



Complete Happiness

Chapter Four

*H*appiness is complete, total fulfillment within. How is this possible?

You must cling to the realization that you have been created with everything that you could ever desire within you. Within your Self. Now of course here is the secret. I am not speaking of your human self, the fluctuating mind. The tempers, the desires. The thoughts that tell you that you must have this or that, to have others think of you a certain way. Gain adulation. Be popular. Have name and fame. Step on others.

Even the egos more subtle arenas tell you that you cannot be happy. Unrequited love. The change that was unexpected. The job that passes you by. The disappointments. Of course you must regard these things with compassion. But they have nothing to do with 'you'.

Many who are seeking the Truth of Happiness in the Moment feel that they must push these things away. Harden themselves. Withdraw and become cold. There is no compassion. Then they believe that they are 'happy' within. These things can no longer hurt them. They tell themselves that this is inward progression. They do not need anyone. They do not desire anyone. They do not need anything. They do not desire anything. Yet there is something missing. Something very important.

They are not coming any closer to the happiness within. To Real happiness. They are simply becoming apathetic. This distinction must be discerned. This is imperative. Many come to me that are stuck in this situation. They are unable to perceive it. Therefore they remain in a state of non-progression. They are secretly frustrated. For this is not how we were created to live. We must be very real about this.

Unalloyed Happiness

We are a part and parcel of distinct universal laws that have been recognized since the beginning of time. We are part and parcel of an expansive, indescribable, all encompassing beauty that has no end. Wisdom has no denomination. Truth has no religion. This is not to say that devoting yourself to a powerful faith, a religion, will not enable you to overcome the vicissitudes of life. To know Truth.

This simply means that the Truth is that our true nature is Unalloyed Happiness. When we are not worrying about the future or the past. When we are not resenting or angry, gossiping or fearful, thinking thoughts that come and go, unrelated to who we really are.

We arrive with an inclination to happiness. To light heartedness. To benevolence. The problem is that the world's definition of happiness has nothing to do with true happiness. The happiness that adults have invented. It has nothing to do with momentary, fleeting desires. With the convolutions of the ego. With pride. With satiation within the human experience. Satiation of the senses does not bring happiness. Happiness is the deep, complete, fullness

of being that is experienced as belonging to a greater boundless love. An indescribable compassion. Absolute Love. Bliss Awareness. This is a factual, palpable Reality. It is awaiting you. The more you progress, the more this will cease to become words and become your personal experience.

The First Sign of Progress

Silence is Love, Bliss Awareness? It is important not to confuse the personal self, “I”, with the I AM, or the True Self. The personal self can never become Pure Awareness. The personal self can never know Consciousness. When you come here with an empty mind, you gave up the personal self, and therefore you experienced Pure Awareness, and that results in Bliss. Bliss that you can feel.

The Self cannot be explained by words. It can only be experienced as Pure Being. And that Being is Pure Consciousness. Blissful Awareness of our True Nature. This is why you hear me say so many times, that the first sign of your progress is when you begin to feel a profound peace within yourself.

You realize that in one sense, everything is supposed to be the way it is. Just to understand this is an advanced state. For you realize that you are not saying that you are not going to help others. It is paradoxical. Let's say you give a homeless person a good meal. You put him or her up for a couple of days. You give them fifty dollars in their pocket, and they go their way. A few days later, the person is right back where they were before. *Yet, you have done what you were supposed to do!*

The Harmony of Happiness

This is why when you help someone, you should not think about it. You should not ask what is going on. You should not even wonder if you did the right thing. You are doing what you are supposed to do, and then you drop it and forget it. You do not become a part of the game.

And as you become peaceful, anger slowly drops from your consciousness, as all anxiety and bitterness and hate are transcended. You begin to feel a wonderful peace. You begin to notice that those people who come into your aura also feel peaceful, feel harmonious. You are not doing anything voluntarily. You have just risen. You have risen to a higher state of consciousness.