

16 March 1981

## READING 6

### ‘THE ELIXIR OF HAPPINESS’

As several people have asked to hear again the descriptions and stories told by the Shankaracharya requested at recent meetings, we start this week’s paper with the one which you may recall Dr. Roles referred to as ‘The Elixir of Happiness’.

All creation is a manifestation of bliss. By itself the bliss is perfect. To be complete it needs full manifestation. So in order to manifest the bliss, all this creation is evolved. The Absolute’s creation itself is much like the children’s game of hide-and-seek. In this game a number of children get together and one of them is chosen to hide himself. All close their eyes and that one goes into hiding. Then the others start seeking him and each of these children has to seek the hidden one in his or her own way. This seeking is proceeding all the time. Some people find and some do not. And one also observes that the majority, the crowd, forget what it is they are seeking. In this creation with its game of hide-and-seek, the people all round have quite forgotten what they are here to seek and are wholly involved in worldly affairs. They are just wandering around. And this too is part of the game for it is in the nature of the material world that they should wander or there would be no game. So they don’t know why they are wandering or what they are seeking, but some fortunately remember what they have to seek and where to look for it.

(Record, 24 September 1975)

And then from this March’s Meditation Meeting:

Ordinary man does not have much basis from which to respond so he is given simple incentives and through these simple incentives it is expected that he will get the impulses and begin moving. The nature of this incentive is that the God within is available to everybody everywhere and in the most simple way, but the simplicity has been lost. So people feel separated. Not that they are in reality separated, but they *feel* separated because they have forgotten that the unity exists. It is forgetfulness that comes between the Universal and the individual. Otherwise He, the Universal or the God within, is simply available to everyone who desires him enough.

The following is a story given to illustrate the above:

A Mahatma was approached by an ordinary man and asked what he should do. He didn’t feel he could undergo much discipline so what was the simplest way it could be done? He was told he could find Param-Atman if he just kept running and when he fell exhausted he would find Param-Atman. So the man asked, ‘If the Param-Atman can be found by running, why not just by sitting?’ ‘Well,’ replied the Mahatma, ‘will you tell me how long it will take you to fall exhausted by the effort of just sitting?’

(Record, 26 September 1975)

**Comment.** The point is that you must prove that you want the guidance of Param-Atman above everything else. You will not take ‘no’ for an answer. You will not be put off or change to anything else. Are you seriously doing something for the Param-Atman for His sake or for

something for this world? We are only required to give up our ignorance of the fact that unity between the individual and the Param-Atman already exists but that we have forgotten it. We have to give up this forgetfulness by any and every means.

A further story was told at that same Meditation Meeting to emphasise the need for purity of purpose and the simplicity necessary to get this Grace of the Absolute.

There was this very big elephant, proud of his strength and size. But he was seized by a crocodile by the leg and dragged into mid-stream where he was out of his depth. As he felt that he was taking his last breath, he happened to see a lotus petal drift by and with his last effort he took it and offered it in his trunk to the Param-Atman with a humble prayer of gratitude and a simple prayer that He should save his life. And the Absolute came running from His throne because of the purity and the simplicity of this prayer.

(Record, 24 January 1975)

It was recommended that anyone who had the time and desire to do so, should look out any stories they can find with the help of the index of H.H.'s record (which is being prepared) and which illustrates this fact that 'purity of purpose and simplicity are more important in winning the Grace of the Absolute than any external or internal rituals or discipline'. Those are necessary to control the outward-looking hemisphere which is continually wandering and forgetting, whereas the appeal from the heart requires scarcely any rules or regulations.

Please note however that owing to the limitation of the typing available at headquarters, it will be necessary for you to come yourself or send a friend to the house to search for and copy out these stories. But we would like to know what you find in order to use them in future, so you will be doing something valuable for everybody. So this is our main job until after the Easter vacation.

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