

Happiness

Happiness, which is sought after by every soul, has its secret in the knowledge of the self. Man seeks for happiness, not because happiness is his sustenance, but because happiness is his own being. Therefore, in seeking for happiness, man is seeking for himself. What gives man inclination to seek for happiness is the feeling of having lost something which he had always owned, which belonged to him, which was his own self. The absence of happiness, which a soul has experienced from the day it has come on earth and which has increased every day more and more, makes man forget that his own being is happiness. He thinks happiness is something which is acquired. As man thinks that happiness is something which is acquired, he continually strives in every direction to attain to it. In the end, after all his striving, he finds that the real happiness does not lie in what he calls pleasures. Pleasures may be a shadow of happiness; there is an illusion of happiness, because all the illusion which stands beside reality is more interesting for the average man than reality itself.

Sadness comes from limitation in different forms, from lack of perception, from lack of power over oneself and over conditions, and from lack of that substance which is happiness itself and which is love.

Every soul seeks for happiness, and either depends on external objects for it, or like the alchemist of old, creates happiness for himself.

A happiness which is momentary, a happiness which depends upon something outside of oneself, is called pleasure. Very often we confuse, in our everyday language, the distinction between pleasure and happiness.

It is not only that the pleasures cost more than they are worth, but very often in the path of pleasure, when a person is seeking after happiness, as he goes further, he creates more and more unhappiness for himself.

True pleasure lies in the sharing of joy with another.

A person thinks that when his friends are kind to him,



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when people respond to him, or when he gets money, then he will be happy. But that is not the way to become happy: sometimes it proves the opposite. For lack of happiness makes him blame others, believing they are standing in the way of his becoming happy; in reality that is not so. True happiness is not gained, it is discovered. Man's way itself is happiness, that is why he longs for happiness. What keeps happiness out of one's life is the closing of the doors of the heart, and when the heart is not living, then there is no happiness there. Sometimes the heart is not fully alive but only partly; at the same time it expects life from the other heart. But the real life of the heart is to live independently in its own happiness; and that is gained by spiritual attainment, by digging deep into one's own heart.

Earthly pleasures are the shadows of happiness, because of their transitory character. True happiness is in love, which is the stream that springs from one's soul; and he who will allow this stream to run continually in all conditions of life, in all situations, however difficult, will have happiness which truly belongs to him, the source of which is not without, but within.

Man in his innermost is seeking for happiness, for beauty, for harmony; and yet, by not responding to the beauty and harmony which is before him, he wastes his life, which is an opportunity for him to experience and to enjoy...Because the condition is that the soul is born with its eyes open outwardly; it does not see the life within. The only way of wakening to the life within, which is most beautiful, is first to respond to the beauty outside.

All that is beautiful and pleasing, all that gives joy and pleasure, is not to be renounced. The secret of all this is that what is made for man, man may hold but he must not be held by it.

The principal thing to attain happiness, is to purify one's mind from all things that disturb it and create inharmony. There are

not only bad impressions which disturb the tranquillity of mind, but there are many feelings of resentment and resistance against things which do not agree with one's own idea which disturb one's mind.

Attitude is the principal thing in life. It is not the conditions in life which change life for us, but mostly it is our attitude toward life and its conditions upon which depends our happiness or unhappiness A person who is impressed by wrong, to him there is much wrong in the world and less right. The more he looks at life with this attitude the more wrong he sees; in the end to him everything becomes wrong.

Our happiness and unhappiness depends upon one thing in life, and that is, how we look at life, if we appreciate and value all we have in life, or we depreciate and underestimate all we have. If we thought of what we have not in life, we shall find there is so much that we have not got, it will seem that what we have got in life is not even as large as a bubble compared with the sea. And if we try to realize what we have, then also will come a time when we shall see that what we have not is like a little bubble in a vast sea. It is a matter of looking at it.

If we cultivate that sense of appreciating, we shall be thankful, we shall be contented; and we shall offer our thanks every moment to God, for His gifts are many and enormous. When we do not see them, it is because our wants cover our eyes from seeing all with which we are blessed by Providence.

Man brings unhappiness upon himself by holding in his hands the clouds of bad impressions, which fall as a shadow upon his soul. Once a person is able to clear from his mind, by whatever process, the undesirable

impressions, a new power begins to spring from his heart, opening a way before him to accomplish all he wishes, attracting to him all he requires, clearing his path of all obstacles, and making his atmosphere clear, for him to live and move and to accomplish all he wishes to accomplish.

We seek for happiness, because our self is happiness. And in seeking for happiness what are we seeking? We are seeking for ourselves. Therefore, striving in the spiritual path is not necessarily for a great power, or a wonder-working, or for knowing things that the others do not know. It is to deepen the inspiration, insight; it is to find that latent power there (which) is within ourselves, which we can use ourselves. It is to find that happiness which is beyond all pleasure, it is to gain that knowledge which cannot be gained by study, and it is to arrive at that peace which is the seeking of every soul.

The human heart is like to the sky, where the changes of light always take place—sometimes daylight and sometimes night; sometimes a joy rises like the sun, and sometimes the joy sinks like the sunset. Depression and despair and changing of all different moods in man are like the grouping and dispersing of clouds, causing light and darkness. It is the realization of this truth which raises the soul above these constant changes which are necessary conditions of life.

The lack of joy is the result of error. Nothing can take away joy from the man who has right understanding. Through all conditions of life he will retain it, but the one who lacks understanding, nothing in the world or Heaven there is which can bring him a lasting joy. This shows that, in reality, joy does not come from the external life, though always it seems so. Joy has only one source and that is the heart of man, which is the globe over his soul's light. And the absence of joy does not mean that the soul has lost its light.

The sun does not lose its light when under an eclipse. For the moment it is a shadow of the earth which covers the sun and yet it cannot always cover. And so are the moments of depression and sorrow. They do not belong to the human soul, they are just the shadows of the earth which eclipse the heart for a moment and pass away. It must be remembered that the heart is the source of joy and if it was only kept pure and glowing then joy would always be yours.

The soul's true happiness lies in experiencing the inner joy, and it will never be fully satisfied with outer, seeming pleasures; its connection is with God, and nothing short of perfection will ever satisfy it.

Mankind is interdependent, and the happiness of each depends upon the happiness of all, and it is this lesson that humanity has to learn today as the first and the last lesson.

Coming Events

March 22-24 in Niagara Falls, ON: A residential retreat with Saadi Neil Douglas-Klotz and Kamae A. Miller. **This event is full!**

May 31–June 2, near Ottawa: A residential retreat with Junayd al Wajid. For details visit our website, see the enclosed flyer or contact [REDACTED]

June 22-23 in Toronto: The Unfoldment of the Soul: a retreat with Aziza Scott. Aziza will use Sufi teachings and practices in this journey. For details, see the enclosed flyer, visit our website or call [REDACTED].

Note: We offer a special discount for those who attend both retreats. Please call for details.

October 25-27 in Niagara Falls, ON: A residential retreat with Shahabuddin Less, Radha Buko and Akbar Manolson. For details, please contact [REDACTED]

Activities

The Message Class: provides an opportunity to experience the teachings and practices of the Sufi Order on an ongoing basis. These classes, based on teachings given by Hazrat Inayat Khan and Pir Vilayat Inayat Khan, are deepened through the use of complementary meditation practices which may use the breath, light, Dhikr (remembrance of God) and Wazifa (mantra).

Classes in the Sufi Message of Hazrat Inayat Khan are held, in *Toronto*, each *Wednesday at 8:30 pm* and, in *Brampton*, every *Thursday at 8:00 pm*. The last meeting of each month is dedicated to the practice of Dhikr. For this evening only, no instruction is offered.

Dhikr: means remembrance of God. Participants unite in intensive exploration and experience of this central practice of the Sufis. *If you have never been to Dhikr, please call in advance.*

Healing Circle: Open to members of the Sufi Healing Order. The Healing Circle is held in Brampton, at 9:30 am, on Saturdays. If you wish to attend, please phone [REDACTED]

Universal Worship Service: Universal Worship Services are held at 1:30 pm on the second Sunday of the month, except July and August, at the Gallery Arcturus, 80 Gerrard Street East. For more information, please contact [REDACTED].

Dances of Universal Peace: [REDACTED]

Your donations are used to cover our costs so that we can continue dancing. We suggest a donation of \$6 - \$10.

Contact Information

[REDACTED]