

In God is All Happiness

It is everyone's desire to be happy. To be happy, we need to start by being kind to ourselves, embracing all that we are, past and present. Our whole life is a journey home to life eternal. Committing ourselves to family, Church, community, and all that is connected with God is the ultimate commitment and ultimate finding.

We are our own enemy and we don't know it. We don't learn to sit quietly. We don't learn to give time to God. And we are impatient and expect to attain heaven all at once. We cannot get it just by reading books or by listening to sermons or by doing charitable works, but by giving ourselves time with God in deep prayer and meditation which leads to Faith, Hope and Love. When we resign ourselves completely to God, when we are never tempted to pray for selfish ends, and when we are sure that God is our Spirit, that He is our Soul, and everything else – then we are free.

The Glory of God is revealed only in the quietness of the Soul. The more we concentrate on the outside, the less we will know of the inner glory of the everlasting joy of the Spirit. The more we concentrate within, the less we will have of difficulties without. We should never allow the outer life that we see and experience to submerge in our inner life. We are not able to understand this because of the influence of worldly company and environment and bad habits. **Jesus taught us to seek God in solitude** (Mathew 6:6).

The best way to be happy is to be conscious of God. Our desire should be God-realization; the determination to be with Him. New technology and developments constantly try to give us the pleasures of the world, but such transitory satisfactions only end in sorrow, bitterness and frustration. The world can only give false peace and contentment. It is best to go to God first and ask Him what is best for us – **Seek first the Kingdom of God.** When we know that He awaits us, why should we waste our time on lesser things? The Lord is speaking to all human beings. What more can He do to attract our attention?

Make the efforts to please God. That should be your first aim. With our body, mind and heart we should thank and praise God and seek Him alone. **God communion is the only answer to all of our problems.** Happiness comes by feeling that we are one with God – that we are the children of God, who is the author and king of the universe. We need to make every day a kind of summary of our whole life, the life in miniature, including all outer duties and all aspects of interior works and spiritual life.

The sure way to happiness is to make use of our talents in service of ultimate good. When we stop chasing after worldly pleasures, we open up to joy and happiness. Hence, the solution lies in coming out of our comfort zone and retiring every day within and finding our own vocation to please God in all we do.

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