



Peace

Where there is peace, there is happiness. Without peace, there is no happiness. Restlessness, agitation and excitement – these three contribute to the absence of peace. Simplicity of life leads to peace. Desires are enemies of peace. The more desires you develop the more restless is the mind. Try to keep your desires minimal. The more you multiply the desires and wants, the more you create restlessness in the mind. And where there is restlessness, there is no peace. If the desire is countered, it leads to anger; anger leads to attachment and hatred.

Forgiving and forgetting is another way to peace. Ignore insult and injury. Don't take it upon yourself, don't brood over them. Never hold a grudge in your mind. Don't constantly think of returning tit for tat – paying back in the same coin. Otherwise, you will lose your peace of mind. Let go, let go. The more your egoism the greater the restlessness of your mind. The simpler your heart, the greater is your peace. The more you want recognition, status, power, authority, the more you are restless. If you want to attain peace, simplify your life, reduce your wants and minimise your desires.

Forget the past. Don't brood over it. Don't plan too much for the future. Try to move through the present serenely, unaffectedly. Then you will experience the peace that is ever present, not for one split second it is absent. Peace is always there. We superimpose our restlessness upon it. Peace floods this universe in abundance, everywhere, at all times. Be one with that ever present perfect peace, harmonise with it. If possible generate peace and add to it.

We may be at peace with ourselves, but we come in contact with people who are not at peace and their restlessness sometimes is infectious, it is transferred to us. We cannot change the world we cannot alter the nature of all people. But you are the master of yourself. You can bring about a change in yourself. Be contented under all circumstances. Be cheerful, no matter what happens. Always rejoice in the Lord's will and feel happy. Nothing happens without a reason. Accept everything as ultimately for the good. This philosophy of life will bring you peace.

There is a great source of infinite, immeasurable peace. To separate yourself from it is to enter into a state of restlessness and agitation. Link yourself with that, and then peace will come into you and you will attain Bliss.

May God Bless You All! May Gurudev Bless You All!

■ *Swami Chidananda*