

IF YOU ARE NOT HAPPY, FIND OUT WHY – The Grand Experiment!

How many strings are tied to your happiness? Is there a big IF in your life that spells (in your mind, at least), the difference between frustration and fulfillment? To think that any human or material agency can assure unfading joy is shortsightedness. Man does not live by bread alone, nor is he destined to find ultimate satisfaction in houses, automobiles, and “the right companion.”

Reflect on the desires you have had in the past. Those which were fulfilled have been replaced by other desires, have they not? Wherein then is the gain? Many devotees who think they are “men of renunciation” would nevertheless (in the unlikely event of their suddenly coming into wealth!) be able to think of hundred selfish ways to spend it. Under the rock of an outward self-denial may swarm unseen the beetles of desires. An honest introspective search will reveal and banish them.

It is not necessary, or even advisable, rashly to denounce all worldly comforts as inimical to happiness. The point to be remembered is that in themselves they cannot bestow happiness. For this reason, to condition your happiness by the possession or non-possession of human love and material objects is to be doomed to unending futility.

Release from the chain of binding desires lies solely in the desire for God. When heart and mind are stayed on Him, you are no longer the world’s slave, but its Lord. In Him is all fulfillment. “Seek ye first the kingdom of God and all these things shall be added unto you.” Thus have we been taught by the saints and sages of every era. Surely in their words there is merit! Surely they spoke not for themselves alone! A great king Janaka, declared it—and who proved it more mightily than St. Francis? In all Assisi was no gayer troubadour, no youth more richly endowed with worldly goods and graces; yet in the love of God alone he found enduring happiness.

You cannot be an exception to the liberating rule. Truth, denied or ignored, cannot be effaced. Find God and you have found everything. When you tire of your earthly toys and cast about for some new bauble, remember you are wasting your time! Divine Mother will indulge you with gifts for incarnation after incarnation, if that is what you want. Raise your mental sights! Refuse to be diverted by short-lived worldly joys, ever beckoning for your mental horizon. They are the mirages which keep you stumbling about in the lifeless desert of materiality. Close your eyes to them, and in the cool shade of meditation drink from the Divine Oasis!

Picture yourself threading a very fine needle—with single purpose you try, and try again. Nothing exists for you except the problem at hand. You will not give up until you have accomplished what you set out to do. So should you meditate, as though nothing existed except you, your concentration, and God.

No matter how many times the thread of concentration buckles or splits, with devotion and will straighten it, and try once more to enter the sphere of His presence. Fifteen minutes of real concentration is worth hours of that ineffectual, aimless mind-wandering which, truth compels us to confess, is the substance of many of our so-called meditation.

Blind prayer is not enough, although certainly better than no prayer at all! Nevertheless, prayer cannot be really effective until you have made sure of your contact with God. You do not pick up the telephone and expect to have conversation with a friend without first dialing his number and making the connection! Fortunately for us, God's ear is omnipresent: but we cannot consciously be aware of this, or receive His immediate response, unless we have intuitively attuned ourselves to Him by scientific techniques of meditation.

Those devotees who are fortunate enough to have been given actual techniques of concentration and meditation by a true Guru (spiritual teacher) should never fail to practice them with all the devotion and will at their command. The very fact that God has placed these instruments of salvation in their hands is a sign that He has been listening ever to their blind prayers. How much more glorious it is, then, to approach Him with the eye of intuition open, that we may consciously bow before His glory and lay our heart's adoration at His lotus feet!

God's immutable laws are everywhere apparent, even to the material scientist. Fill the test-tubes of Guru-given meditation techniques with devotion and become a divine scientist! Begin the Grand Experiment.

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