



The Search For Happiness

The people are running about; everyone is bursting with activity. There never seems a moment of pause and reflect. Most of this activity is spurious search for happiness, enjoyment, pleasures. All these efforts are directed at the earning of money, to obtain greater pleasure. The individual exercises his faculties to obtain things, which are calculated to promote the experience of happiness. Unfortunately, he does not get happiness. Why? For a simple reason: He is searching for it where it is not. He is looking for happiness amidst objects of this universe, which are imperfect, changeful and impermanent. His life is wasted away. Soon, he finds that his temporary existence has come to an end.

The true nature of the human soul is Bliss. In the state of embodied existence, this true nature of Bliss is hampered. There are limitations of the body and senses. There are defects imposed upon us, such as, heat and cold, hunger and thirst, discomfort and disease. There are mental afflictions such as sorrow, bereavement, dejection, separation from those whom we love, contact of those whom we dislike or fear, anxiety, disillusionment, jealousy, frustration. All these factors in the embodied state veil our true nature of all-bliss.

Thus you are caught up in this whirl called life, and so closely gripped by it, so deeply entangled in its meshes, that *living* takes the place of *life*. And naturally, with the true purpose missing, there lies an essential emptiness within; and you try to fill it by ever exerting to obtain external objects. But objects cannot bring the experience of happiness within. They foment anxiety and bring the experience of unrest and turbulence. Happiness is a state of inner life of the individual.

As long as one is slave to wants, he cannot be really happy. Slavery and happiness are incompatible. Freedom makes you happy. The state of un-manifest splendour is your true state. All-fullness is your nature. When you realise that Fullness, you transcend all sense of want. You will feel, "I am all-full. I have no wants, no desires." This feeling of plentitude within you is veritable Bliss. If this sense of plentitude arises in your heart, then you are the master. There is no more bondage. Nothing in this world can attract you or enslave you. Know yourself for what you really are, and fill yourself with that Bliss and that supreme Plentitude. This is the glorious task before you. This is the central meaning of life.

God Bless You!

■ *Swami Chidananda*