



Happiness

Happiness depends upon peace of mind. Happiness arises in a calm, tranquil state of mind alone. Happiness, in the truest sense of the term, is that changeless Experience right within you.

The robber of your peace and serenity is the sense of want and desire, which arises out of your prime error that happiness depends upon objects. Try to evaluate objects as they really are. One has to assign limited value to objects in order to lead a proper life. Let them not assume and undue prominence in your life. They come to have a stranglehold upon you and tend to dominate and enslave you. You must say: "Thus far and no further".

Simplicity of life is the true secret of happiness. Unhampered experience of joy, which lies within, comes out of simplicity. A simple and contented life depends more upon God-made things than upon the man-made objects. There are hundreds of things that can fill you with happiness if you only have the eyes to see. Look at the dawn and be happy. When you hear the birds warbling even more happiness. Know the technique for deriving happiness from the dawn, the sunrise, the birds, the laughter of children, the beautiful blue sky, the white clouds slowly sailing like majestic ships, little dancing flowers. They can inspire you. If you discover the secret, there will be no end to your happiness. God has given untold treasure. When we realise the things that God has given for which we have reason to be happy, the whole day will not be long enough for us to be thanking Him.

Have contentment. Have capacity to derive joy out of whatever situation you may find yourself in. Assert: "The situation has not the power to alter my experience. If I say 'no', then I can have the same peace and happiness within, no matter how the situation changes". Learn to experience joy from the happiness of others. Instead of envy, become filled with joy whenever you see others in happiness. Train yourself to derive happiness out of bringing happiness into the lives of others. Learn the technique of joy by making others joyful. Your happiness will become thousandfold.

Within lies the perennial fount of eternal happiness. May your life thus flow forth as a perennial stream of infinite happiness. This is my prayer. May your life become radiant with joy and supernal happiness. May that be yours.

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

■ *Swami Chidananda*