

The Secret of Happiness

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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.

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