Beloved immortal Atman! The ultimate cause of all sorrow is that we have forgotten our eternal link with the perennial Source of infinite joy, of never-ending happiness. Cutting ourselves from the One who is the granter of supreme Bliss, we naturally feel the separation. Deprived of our living contact with that Bliss, the separation is experienced as sorrow, and we quest for happiness. It is a paradoxical situation, happiness being sought in all directions except in that one, where it is to be found definitely and unfailing.

One cannot be impure and hope to have happiness. One cannot cling to objects in blind delusion and attachment and yet hope to have happiness. You cannot cause pain and sorrow to others out of your selfishness and hardness and at the same time hope to have happiness for yourself. The more you give happiness to others, the more you get happiness. This is the law. The indispensable prerequisites for the dawn of happiness in one’s life are the refinement of one’s nature and culture, and purity of one’s whole personality.

Happiness is the product of selflessness; the product of negating the constant pull of senses, the product of virtue actively practised in your life. This is the only effective recipe. If you become pure, all the unhappiness that comes out of the guilt of impure living is gone. If you are simple, all the complications and frustrations arising out of a desire ridden personality are gone. A simple life immediately relieves you from the strain of constant desires. If you are truthful, you can yourself know that the whole world of constant fear and anxiety, which follows untruth, is gone. You have to repeat a dozen untruths to protect one untruth and your mind is in a constant state of fear and anxiety. By sticking to truth, you totally eliminate all the fear, anxiety and unhappiness, which falsehood puts you into.

Then comes contentment. When you are contended, you are the richest person in the world. You do not envy others, who have more than what you have. Rather, you rejoice in the good fortune of others.

You should not be satisfied with happiness at the mental level, though that itself is a great gain. But still greater happiness is happiness of the Spirit within. And that comes by constantly being above body, above senses, mind, intellect. Inward with yourself is the path beyond sorrow, the path to perennial joy and real happiness.

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

Swami Chidananda