

## Be Happy and Live To Make Others Happy

If we wanted to summarize the teachings of Pūjya Swāmī Chidānandajī we could say, “You are Divine. Realize this truth and live to express it.” And if we wanted to suggest a personal motto for Pūjya Swāmījī, it could be, “Be happy, and live to make others happy.”

Normally when we hear a motto like “Be happy and live to make others happy,” we think that there is something that we have to do in an outer way. We have to act cheerful and do things that will make other people happy. And this is part of it. But Swāmījī teaches us that happiness comes from peace; it comes from contentment. And peace and contentment come when we are integrated, when there is no longer inner battles going on within us that disturb our peace, our contentment.

However, the truth is that we live in a world of battles, both outer and inner. Swāmījī frequently reminds us of the fact that within us are operating both *vidyā māyā* and *avidyā māyā*. *Vidyā māyā*, the force of integration that takes us towards God and *avidyā māyā*, the force of disintegration, of temptation, that takes us away from God. All the Purāṇas refer to that inner battle between good and evil that is going on in the hearts of each one of us, and Lord Yama told Naciketas that man must constantly choose between the good and the pleasant. Therefore, how can we be at peace? How can we be content when this constant inner division or conflict is going on within us?

The secret is to be one-pointed. We have to decide what we really want. Lord Yama told Naciketas that those that choose the good will be led to their highest welfare. Those that choose the pleasant will go to destruction. Therefore, if we want peace, contentment, we must align ourselves with the good; we must choose the Divine. We must want to do God’s will more than we want anything else.

Will that end all conflict and give us peace? Not likely immediately. But what it does mean is that we will consistently choose to do the right thing, and that will bring about a greater sense of integration, which will bring peace and contentment. And this is what we will unconsciously radiate to others. Therefore, “Be happy and live to make others happy” in the highest and best sense means become integrated—which brings peace and contentment—and this will automatically be communicated to others.

But the only way to be integrated is to be in tune with the Infinite, to align ourselves with the Divine, to do the will of God. We can call it surrender, we can call it trust, we can call it devotion. It is anything that brings about within us integration—an understanding heart, equal vision, balanced mind, in Gurudev's words. It takes us above the three *guṇa*-s. We transcend the pairs of opposites. From this angle of vision we find the integration and the happiness that will make us the sort of influence in this world that Pūjya Swāmījī wants us to be.