



True and Native State of Being, by Paramhansa Yogananda

Simplicity is not grinding poverty: It is not the polar opposite of wealth. To live simply is to pursue a quiet path of moderation. In a life of balance between opposite extremes lies inner happiness. True lovers, at peace with themselves and with the world around them, accepting happily whatever comes their way, are justified in pitying the very lot of kings. Happiness is mankind's true and native state of being. Few people find it, for most of them live at their periphery; they extend themselves as far as possible from their center within. The richer and more powerful they become, the emptier they feel inwardly. [...] People everywhere, in their quest for happiness outside themselves, discover in the end that they've been seeking it in an empty cornucopia, and sucking feverishly at the rim of a crystal glass into which was never poured â€" joy. Happiness consists in making the mightiest efforts to reduce your desires and needs, and in cultivating the ability to meet those needs at will, always trying to smile, both outwardly and inwardly, in spite of every predicament. Be silent and calm every night for at least ten minutes (longer if possible) before you retire, and again in the morning before rising. This will produce an undaunted, unbreakable inner habit of happiness that will make you able to meet all the trying situations of the everyday battle of life. With that unchangeable happiness within, go about seeking to fulfill the demands of your day. Seek happiness more in your mind and less in the acquisition of things. Be so happy in your mind that nothing that comes can possibly make you unhappy. Then, you can get along without things you have been accustomed to. Be happy knowing you have acquired that power not to be negative. Know, too, that you will never again become so materially minded that you forget your inner happiness, even if you become a millionaire. --Paramhansa Yogananda