true.  
Niels Bohr (1885-1962)
- 5231 The essence of Truth is eternal;  
Individual truths wax and wane.  
A. L. Linall, Jr. (born 1947)
- 5232 To know the truth is easy;  
to follow it is difficult.  
Chinese Proverb

**3. INSIGHT**

- 5233 If the slayer thinks that he kills, and if the slain thinks that he dies, neither knows the ways of truth. The Eternal in man cannot kill: the Eternal in man cannot die.  
Upanishads (c. B.C. 800)
- 5234 Absolute truth is indestructible.  
Being indestructible, it is eternal.  
Being eternal, it is self-existent.  
Being self-existent, it is infinite.  
Being infinite, it is vast and deep.  
Being vast and deep, it is transcendental and intelligent.  
Confucius (B.C. 551-479)
- 5235 Seven years of silent inquiry are needful for a man to learn the truth, but fourteen in order to learn how to make it known to his fellowmen.  
Plato (B.C. 427?-347?)
- 5236 Our minds possess by nature an insatiable desire to know the truth.  
Cicero (B.C. 106-43)
- 5237 There is another old poet whose name I do not now remember who said, "Truth is the daughter of Time."  
Aulus Gellius (117?-180? A.D.)
- 5238 Children and fools speak true.  
John Lyly (1554-1606)
- 5239 There are three parts in truth:  
first, the inquiry, which is the wooing of it;  
secondly, the knowledge of it, which is the presence of it;  
and thirdly, the belief, which is the enjoyment of it.  
Bacon (1561-1626)
- 5240 Truth emerges more readily from error than from confusion.  
Bacon (1561-1626)
- 5241 Truth is compared in Scripture to a streaming fountain;  
if her waters flow not in a perpetual progression,  
they sicken into a muddy pool of conformity and tradition.  
Milton (1608-1674)
- 5242 We know the truth, not only by the reason, but also by the heart.  
Pascal (1623-1662)

- 5243 Truth will be uppermost one time or another, like cork,  
though kept down in the water.  
William Temple (1628-1699)
- 5244 Truth comes home to the mind so naturally that when we learn  
it for the first time, it seems as though we did no more  
than recall it to our memory.  
Fontenelle (1657-1757)
- 5245 The greatest friend of truth is Time,  
her greatest enemy is Prejudice,  
and her constant companion is Humility.  
Colton (1780-1832)
- 5246 There is nothing so powerful as truth;  
and often nothing so strange.  
Daniel Webster (1782-1852)
- 5247 Truth like a torch, the more 'tis shook, it shines.  
William Hamilton (1788-1856)
- 5248 Truth that has merely been learned is like an artificial  
limb, a false tooth, a waxen nose; it adheres to us only  
because it is put on. But truth acquired by thought of our  
own is like a natural limb; it alone really belongs to us.  
Schopenhauer (1788-1860)
- 5249 History has its truth; and so has legend hers.  
Victor Hugo (1802-1885)
- 5250 The nobler the truth or sentiment, the less imports the  
question of authorship.  
Emerson (1803-1882)
- 5251 No man thoroughly understands a truth until he has  
contended against it.  
Emerson (1803-1882)
- 5252 All truths are Truths of Period, and not truths for  
eternity; that whatever great fact has had strength and  
vitality enough to make itself real, whether of religion,  
morals, government, or of whatever else, and to find place  
in this world, has been a truth for the time, and as good  
as men were capable of receiving.  
Albert Pike (1809-1891)
- 5253 Truth, like the sun, submits to be obscured;  
but like the sun, only for a time.  
Bovee (1820-1904)

- 5254 The stream of time sweeps away errors, and leaves the truth for the inheritance of humanity. 5 of 12  
 Georg Brandes (1842-1927)
- 5255 Truth must necessarily be stranger than fiction; for fiction is the creation of the human mind and therefore congenial to it.  
 G. K. Chesterton (1874-1936)
- 5256 Facts do not cease to exist because they are ignored.  
 Aldous Huxley (1894-1963)

#### 4. POSITIVE

- 5257 O thou who art enamoured with the beauties of Truth, and hast fixed thy heart on the simplicity of her charms, hold fast thy fidelity unto her, and forsake her not: the constancy of thy virtue shall crown thee with honour.  
 Akhenaton? (c. B.C. 1375)
- 5258 If you are sincere, you have success in your heart, And whatever you do succeeds.  
 I Ching (B.C. 1150?)
- 5259 Truth is so great a perfection, that if God would render himself visible to men, he would choose light for his body and truth for his soul.  
 Pythagoras (B.C. 582-507)
- 5260 The King of Truth is the king of kings. His ancestry is of the purest and the highest. He not only rules the four quarters of the world, but he is also Lord of Wisdom and Protector of all Virtuous Teachings.  
 Buddha (B.C. 568-488)
- 5261 Truth is always the strongest argument.  
 Sophocles (B.C. 495-406)
- 5262 What we have in us of the image of God is the love of truth and justice.  
 Demosthenes (B.C. 384-322)
- 5263 There is no greater delight than to be conscious of sincerity on self-examination.  
 Mencius (B.C. 371-288)
- 5264 The gift of Truth conquers all gifts.  
 The taste of Truth conquers all sweetness.  
 The joy of Truth conquers all pleasures.  
 The loss of desires conquers all sorrows.  
 The Dhammapada (c. B.C. 300)

- 5265 Truth may be stretched, but cannot be broken, and always gets above falsehood, as oil does above water.  
Cervantes (1547-1616)
- 5266 No pleasure is comparable to the standing upon the vantage ground of Truth.  
Bacon (1561-1626)
- 5267 No legacy is so rich as honesty.  
Shakespeare (1564-1616)
- 5268 Truth is as impossible to be soiled by any outward touch as the sunbeam.  
Milton (1608-1674)
- 5269 Who ever knew truth put to the worse in a free and open encounter?  
Milton (1608-1674)
- 5270 An honest man's the noblest work of God.  
Pope (1688-1744)
- 5271 A man who seeks truth and loves it must be reckoned precious to any human society.  
Frederick II (1712-1786)
- 5272 Truth and, by consequence, liberty, will always be the chief power of honest men.  
Germaine De Stael (1766-1817)
- 5273 Truth is always congruous and agrees with itself; every truth in the universe agrees with all others.  
Daniel Webster (1782-1852)
- 5274 One of the sublimest things in the world is plain truth.  
Bulwer-Lytton (1803-1873)
- 5275 The finest and noblest ground on which people can live is truth; the real with the real; a ground on which nothing is assumed.  
Emerson (1803-1882)
- 5276 Truth is tough. It will not break, like a bubble, at a touch; nay, you may kick it about all day, like a football, and it will be round and full at evening.  
Oliver Wendell Holmes (1809-1894)
- 5277 Truth is the secret of eloquence and virtue, the basis of moral authority; it is the highest summit of art and of life.  
Henri Frederic Amiel (1821-1881)

- 5278 The spirit of truth and the spirit of freedom-  
they are the pillars of society.  
Henrik Ibsen (1828-1906)
- 5279 In the mountains of truth, you never climb in vain.  
Nietzsche (1844-1900)
- 5280 The nearer one approaches the Truth, the happier one  
becomes. For the essential nature of Truth is positive  
Absolute Bliss.  
Sivananda (born 1887)
- 5281 The man who speaks the truth is always at ease.  
Persian Proverb

## 5. NEGATIVE

- 5282 Truth lies wrapped up and hidden in the depths.  
Seneca (B.C. 3-65 A.D.)
- 5283 Candor and generosity, unless tempered by due moderation,  
lead to ruin.  
Tacitus (55-117 A.D.)
- 5284 There is nothing true anywhere,  
The true is nowhere to be seen;  
If you say you see the true,  
This seeing is not the true one.  
Hui-Neng (638-713 A.D.)
- 5285 Truth, like roses, often blossoms upon a thorny stem.  
Hafiz (1325?-1390?)
- 5286 Take note, take note, O world,  
To be direct and honest is not safe.  
Shakespeare (1564-1616)
- 5287 All truths are not to be told.  
Herbert (1593-1632)
- 5288 Truth does not do so much good in the world,  
as the appearance of it does evil.  
La Rochefoucauld (1613-1680)
- 5289 A man that should call everything by its right name,  
would hardly pass the streets without being knocked  
down as a common enemy.  
Halifax (1633-1695)

- 5290 'Tis not enough your counsel still be true;  
Blunt truths more mischief than nice falsehoods do.  
Pope (1688-1744)
- 5291 There are truths which are not for all men,  
nor for all times.  
Voltaire (1694-1778)
- 5292 Between falsehood and useless truth there is little  
difference.  
As gold which he cannot spend will make no man rich,  
so knowledge which cannot apply will make no man wise.  
Johnson (1709-1784)
- 5293 It is easier to perceive error than to find truth,  
for the former lies on the surface and is easily seen,  
while the latter lies in the depth,  
where few are willing to search for it.  
Goethe (1749-1832)
- 5294 A truth that's told with bad intent  
Beats all the lies you can invent.  
William Blake (1757-1828)
- 5295 Truth is too simple for us; we do not like those who unmask  
our illusions.  
Emerson (1803-1882)
- 5296 The dictum that truth always triumphs over persecution is  
one of those pleasant falsehoods which men repeat after one  
another till they pass into commonplace, but which all  
experience refutes.  
John Stuart Mill (1806-1873)
- 5297 Sincerity is no test of truth - no evidence of correctness  
of conduct. You may take poison sincerely believing it the  
needed medicine, but will it save your life?  
Tryon Edwards (1809-1894)
- 5298 A little sincerity is a dangerous thing,  
and a great deal of it is absolutely fatal.  
Oscar Wilde (1854-1900)
- 5299 When truth is buried underground it grows, it chokes, it  
gathers such an explosive force than on the day it bursts  
out, it blows up everything with it.  
Emile Zola (1840-1902)
- 5300 The truth is often a terrible weapon of aggression.  
It is possible to lie, and even to murder, with the truth.  
Alfred Adler (1870-1937)



5301 To speak the truth is the most difficult thing in the world; and one must study a great deal and for a long time in order to be able to speak the truth. The wish alone is not enough. To speak the truth one must know what the truth is and what a lie is, and first of all in oneself. And this nobody wants to know.

Gurdjieff (1873-1949)

5302 Sometimes it is easier to see clearly into the liar than into the man who tells the truth. Truth, like light, blinds. Falsehood, on the contrary, is a beautiful twilight that enhances every object.

Albert Camus (1913-1960)

## 6. ADVICE

5303 Truth is but one; thy doubts are of thine own raising. He who made virtues what they are, planted also in thee a knowledge of their pre-eminence. Act as Soul dictates to thee, and the end shall be always right.

Akhenaton? (c. B.C. 1375)

5304 The high minded man must care more for the truth than for what people think.

Aristotle (B.C. 384-322)

5305 Honesty is the best policy.

Cervantes (1547-1616)

5306 To thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.

Shakespeare (1564-1616)

5307 When it is not in our power to determine what is true, we ought to follow what is most probable.

Rene Descartes (1596-1650)

5308 A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser to-day than he was yesterday.

Pope (1688-1744)

5309 Remember, as long as you live, that nothing but strict truth can carry you through the world, with either your conscience or your honor unwounded.

Chesterfield (1694-1773)

- 5310 You need not tell the truth, unless to those who have a right to know it all. But let all you tell be truth.  
Horace Mann (1796-1859)
- 5311 The greatest homage we can pay to truth is to use it.  
Emerson (1803-1882)
- 5312 When in doubt tell the truth.  
Mark Twain (1835-1910)

## 7. POTPOURRI

- 5313 There are four truths in this world:  
first, all living beings rise from ignorance;  
second, all objects of craving desire are impermanent,  
uncertainty and suffering;  
third, all the existing things are also impermanent,  
uncertainty and suffering;  
fourth, there is nothing that can be called an "ego,"  
and there is no such thing as "mine" in all the world.  
Buddha (B.C. 568-488)
- 5314 Her terrible tale  
You can't assail,  
With truth it quite agrees;  
Her taste exact  
Her faultless fact  
Amounts to a disease.  
William S. Gilbert (1836-1911)
- 5315 How happy is he born and taught  
That serveth not another's will;  
Whose armour is his honest thought,  
And simple truth his utmost skill.  
Henry Wotton (1568-1639)
- 5316 For truth is precious and divine;  
Too rich a pearl for carnal swine.  
Samuel Butler (1612-1680)
- 5317 Truth is the most powerful thing in the world,  
since even fiction itself must be governed by it,  
and can only please by its resemblance.  
Shaftesbury III (1671-1713)
- 5318 Truth is a good dog; but always beware of barking too close  
to the heels of an error, lest you get your brains kicked  
out.  
Samuel Coleridge (1772-1834)

- 5319 Truth is a gem that is found at a great depth;  
whilst on the surface of this world,  
all things are weighed by the false scale of custom.  
Byron (1788-1824)
- 5320 Truth crushed to earth shall rise again:  
Th' eternal years of God are hers;  
But Error, wounded, writhes in pain,  
And dies among his worshippers.  
William Cullen Bryant (1794-1878)
- 5321 Think truly, and thy thoughts  
Shall the world's famine feed.  
Speak truly, and each word of thine  
Shall be a fruitful seed.  
Live truly, and thy life shall be  
A great and noble creed.  
Horatius Bonar (1808-1889)
- 5322 A vague sense of Nature's Unity, blended with a dim  
perception of an all-pervading Spiritual Essence, has been  
remarked among the earliest manifestations of the Human  
Mind. Everywhere it was the dim remembrance, uncertain  
and indefinite, of the original truth taught by God to the  
first men.  
Albert Pike (1809-1891)
- 5323 I have discovered the art of deceiving diplomats.  
I speak the truth, and they never believe me.  
Camillo di Cavour (1810-1861)
- 5324 Get but the truth once uttered, and 'tis like  
A star new-born that drops into its place  
And which, once circling in its placid round,  
Not all the tumult of the earth can shake.  
James Lowell (1819-1891)
- 5325 An eager pursuit of fortune  
is inconsistent with a severe devotion to truth.  
The heart must grow tranquil  
before the thought can become searching.  
Bovee (1820-1904)
- 5326 Lunatics, drunkards and children sometimes give out the  
truth unconsciously, as if inspired by heaven.  
Ramakrishna (1836-1886)
- 5327 I am not struck so much by the diversity of testimony  
as by the many-sidedness of truth.  
Stanley Baldwin (1867-1947)

5328 In wartime, truth is so precious that she should always be attended by a bodyguard of lies.

Winston Churchill (1874-1965)

5329 Man with the burning soul  
Has but an hour of breath  
To build a ship of truth  
On which his soul may sail -  
Sail on the sea of death,  
For death takes toll  
Of beauty, courage, youth,  
Of all but truth.

John Masfield (1878-1967)