

A LONG THOUGHT ON JOY IN LIFE

According to the law of good, man always follows the highest ideal that he really sees and understands (not merely believes or resolves), because he cannot do otherwise, because it is for him a need and a joy to do so.

Only when the individual's freedom is not violated any more, only then can development continue quietly and harmoniously, and life grant to every being its greatest possible joy and happiness. The only way to regain a lost right to happiness is to make others happy and not to increase the hardship of living for anyone.

By systematically cultivating the feelings of joy, happiness, by being like sunbeams for other people, we increase happiness in the world and especially for those around us. Anyone who spreads joy is a true benefactor in the dreary, cheerless lives of most people. Joy is the sun in the dark, the oasis in the desert. Kindness to all without exception is part of ordinary good manners and the most elementary tact. Helpfulness in the countless little opportunities of every day makes life rich for everybody and for ourselves. By thinking well of everybody you become better yourself and help other people to become better. By thinking evil you become worse yourself and increase evil in the world. This is the reason why even the "truth" in slander harms everybody who concerns himself with it. Anyone who makes other people happy becomes happy himself. This is also the only way to acquire enduring happiness.

Glad and happy man shall be. Otherwise there is something wrong with him, a wrong that has to be removed. We have no reason to be otherwise when we know our destination, that gladness and happiness carry us the most quickly forward, that they are of enormous importance for our environment and give us the best possible reaping. It is all a matter of emotion and, for those who have acquired will, a matter of will. Emotionality shall not control us. We can be glad and happy if we want to. Else we are slaves under our emotional being. Our mental being is happy, for the mental world is our heavenly kingdom. Anyone who is not happy thereby demonstrates his dependence on emotionality.

Suffering exists only in the three lower regions of the physical world and the emotional world. From this we can conclude from whence the vibrations come that we indulge in. Vibrations from the lower regions of the emotional world make us unhappy, cause depression, anguish, worry or other negative states. Life is happiness in the higher regions of the emotional world, is joy in the mental world, and bliss in the essential world. When we have discovered the secret of forgetting ourselves and living in unity, life is wonderful beyond words.

Joy of the right kind is an elixir of life, has a strongly vitalizing effect, makes life easier and richer.

Joy in life is joy in work, for only a life of work and service is a life worth living. At least that is how all those who have entered the kingdoms of unity look upon it. "When life is at its best, it is work and toil." It is in the work and service for the good of all that the hierarchies in the worlds of unity have their happiness, joy, and bliss. If the group in the human kingdom has this insight "scaled down", they find in it a source of power and optimism that liberates it from imagined suffering, bitterness, grief, inhibitions, moralism and idealism that destroy joy, dissatisfaction, and self-torture.

The cultural individuals sense their solidarity and regard it as their mission in life to help and not hinder each other. The serving attitude to life becomes instinctive and spontaneous. Egoistic calculation is superseded by the urge to help where help is needed, without demands, reservations, or expectations. In working for the welfare of all and ill of none, the individual grows beyond his personal limitation. The natural condition of group solidarity does not exist until then. The collective, at lower stages rather hampering and counteracting the individual's development, facilitates it subsequently to an undreamt-of degree. Universal joy of life replaces that anxiety, depression, agony, which had paralysed the courage of life. Even the animals give up their fear and spontaneously seek refuge with man.

If evolution proceeds without friction as on other planets, then there is no suffering (no organisms, only aggregate envelopes for the monads), but all is joy and work is a play.

Everything has a purpose in consciousness development, and art too. True art fills man with joy. And true joy makes man good. Art affords power when giving satisfaction, joy, harmony, and calm. By enhancing beauty, art unifies us in a concerted striving for beauty, increases our understanding of beauty, refines our perception of everything beautiful, and affords the joy you feel before everything beautiful. The artist is a herald and as such he is conscious of his responsibility. Ugliness in art is equivalent to blasphemy in religion. His mission is to spread beauty and joy, so contributing to ennoblement and refinement. It is in the artist's power to communicate to the spectator the understanding, veneration, and devotion that filled him.

An esoteric master points out with force that the tendency to overemphasize suffering is a characteristic trait of human beings. The same master also says that happiness is based on confidence in the second self and forgetfulness of the first self: "Suffering comes as the lower self rebels. Control that lower self, eliminate desire, and all is joy."

The agreement of "truth" with reality manifests itself without fail in collective joy and happiness.

The life of unity, such as it reveals itself in the intensity of divine love, fills man with joy. He forgets himself in helping others to find the same everlasting happiness. Divine love is the mightiest driving force of life. It is in harmony with all the powers of life and attracts all other powers to itself. Sincerity is the best way of cultivating happiness, of forgetting all egoistic wishes, of spontaneously coming into the simple, direct, and therefore right attitude to everything in life.

The emotional state of happiness as well as the mental state of joy presupposes self-forgetfulness, the ability to forget the thought of one's self and to live for others, for ideas, for ideals, etc. It is a state that man can attain by making himself independent of outer conditions and indifferent to the moods of his emotional being.

Serving mankind, the will, the ability to help people where they are standing is a source of joy and makes it easier for us to forget the egoistic self.

Causal consciousness is joy. The cultivation of joy is a way to conquer causal consciousness. The esoterician knows that all will be well in the end. Everybody has a causal envelope, everybody will become a causal self, everybody will enter unity. That knowledge is the ground of joy.

My Augoeides: Lead me from unreality to reality, lead me from darkness to light, lead me from death to immortality.