

Start with Meditation

The aim of this Meditation Meeting is to consider Meditation in connection with Happiness. The Shankaracharya and Dr Roles have both spoken to us of the relationship between the two and the Sufi Mystic, Hazrat Inayat Khan writes about this in his book, 'The Alchemy of Happiness'.

The Shankaracharya tells us:

The still mind finds happiness in everything. This kingdom within or the heaven within is the reservoir of peace and bliss. No violence can reach there. Devotion is the gentle art of unity.

In our worldly life we look for pleasure, and we try hard to snatch those moments of pleasure. Once you get an atom of bliss, you long for more. The craving for pleasure becomes less because of the depth and strength of joy in blissDive in with devotion and swim around gently in that blissful heaven which is within you. (Good Company p90-91)

and Hazrat Inayat Khan says:

True happiness is one of the natural manifestations of the Self.....Happiness is the being of man, therefore he craves it (AoH p32)

Doctor Roles tells us:

In time it (meditation) can create a kind of reference point within us, to which everything in life is related. This reference point brings with it, unexpectedly, a strange new happiness – the kind of happiness we once had as children, but have since forgotten. Now the meditation can bring it back, can foster it and help it to develop. (VoD p50)

Meditation

A person thinks that when his friends are kind to him, when people respond to him or when he gets money, then he will be happy. But that is not the way to become happy. It is a mistake. The lack of happiness makes him blame others, believing they are standing in the way of his becoming happy. In reality this is not so. True happiness is not gained, it is discovered. Man's way itself is happiness, that is why he longs for it. What keeps happiness out of one's life is the closing of the doors of the heart and when the heart is not living, happiness is not living there. (AoHp18)

Happiness cannot be bought or sold, nor can you give it to a person who has not got it. Happiness is in your own being, your own Self, that Self that is the most precious thing in life. All religions, all philosophical systems, have taught man in different forms how to find it by the religious path, or the mystical way, and all the wise ones have in some form or another given a method by which the individual can find that happiness for which the soul is seeking. (AoH p10)

We will finish with these words from Doctor Roles connecting Meditation with Happiness and then we will meditate together in the rest of the available time.

If I am not happy, I know I am not conscious. This has now become my constant guide.....There are several aspects of this interior happiness. There is an extreme happiness we get from a simple statement of the truth in a few words that go straight to the heart and mind; and from the example of a man who lives his teaching under all sorts of pressures and situations, apparently enjoying the overcoming of difficulties for its own sake. There is the happiness to be got from almost any human relationship that we can have – family circle, close friends and just anybody we meet. Above all there is the certainty that, under the protective cloak of a fully realised man with a great tradition, a system of meditation and a framework of knowledge, there are untapped sources of happiness always just ahead of wherever one is today. Our job as a society is to transmit to all who approach us something of this eternal source of spiritual happiness. (VoD p45-46)

Meditation

True happiness is one of the natural manifestations of the Self.

True happiness is our birthright.