



A Liar is Innocent

(Since June 1995, people around the world began to eagerly await for the weekly note of practical wisdom from Sri Sri. It started out as a simple exchange with people wherever Sri Sri was travelling. Sri Sri gave this knowledge sheet on September 6, 1995, Art of Living International Centre, India.)

A dear person, whom you trust, lies to you and you catch him. What do you feel?

1. Sadness
2. Anger
3. Cheated
4. Disappointment
5. Compassion
6. Let down
7. Loss of respect
8. Wonder
9. Shock
10. Embarrassment



Recently when someone lied to me, I felt happy and more love, for they were not a good liar. Had he been a good liar, he would not have been caught. I thought, “He is so innocent that he could not even lie properly. He lied and got caught!” If he had not been caught, how would ever you know he was a liar?

So... you can never know a good liar.

The person you call a liar is not a good liar... and he is innocent. Isn't he?

And so... *(laugh)*, you need not go through all the above listed mental gymnastics. Instead melt and dissolve in love.

(An Intimate Note to the Sincere Seeker, Volume 1, Topic 13)