Happiness is the outcome of peace. Peace is the indispensable condition, a pre-requisite, to true happiness. The great universal Reality whom we refer to as God is immeasurable peace-profound, unfathomable and limitless peace ‘shanto ayam Atma’. God is an infinite ocean of absolute divine peace and blessedness. Peace is your birthright. You are of the very nature of peace. Deep within you, there is an innermost centre that is a part of the universal Being. Therefore, your essential nature – nija svarupa is peace profound. Peace is the eternal, unchanging Reality. Peace alone exists. God Himself is peace.

God’s peace is perennial and permanent but man superimposed upon it hatred and violence, insecurity and restlessness, warfare and conflict. Instead of trying to decide issues by love and understanding, mutual give and take, harmony and peace, we take recourse to violence. We have been unable to eradicate from our nature the brutal and bestial tendencies.

The restlessness, the clash and the conflict, the violence and warfare we see is the outcome of man’s deliberate rejection of the sublime message of peace that God has been sending to this human world from time to time through His great divine messengers – the prophets, the saints, the messiahs – declare that the man should walk the path of goodwill, harmony and friendship. He must recognise the oneness of the supreme universal Reality, and as a consequence should recognise the brotherhood of all mankind under the fatherhood of the supreme universal Reality, which is one and non-dual. We are all children of the Divine. Therefore, humanity is a single family, and brotherhood is the relationship between man and man. Each human being is really a spiritual brother of all the rest of human kind. You are at one with all existence. The great universal Reality is the common meeting ground of all beings. The recognition of this fact is the key to establish peace in this world.

Prayer is a great power. It can bring peace, for it can link our inner self to the universal Being who is of the nature of profound peace. Therefore, through unfailing daily prayer – individual as well as collective – and by giving up our egoist and selfish nature, we can work towards the establishment of peace. Peace be unto you. Om shantih, shantih, shantih.

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

Swami Chidananda