

Lesson VIII

HEALTH AND HAPPINESS

1 Health and happiness belong together, both
standing for harmony. Health pertains to the
physical and happiness to the mental. One
4 cannot be happy while sick; except in the
development of the capacity to understand the
sickness and to master it. One may be health-
ful but not happy. Hence, health is not an
8 assurance of happiness.

One who has consciously gained health
through mastering sickness is in a state of
thankfulness that makes for happiness. But
12 people in a state of health, subconsciously
expressing, are not always appreciative
of their blessings nor their opportunities.
Because of lack of knowledge many people
16 suffer. Appreciation and thanksgiving are
conducive to health.

Happiness as a word has been used syn-
onymously with heaven. The happiness that
20 mortals experience is not heaven. It is only
a counterfeit symbol of heaven. Heaven is a
consciousness of Principles of Being, that
makes for the impregnation of the ego with
24 Divine Love. Such an ego is male-female as
one. This oneness is attained through over-

coming the dual factors of mortality. This 1
means that the happiness of mortality as well
as the woe has been mastered. Neither one
of a dual pair is eternal. Duality belongs to 4
the flesh-and-blood consciousness. This con-
sciousness does not inherit the kingdom of
heaven.

Happiness, common to mortality, is tem- 8
porary in its nature. It reacts to sorrow in
exact karmic law. This is not to say it should
not be enjoyed, but that it is not the eternal
harmony to be present when heaven is 12
manifested in the earth. That is, when the
Principles of Being are manifested in the
physical domains. The mastering of both
factors of dual progression is essential toward 16
preparing the physical domain to receive the
kingdom of Heaven and the harmonies it will
bring.

Happiness is primarily promoted through 20
a change of mentality. An optimistic attitude
is the beginning of happiness; that is, it pre-
pares the way for mental and spiritual growth.
A pessimist obstructs the sunshine of his own 24
soul and makes of his mentality a den of
demons. A happy outlook upon life may be
cultivated. Since one hurts himself most
through being surly and pessimistic, why the 28

1 punishment? Surely anyone has enough
stamina of character to right himself and
dissipate the clouds. Since one receives from
4 the race what he projects toward it, why add
unhappiness to unhappiness by remaining in
the clouds of one's own mentality? There is
a purpose in living other than selfishness.
8 Each one is here to discover that purpose, and
to incidentally discover himself.

The old adage, "Life is what we make it,"
contains a great deal that is true to the
12 natural man. "God helps those who help
themselves," should also demand attention.
One can master all his moods, change the
whole tenor of his life, through deciding to
16 Play the Game of Life like a soldier. One
can be a good fighter when need be, but this
does not mean living in a surly, aggressive
spirit. He fights best who knows why he
20 fights. This demands intelligence and a healthy
capacity to discern all things in a fair manner.

Happiness promotes health even as health
promotes happiness. One may be physically
24 healthy and not happy but one cannot be
happy without being mentally healthy. Mental
health will react to physical health. Physical
health reacts to mental health only when one
28 is consciously healthy, and in a state of

mastering one's selfish proclivities. When 1
physical health is used as a basis for the
exercise of brute strength and domination,
happiness cannot be manifested. Happiness 4
is dependent upon a healthy consideration of
other people, hence, is characteristic of the
human. A sort of animal happiness may
attend those of low states of development, but 8
this is of short duration. Happiness developed
through licentious expression and self-gratifi-
cation is a form of hysteria. It is not worthy
the name of happiness. 12

Happiness is a word that suggests wings
and sunshine. It promotes more than health.
It makes for mental and spiritual uplift. It
is not that one naturally happy in the unfold- 16
ment of Life and its qualities is expected to be
wearing a "perpetual smile." Smiles are no
index to genuine happiness. One most happy
is grave in the midst of progression, though 20
always able to see the happy side of an
experience. In other words, to see the joke
in connection with the most serious expe- 24
riences, is to be happy within in a way that
nothing in the without can disturb. A sense
of humor is a Godsend and has modified
many a serious situation.

Happiness is of the spirit; a state of inner 28

- 1 contentment that springs up, especially, when
one is made conscious that God is in the uni-
verse and all is well with the world. One
4 developing happiness on all planes, regardless
of conditions and experiences, arrives at
this conclusion. This enables one to shed all
responsibility for the reformation of the world.
8 Such a one serves in the joy of letting the
Inner Light shine. The joy of Creation is
finally released through an ego, going through
the "living death" in the joy of Divine service.
12 Even the angels glorify God at the advent of
an ego into the consciousness of Man. Angels
are purified forces of consciousness whose joy
is in serving God and the race. They have
16 their tangibility of being in the substantial
qualities of Spirit, gained by man.

It has been said, "Happiness must be
earned." This applies to the happiness that
20 is of the spirit; that springs up when con-
sciousness of Truth is gained. To attain to
happiness in Truth is to have become selfless
in the expression of the real things of Life.
24 Such a one has a healthy outlook of life,
understanding the reason for the good and
evil of existence.

Happiness is dependent upon understanding.
28 This means understanding the inharmonies as

well as the harmonies. Happiness is not 1
present in a one-sided state of consciousness. 1
One is one-sided when he enjoys the good and
repudiates the evil, as though God nor man 4
has no use for it. Health springs from a
contented mind. A contented mind is one
conscious of the purpose of all things, as they
present themselves to his experiences. One 8
repulsing the evils and woes as though they
have nothing to do with Life's progression is
building up a consciousness of a power other
than God; and must some day unhappily 12
reckon with the forces evolved.

The highest happiness is between the soul
and its inner God-kingdom. Happiness
between people may rise to great heights on 16
this dual plane, but it is still subject to clouds
of delusion and woe. Earthly happiness has
its highest identity between men and women.
Representing the opposite poles of unfolding 20
qualities, they naturally invite the highest
harmonies. They also invite the greatest hells.
For what is true of a dual pole in one direc-
tion is equally true in an opposing direction. 24

Happiness does not consist of thrills nor
sensual pleasure. These are forms of pleasure
on their planes of expression, but are more
often destructive than constructive in their 28

1 effect. Happiness is present in the calm
serenity of soul that rests in the Truth. The
highest happiness is to understand all things
4 as to their purpose. This eliminates condem-
nation and ushers the ego into the conscious-
ness of love. Love is the acme of happiness.
Spurious forms of mortal love promote
8 temporary happiness, and mortals look upon
love as the highest expression of happi-
ness. But until happiness is based upon
understanding it is not promotive of eternal
12 advancement. A blind love cannot promote
the light of understanding except through
what it fails to give.

Happiness is not in being entertained but
16 in finding all things entertaining. This is
possible only when one sees everything as a
means of teaching something. To live in this
spirit is to have a healthy consideration of all
20 things. The health that happiness promotes
is not necessarily of the cells of the physical
organism. Yet, all sense of happiness has an
exhilarating effect upon the physical body,
24 though the stimulation may not always be
constructive. The pleasures of today may
bring discords tomorrow that must be reck-
oned with in tears and sorrow.

28 In the real sense of the word, health in its

highest expression is happiness. Happiness is 1
attained when the ego is able to spiritually
discern all things; understanding their pur-
pose in relation to God, the race, and the 4
universe. Humour, optimism, gladness that
has depth, frivolity that has its balance in
common sense, and the various forms of
happiness developed in a race's progression, 8
all have their place in unfoldment. But the
heights of all things must be reached and
happiness brought up to the throne of the
Inner Kingdom. To feel the joy of the Inner 12
Spirit is the highest happiness.

To be opened to the ecstasy of Creation, not
as through the outer forms of happiness, but
as in the inner planes is the height of happi- 16
ness. Outer joys, as between men and women
in their forms of association, are the highest
expressions of mortal happiness; but the joys
of the Lord that thrill the devotee of Christ, 20
when he finds the center of his being, make
the joys of mortals insignificant. Happiness
in its development is leading to this God-
appointed end, permitting the Powers of God 24
to blend with the ego, married within him-
herself, to give birth to the God-man. This
happiness is the identification of the Kingdom
of heaven in the earth. It is the means of the 28

- 1 Cause by which the new creature in Christ is brought forth. It is the joy of the Lord revealed to a waiting world.

4 **MEDITATION**

Health and happiness are omnipresent, harmonizing mind and body.

- I am happy through the understanding of
8 Truth and am made whole in mind and body.

I rejoice in the manifestation of happiness and health that make for spiritual progression.

