



POCKET PARAMIS

Truthfulness

“Every moment of mindfulness is a moment of truthfulness, of directed knowing. Direct and clear, true understanding is such a relief. It inspires determination in practice. And when we see the truth of how things are, our capacity for lovingkindness, for *metta*, increases.”

—*Sylvia Boorstein*

“With truthfulness . . . you start to come more from the heart, the sense that works in terms of relating to experience rather than fixing and organizing and making yourself into what you think you should be.”

—*Ajahn Sucitto*

“The perfection of truthfulness is non-deceptiveness in speech, analyzed into an abstinence, a volition, etc., accompanied by compassion and skillful means.”

—*Acariya Dhammapala, trans. Bhikkhu Bodhi*

“Truthful speech establishes a correspondence between our own inner being and the real nature of phenomena, allowing wisdom to rise up and fathom their real nature. Thus, much more than an ethical principle, devotion to truthful speech is a matter of taking our stand on reality rather than illusion, on the truth grasped by wisdom rather than the fantasies woven by desire.”

—*Bhikkhu Bodhi*

