



Peace, The Essence Of Happiness

All want the experience of happiness. Everyone seeks peace. But very seldom people realise the absolute inseparable nature of these two. Happiness entirely depends on peace. Peace is the cause of happiness. Without peace you cannot have happiness. Happiness is its spontaneous result. When you have a potful of honey, you won't care for sweetness. So also, happiness become superfluous if you have true peace; because the very essence of happiness is already in peace, just as in honey the very essence of sweetness is there. So those who know say, "Peace is the supreme goal."

The peculiar extraordinary Peace comes to you when you experience the Self within. When that Peace is there, you are the Emperor of emperors, all the wealth of the whole universe is as dust before you. Liberation, Nirvana, Illumination, Moksha, Transcendental Experience – all mean nothing but this great Peace. Supreme Reality is profound Peace, and that Peace is supreme joy. It is the Bliss-absolute, attaining which there is nothing higher to be obtained. There is cessation of all desires, all delusion – no more restlessness, no more hankering, no more craving. You are Full. You are in the state of overflowing Divinity, Peace.

Where there is restlessness of mind due to desires, thoughts, endless ambitions, delusions, peace is far off. Satisfying of desire will have only one result: it will intensify that desire. Desire is subdued only by transcending it, by overcoming it, and by sublimating it into a higher nature. Desire is a disease of the mind. Desire is a curse of the psyche. It is the pain of the deluded ego. Desire is Maya, and Maya is desire. This desire has to be overcome. This is the whole of Yoga, the whole of philosophy, the whole of teachings of all the saints who have overcome it.

Base yourself upon this central spiritual awareness: "*You are not this body, not this mind; immortal atman you are.*" Ever be alert. Don't fall in the trap of the senses, the mind and intellect. True peace can only come into a mind that is at peace with itself, that has become refined and subtle, that has been wiped clean of the *tamasic* and *rajasic* qualities – the desire nature. In that Peace, the Supreme Reality begins to ascend.

God Bless You!

■ *Swami Chidananda*