

Ārjavam

rectitude

Ārjavam

Ārjavam means ‘straightness’, an alignment of thought, word and deed.

When there is arrow-like straightness, between a physical action and the word, or between the word and the thought, that alignment is called **ārjava**.

WHAT IS NON-ALIGNMENT OF THOUGHT, WORD AND ACT?

When I think one thing and say another or when I say one thing and do another or when I think one thing, say another and do even a third thing, all of these constitute a non-alignment on my part, of thoughts, words and deeds.

The avoidance of this disconnection, this division between word and action, word and thought, and action and thought, is **ārjava**.

Ārjava can be considered an extension of **satya-vacana**, truthful speech. **Ārjava** covers more ground; it includes not just **vacana**, **speech**, but also **thoughts** and **actions**.

For ārjava, my actions must be true to my words and my words true to my thoughts.

NON-ALIGNMENT RESULTS IN A SPLINTERED PERSON

What is the importance of alignment between **thought**, **word** and **deed**?

By **non-alignment** I become disintegrated. I am no longer a whole person.

When there is conflict between my values, my thoughts, my words and my acts, I suffer a destructive split in myself. **I become splintered. I am not ‘together’.**

A RESTLESS MIND

If there is a gulf between me, the thinker, and me, the speaker or the doer, the result will be a **restless mind** troubled by guilt and conflicts.

This kind of mind is not a quiet, receptive instrument ready for learning anything, for achieving any end.

For such a mind, self-knowledge is a far cry.

To be prepared to listen to the teaching of Vedanta, you need to be ‘together’, not split.

Therefore, **ārjava, the alignment of thought, word and deed** is included as one of the values of **jñāna**.