

## Paul Solomon Source Reading 9202

### The Secret of Joy

Question: I don't want to be happy only by the reason of the joy of others around me. Please let me know the job and the mission for this lifetime that will make me happy by themselves.

Answer: Yes, now first, realize that the secret of happiness is an inner joy that is a joy of life. Begin to know that that which gives life to the consciousness, and even the cells of the living body, is the force or the power that is called Love.

And the manifestation of Love always is joy. It is joy because Love harmonizes with life and finds no distress in it; because life is joy and joy is healing. One who masters the law of Love and joy has mastered the law of healing and health, and the regeneration of all portions and aspects of the body and of the mind.

One filled with the laughter from within feeds the very cells and life forces of the brain-mind, and lifts the mind into a state of ecstasy which cannot be maintained within the physical body. Then, learning to breathe love and joy, learning to breathe love which manifests as joy of life, these are the source, the root, the well-spring of the mystical powers you speak of, and that you seek.

There are many methods or techniques for focusing on awakening and feeding and giving life to this inner joy. Most of all methods and techniques that may be taught in words are inadequate in themselves, and one who would so devote the life to the perfection of love and joy within, must give the self to many studies, for the reason that each of the studies or practices, disciplines, methods, will add a bit more of understanding of the underlying truth that may be learned in so many ways.

But the use of breathing and the breath [is important]. When the breath is an experience of being among the manifestations of Nature, and the eye and the mind are caused to see the beauty and rejoice in them, then the breath is taken in so that the joy of life about is breathed into the vital organs of the body. These begin to fill the body with light, with joy, and with the happiness that comes from a personal contact, a personal bond of communication with the Source within.

It is spoken of, and should be read upon and commented about, and perhaps discussed with the channel, the writing of this breath in the work of the Secret of the Golden Flower. For herein lies an esoteric understanding of the laws of Tantra, or transmutation, the giving of the weapons of the lower self, the defensive [self], the fear self, with lances reversed and lifted to Him who lives in the square inch in the square foot, ruling over the empire that is the body – only when those Lords of Karma have brought their weapons reversed to be placed in His hands.

These [studies] are the secrets of joy that are only a beginning. Let life be a daily practice of contact with the flowers, and that which grows. And of constant mantram, a constant, consistent

mantrum of thanksgiving to the Source of Life, and a rejoicing in the opportunity of expressing life, particularly, as [there is the] recognition that life is an opportunity, that your existence is an opportunity to allow the Source of Life – that which is living Love – to express itself through a vehicle in this environment on this earth. In so knowing, in so understanding, you will build a source of constant joy. A life of happiness.

Give your time and your devotion, to the extent that it is possible, to the teachings that we bring through this channel in the time when he is in this land, for in these teachings of Inner Light Consciousness and the esoteric understanding of the relationship between man and force, between man and love, these build a foundation for your continued searching and seeking to find that bond with the Guru who will bring the final initiation, and the lifting of consciousness to enlightenment.

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