

10

Facts of Cosmic Life for True Happiness in Supermind

A good but unhappy king stood in his courtyard, gazing anxiously over the castle walls toward the sea. A wise man had told the king that a great ship was on its way, carrying a rare manuscript revealing the secrets of Happiness.

Finally, the ship was sighted. In his desperation to get the manuscript, the king sent out his navy to urge the approaching ship to greater speed. But frightened at the sight of the armed fleet, the ship turned and sailed away.

A few days later, the ship was again sighted as it made its way toward anchor in the king's harbor. But once more the impatient monarch blundered. In his haste to direct its course, his signals went wrong. The incoming ship was caught in an adverse current, and was swept back out to sea.

Tired of being thwarted by his own misdirected efforts, the king resolved to let the ship arrive in its own way. With that, the ship reached harbor, giving the monarch the secrets of Happiness.

Readers who have studied Eastern wisdom, such as Zen, will see the lesson here. It is simply stated: *By ceasing to interfere with your own happiness, it arrives.*

How do we unknowingly interfere? Well for one thing, by doubting the possibility of newness.

Happiness is quite possible. No doubt about it. The only doubt is whether we will abandon our frozen notions about the nature of happiness. *All men wish to be happy, but are dull at perceiving exactly what it is that makes life happy. (Seneca)*

THE EXPLORATION OF HAPPINESS

To grasp the real meaning of happiness, we must think toward it with utmost clarity. Start by seeing that happiness is not the presence of an exciting feeling, but the absence of a painful feeling. When you feel no mental pain—conscious or unconscious—you are happy. In other words, true happiness is not the opposite of pain, but the absence of pain.

In other sections we saw that heartache can be abolished and contentment established. But, we also saw that people do not want to give up painful feelings because they provide emotional stimulation. This is counterfeit contentment. Unhappy people wonder how they can possibly survive without their great storehouse of negativity. That is like wondering how to get along without a sinking ship.

It is really quite fantastic. Man fears the very quietness he seeks!

Already we have some clearness of mind. We see our goal as the elimination of pain, not the pursuit of excitement.

All this answers a question which I am frequently asked, "Shouldn't we concentrate on positive items, like peace and love, rather than explore negativities, like heartache and human badness?"

No, there is no use discussing peace as long as the problem is pain. If you stub your toe, do you treat your hand? Peace is the absence of pain, so that is where we must concentrate our attention. This is why esoteric writings, like the Upanishads, point out that the solution to a problem is found in the problem itself, not away from it.

You see, we want to know the truth about things. And the truth is the warmest, friendliest, most positive and loving force in the universe.

It is quite easy to see the cause of unhappiness. We cannot reject the facts of life and have their happiness, any more than we can refuse a coat on a cold day and feel warm. We miss the most obvious things, for instance, we fail to see that our *ideas about happiness* are not the same thing as *happiness itself*.

MERE EXCITEMENT IS NOT HAPPINESS

Understanding our sorrow is pure magic. When sorrow is truly understood, it ceases to be sorrow.

What must we understand? We can realize that physical and emotional thrills contribute absolutely nothing to the essential self or to inner harmony. As long as we mistakenly identify with them and think they are a part of the secret self, we are caught up in endless craving and frustration. It is difficult at first for the mind to see that

fleeting pleasure is not the same thing as abiding contentment. It cannot conceive the idea that above a mere idea about happiness, there is another Happiness.

Also, happiness is impossible if we think it will come when we achieve this or that future objective. Only the present moment is alive, therefore, only in the here and now can happiness be in motion. We would not try to enjoy a musical composition when it is finished; we appreciate it from note to note.

Here is what to do: Behave as if you have no ideas at all as to what will make you happy. Know nothing whatsoever about what can bring it about.

Do you see what this does? It destroys our illusions that we already know. We don't know, otherwise, we would be happy. But, no one notices this contradiction. See how one person grasped the significance by his asking the following questions.

Q: That is such a different idea. Could we discuss it?

A: Reflect upon this strange secret of happiness: If you do not know what will make you happy, do you have a problem? No. Only when you assume that you know are you in conflict, for then you must decide between several possible courses. You must decide whether to marry or not, whether to move to another city and so on. But suppose your mind was blank, having no possibilities. In that blankness is quietness.

Q: Then it is the civil war between various false ideas that cause the grief. Yes, I see it. Still, we have to *think*.

A: You have to think *clearly*, not from muddled notions. This is quite possible, I assure you.

Q: What a very strange secret!

A: Do not be afraid of having a blank mind. And do not think it represents indecision. It is the very key that unlocks the door to higher consciousness.

TWO VITAL STEPS TO CONTENTMENT

What do you consider to be a major cause of unhappiness? Some will charge it to lack of financial success. Others will say it is an unsatisfactory marriage. More will say it is failure to attain a particular goal.

Most people could attribute their sadness to the frustration of their various desires. So let's probe the Supermind solution.

Here is the great secret for satisfying every desire you have: Desire only what is truly necessary. But *there* is where we must throw every ounce of insight into the battle. We must distinguish between true and false needs. Otherwise, we condemn ourselves to the butterfly life, forever fluttering and never resting.

At this moment, millions of people on earth are getting exactly what they subconsciously request—to their sorrow. It is necessary to see the connection between our state of happiness and our supposed needs. For instance, the desperate need to escape a problem is the wrong way. A passion for understanding it is the right way.

Self-awareness brings daily relief by showing us the difference between what we think we need and what we really need. False needs spring from human vanity, true needs from the cosmic self.

A Sufi story tells of a teacher and his student who were traveling together. The pupil carried several pieces of gold which he thought his teacher knew nothing about.

They came to a dark valley where the road split into two choices. Fearful that robbers might steal his gold, the student asked, "Which road should we take?" His teacher replied, "Get rid of the possessions which make you afraid and either road is good."

The possessions which make us afraid consist of our false concepts about ourselves. Nothing else ever has or ever will make a human being afraid. To overcome this, ask yourself how you would feel if you *did* lose your present concepts. At first you would feel empty, and then you would both feel and be fulfilled. You are not your changeable feelings; you are something which cannot be changed by anything.

In summary, do these two things:

1. *Let go of the false.*
2. *Endure to the end the temporary increase in anxiety created by the vacuum.*

That is all there is to it. That is all you need to do and can do. The miracle then happens of itself. The True, having been made welcome by your conscious acceptance of the vacuum, comes to you with quiet power.

WHY THINGS HAPPEN AS THEY DO

People feel unjustly punished by daily events: the boss criticizes their work, expenses exceed income, expected benefits fail to come. People react as if these are some sort of punishments which they don't deserve.

There are two major points to understand about punishment:

1. When you learn to think from your Supermind what you formerly thought was punishment ceases to be so.

Although the same events can transpire, they are no longer seen as acts against you. They are merely impersonal incidents. Seen as neutral incidents, they cannot cause pain.

2. All punishment is self-punishment. We may not realize it, but we are never punished by the event, but by our faulty response to it. If we correct the reaction, we abolish both self-punishment and our unconscious fears.

Men and women are filled with unconscious fears. A man's automobile breaks down and the nervous reflex, "How much will this cost me?" spoils his day. A woman wants a man's assurance that he loves her, but fears he may be incapable of it no matter how much she sacrifices to him.

You must refuse to live like this and your refusal is the first step.

One of the despairs of men and women is the false belief in their inability to do something for themselves. The aim of *Supermind* is to prove that something can be done—something more magnificent than can be imagined. *Without effort, he rules all things by the power of his mind. (Xenophanes)*

Try to see that a thought about a person or event is merely a *thought about* that person or event. It is the thought about them that makes you feel the way you do. To change the way you feel, change the way you think. This can be done by anyone. I have no doubt for you. I know what you can do as I told another person in answer to his questions in the following exchange:

Q: Why do things happen as they do? Does chance govern everything that happens to us?

A: There is no such thing as chance. Everything happens as it must happen. It appears to be chance because we

did not expect certain things to happen. We expect events to turn out according to our desires or fears, and then are surprised when they turn out differently.

Q: Can you give an example?

A: You hope to drive to the beach in a half hour, but find it takes an hour. All sorts of causes came together and crossed over to make it an hour. They included the weather, a detour, your state of mind which determined your driving speed and so on. A thousand definite but unseen factors added up to make the result what it was. Mere chance had no place in it.

Q: What about inner events, like happiness and misery?

A: They are also determined by definite factors, like attitudes, emotions, flexibility, mental maturity. Once the inner causes are right, your reactions to outer events are right. Arriving at the beach a half hour later than desired cannot make you unhappy; being unhappy is what makes you unhappy. Try to see unexpected events as merely *different* not as *unpleasant*.

THE SUPERIOR WAY TO SERENITY WITH SUPERMIND

How many people do you know who are really happy? I don't mean active, successful or smiling; I mean truly happy. How many behave with the same pleasant calmness in private that they act out in public?

A good place to notice this wide gap is in our family and close friends. But the perfect place to notice it is in ourselves! This is self-science at its best.

A ruthless honesty about our present state of happiness is essential if we are to change things. *It is very necessary*

that a man should be appraised early in life that it is a masquerade in which he finds himself. For otherwise there are many things which he will fail to understand.... (Arthur Schopenhauer)

There is false happiness and there is true happiness. Our interesting task is to distinguish between the two. We must learn to recognize whatever is harmful to us, for in that instant of recognition, it forever loses its power to harm.

Because he lives in a state of psychic sleep, a man thinks the question is, "Well, do I want my happiness in the form of money, power or fame?" In reality, the question is, "Do I want genuine happiness or do I want the pretense of it?"

Have you ever noticed the many ideas you have as to what can make you happy? Everyone has dozens of such ideas, including the gaining of more money, the winning of new romance and love, a change in social life.

Now, the *Supermind* approach is entirely different. It has nothing to do with changing externals. External events are, after all, merely the result of inner causes. So the *Supermind* has an approach all its own, which is:

We change our ideas about what it means to be happy.

That is the sure method by which true happiness is attained. It can be used by anyone for success.

YOUR INNER SELF IS FREE FROM CONTAMINATED IMPRESSIONS

Whoever is contented with himself is superior to a wealthy king, for the king cannot give him anything. The contented man is free of the snare of gifts.

True happiness is independent of everything. It knows nothing whatsoever of financial loss, poor health or advancing years. Like a towering mountain, it cannot be shaken by earthly winds. Meister Eckhart describes this strength as follows: *The exterior man may be undergoing trials, although the interior man is quite free....*

How much happiness have you when things do not happen as you wish? If you do not get upset, you are doing fine. But be careful. Do not think that suppression of unhappiness means peace. No! Covering the kettle does not cool the boiling soup. Happiness is not the suppression of upset feelings, but their absence.

Do not deny yourself the normally nice pleasantries of the world in the belief that they are anti-spiritual. People who do this merely repress themselves, which results in secret bitterness and neurosis. Participate freely in your business and social activities, but do not form attachments to them in an effort to find security.

Also, never try to be more spiritually advanced than you are. That is a painful trap. Be exactly who you are at this present moment. When you do this, change occurs. However, *you* don't change anything, it just changes.

Buddha found this secret to true happiness. In the early years of his search he practiced severe self-denial, including fasting. On one occasion he so weakened himself that his friends could hardly pull him out of a raging river. Seeing the folly of exterior exercise, he turned in the right direction—inner insight.

Do not run mental movies through your mind in the way you want a future event to happen. It will happen the way it must happen, regardless of your imagined wish. If

you simply let it happen, whether or not it coincides with your desires, you will not be disappointed. But if you insist that the outcome must match your mental movie, frustration is certain.

Whatever happens is the right thing to happen. Does this challenge your present ideas? Well, good. Drop all mental movies. Leave the screen blank. Reality can then project its own love scene.

HOW TO CHANGE YOUR WAYS OF CONDITIONED THINKING

The dissatisfaction of most people is not a sharp stab, but a dull ache. It doesn't bite; it gnaws. One kind of lingering discontent, shared by millions, is the notion that others are happier than they are. I assure you, they are not. If you could only see the secret sorrows of those whose smiles and activities seem to indicate happiness. If you could only see how fervently they wish to be somewhere else, doing something different, being someone other than who they are.

A genuinely happy man is one in a million because an authentically free man is one in a million. You can, if you wish, be that one in a million. However, you must work and be sincere. You must abandon the notion that you already know the answers. You must try. If you will fill the requirements, nothing will be impossible to you.

Know that unnatural thinking is the cause of all unnatural conditions. Also know the other side of the gold coin—natural thinking is the cause of natural satisfaction. It was difficult to convince my questioner as follows, but undoubtedly he became enlightened.

Q: I don't understand how changing my mind can change my inner condition. For example, how can a new way of thinking make me happier?

A: Let's take one type of thinking—desire. If an outcome harmonizes with your desire, you call it good and feel elated. But if the outcome is contrary to what you want, you call it bad and feel sad. You mistakenly think the outcome itself possesses good or bad, which it does not. Do you see that the reaction is within the person, not within the outcome?

Q: Yes, that's right.

A: Do you also see that it is merely a conditioned opinion on your part that the event is either good or bad? For instance, one man is excited over money-making activities while another is bored.

Q: Logical, but it still is not as clear as it should be to me.

A: Now, why do you desire an event to turn out in a certain way? It is because you assume it will add something to your inner self, perhaps security or pleasure. It can give you neither, though it can supply illusions of security and pleasure. Now we come to the heart of things. Suppose you change your thinking so that you no longer automatically label results as either good or bad. Suppose you simply see them as events which can neither add true happiness nor subtract it. In that new way of thinking, you could never be hurt by an event, nor could it provide false elation that later swings over to depression.

Q: But if an event happens to me, I must react in some way.

A: Yes, but it will not be the false reaction of the

invented self. The new you will react correctly. All this becomes clear as soon as you drop your false sense of identity. By seeing that you are not the kind of person you assumed you were, you lose the difficulties you assumed that you had.

Q: I don't want to put up with one particular difficulty any longer. Do I have to?

A: You do not have to put up with it, whatever it is. Not as long as you realize the one essential fact that the problem is always within you, never outside. By working correctly with yourself, the difficulty vanishes.

HOW LOSS CAN BE YOUR GAIN

If it takes apparent misfortune to turn us into true philosophers and doers of good to receive good, then apparent misfortune is our greatest fortune. A remarkable man named Boethius proved this by personal experience.

Born into a distinguished Roman family about 480, Boethius pursued the double career of statesman and philosopher. His insight into both spiritual and human affairs carried him to this conclusion: *Only those who first obey cosmic laws are qualified to administer human laws. But how few there are!*

As is usual with men of authentic integrity, Boethius aroused the hostility of entrenched authorities. At the height of his success and fortune, he was falsely accused by the very people he tried to advise. Sentenced to prison, Boethius turned his mind toward the deeper meaning of life on earth. Out of his reflections came a simple, but powerful, book, *The Consolation of Philosophy*. Very popular in Europe for several hundred years, it is still appreciated around the world.

We can summarize some of the more important findings of Boethius as follows:

1. The perfect and abiding source of happiness is possession of the true self.
2. *Genuine love truly binds men and women together; artificial love only appears to do so.*
3. Misfortune in earthly affairs can be surmounted in every case, and replaced with true wisdom and tranquility.
4. *While riches and good fortune are not bad in themselves, they must not divert one from the true riches of the Inner World.*
5. We must understand and break the power of false desires.
6. *The help a seeker needs is always available, if only he seeks it sincerely.*
7. The genuinely spiritual life and genuine happiness are one and the same.
8. *The mind, like a field, must be cleared of weeds, so that natural wealth may grow abundantly.*
9. When personal troubles are used properly, they lead to higher realms of understanding.
10. *We must realize that absolutely nothing has real power to oppose our genuine good.*

WHAT TO DO WHEN UNHAPPY

Here is what to do the next time you feel unhappy. *Don't label yourself as unhappy, instead, see yourself as confused about things.* This sets in motion an entirely

different process, a healthy one. By calling yourself unhappy, you make yourself unhappy, for the naming produces the feeling. But if you will be unemotionally aware of your confusion, the thinking process of Supermind changes in your favor.

Your thinking might proceed like this: "Well, here I am in confusion. All right. But confusion need not mean unhappiness. I am not unhappy when baffled by a crossword puzzle; I go on to solve it. I can do likewise with this situation. I can study the principles of the Supermind to clear the air."

Earnestly try this. You will experience a wonder. It will be just as impossible for grief to occur as it was previously impossible for happiness to exist.

HOW TO LET HAPPINESS REVEAL ITSELF

Henry David Thoreau once wrote, *We are surrounded by a rich and fertile mystery. May we not probe it, pry into it, employ ourselves about it, a little?*

Here I will supply some clues for solving a mystery surrounding millions of unhappy people.

You cannot know happiness in advance. Happiness must reveal itself from moment to moment.

Only in the Outer World can you know things in advance. You know how the moon will affect the tides or you know that sugar will sweeten tea. They can be accurately forecast, because they follow natural laws. But happiness cannot be known in advance. Please follow this.

Notice how you believe that you know what will bring happiness. Think of a few items. What are they? Success in an enterprise? Win back a loss? New surroundings? Next, notice what happened when you actually attained them on

previous occasions. Were you any different or any happier? No, their attraction faded, leaving you as empty as you were before.

So it was not knowing at all, but only an assumption. But we forget, we always forget, that what we found was not the happiness we actually sought.

When you truly understand, you see that happiness must be permanently in you, regardless of the passing exterior show.

True happiness then is in whatever happens to you, not in what you prophesy *should* happen to you. It is being unwanted, as well as in getting a dozen invitations. It is in being plain-looking, as well as being handsome. It is in having nothing to depend upon, as well as having the supports of money and position.

Happiness is in everything and it is in nothing. It is only when we fail to see this that we fall out of harmony with the happiness already existing within.

Marcus Aurelius supplies a final clue: *You can remove out of the way many useless things which disturb you, for they lie entirely in your opinion toward them....*

When the new view comes to you, words take on their esoteric meanings and will work to change your experience for the better in any situation. Let the following Supermind word associations guide your eternal progress:

Love: what is left when counterfeit love fades away

Enlightenment: to feel as well as know the truth

Emotions: powerful aids to self-awakening

Conditioning: outer influences affecting the mind

Intelligence: to admit the need for profound self-change

Beauty: to be a clear and sensible person

Anger: a defense against what we are unwilling to face
Awakening: the feeling of something entirely different
Courage: the determination to detect self-deception
Happiness: to come home to yourself

HAPPINESS COMES WITH SELF-UNITY

From a classic book entitled *The Walled Garden of Truth*, comes this revealing idea: *As long as you have no self-unity, what difference does it make what you decide to do?*

I wonder whether you see the jewel hidden within these few words? There is something vital for your exploration. Here is what it means: As long as our choices are based on fleeting desires or on egotistical ambitions, no good can occur. Such desires and ambitions are like skyrockets which flash brilliantly for a moment, only to disappear into the darkness.

We can phrase this in another way: Whatever is done in a state of disunity will be wrong, that is, it contributes an empty thrill but never true satisfaction. But whatever is decided from our center of consciousness will be right; we make authentic gains.

Having absorbed this idea, do you see how it explains many of your activities? Suppose one day you feel unhappy and restless. You decide to relieve the uneasiness, so you do whatever occurs to you. It can be one of a thousand things. You go shopping, use the telephone, raid the refrigerator, talk to yourself, conduct business, walk someplace, talk to people and so on. It gets you nowhere because, wherever the self-split man goes, it is the wrong place. The cupboard is always bare. *We sense this, but we*

fear to stop running because we do not see that fullness is always here, never there.

So it is utterly useless to decide anything at all while we are still self-divided.

So the only sensible task is to work at self-unity. Here is one way. Try to see attacks of heartache as selfish demands upon you. That is what they are. They demand your strength and time, your attention and your quietness, your very life itself. Never consent. Tell the attacks of grief and despondency that you have much better things to do with your time. Then refuse them the egotistical attention they crave. See all such onslaughts as big bluffs to be ignored, just as you would turn away from a yapping dog. Let me give you a deeper insight through a question and answer period after one of my lectures:

Q: I know that my question involves many avenues, but please supply a single answer. How can I be truly happy?

A: Accept defeat of all your fixed ideas as to what constitutes happiness. Let them be totally conquered. Know nothing about happiness. Now, a man rarely realizes his possession of fixed ideas, which he fiercely holds as valid, so he is unable to offer them up for sacrifice. Yet, every time you feel unhappy, you *do* see their falseness. They *force* you to see them. Accept the plain fact that you do not know what will make you happy. Now, you are on the way.

Q: You are right, of course, but I also see the great problem. I don't want defeat for my pet notions.

A: I know. But cheer up. The time will come when you see your defeat as the very victory you wish. Remember the prodigal son. By acknowledging defeat, he found his way home.

ESOTERIC TRUTHS ABOUT HAPPINESS

1. The Supermind-way delivers true happiness under all circumstances.
2. Mere excitement is not authentic happiness.
3. Abandon all preconceived ideas about the happy, worldly life.
4. Refuse to live in fear and desperation.
5. Your interior cosmic self is free and happy already.
6. You need not painfully endure anything.
7. Apparent misfortune can be turned into psychic gold.
8. A sincere call for authentic aid attracts it.
9. It is cosmic intelligence to see through our pretenses.
10. Use Supermind principles to achieve self-unity with cosmic force.

How Supermind Overcom

A young prince was suppressed and ruled over by his father, the king. He sought a secret route for gaining autonomy. He should find himself outside the castle. The prince listened carefully to the old castle life, his memory grew.

One day while he hunted for the castle. Wishing to return, the king. He realized that his only task was to had once known so well. Since the situation, he went to work.

Reaching the moat, he needed a necessary to swim directly beneath the wall. Next, he recalled the