

True Happiness

To maintain an unchangeable sweetness of disposition, to think only thoughts that are pure and gentle, and to be happy under all circumstances...

Such blessed conditions and such beauty of character and life should be the aim of all. Particularly so of those who wish to lessen the misery of the world.

If anyone has *failed* to lift himself above ungentleness, impurity, and unhappiness, he is greatly deluded if he imagines he can make the world happier by the propagation of any theory or theology.

He who is daily living in harshness, impurity, or unhappiness is day by day adding to the sum of the world's misery.

Whereas he who continually lives in goodwill, and does not depart from happiness, is day by day increasing the sum of the world's happiness. And this is independent of any religious beliefs of which may or may not hold.

He who has *not* learned how to be gentle, or giving, loving and happy, has learned very little. And while great may be his worldly knowledge, and likewise - profound may be his acquaintance with Scripture...

It is in the process of *becoming* gentle, pure, and happy that the deep, real and enduring lessons of life are learned.

Unbroken sweetness of conduct in the face of all outward antagonism is the infallible indication of a self-conquered soul, the witness of wisdom, and the proof of the possession of Truth.

A sweet and happy soul is the ripened fruit of experience and wisdom. It sheds abroad the invisible yet powerful aroma of its influence - making glad the hearts of others, and purifying the world.

And all who will, and who have not yet commenced, may begin *this day*, if they will so resolve to live sweetly and happily (as becomes the dignity of a true manhood or womanhood). Do not say that your surroundings are against you. A man's surroundings are *never* against him.

They are there to aid him, and all those outward occurrences over which you lose sweetness and peace of mind are the very conditions necessary to your development.

It is only by meeting and overcoming them that you can learn, and grow, and ripen. The fault is in yourself. For pure happiness is the rightful and healthy condition of the soul, and all may possess it if they will live purely and unselfishly.

"Have goodwill

*To all that lives, letting unkindness die,
And greed and wrath, so that your lives be made
Like soft airs passing by."*

Is this too difficult for you? Then unrest and unhappiness will continue to dwell with you. Your belief and aspiration and resolve are all that are necessary to make it easy; to render it in the near future a thing accomplished, a blessed state realized.

Despondency, irritability, anxiety and complaining, condemning and grumbling- all these are thought-cankers, mind-diseases. They are the indications of a wrong mental condition. Those who suffer from them would do well to remedy their thinking and conduct.

It is true there is much sin and misery in the world, so that all our love and compassion are needed. But our *misery is not needed*. There is already too much of that.

No, it is our cheerfulness and happiness that are needed, for there is too little of that. We can give nothing better to the world than beauty of life and character.

Without this, all other things are "vanity of vanities" as spoken by King Solomon millennia ago; with beauty of life and character is pre-eminent excellence. It is enduring, real, and not to be overthrown, and it includes all joy and blessedness.

Cease to dwell pessimistically upon the wrongs around you; dwell no more in complaints about (and revolt not against the evil) in others. But rather commence to live free from all wrong and evil yourself.