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Some Keys to Happiness

Mayan Revelation Number 241

To Find and Follow the Way

Do the Kind Thing

A Way of the Spirit

Look for Beauty

Cultivate Contentment

Watch Your Loyalties

Keep Up with Duty

BELOVED PERFECTOR:

Here at headquarters, we are still receiving letters from those who are in the advanced class, commenting on the Initiation and its effect upon them. Most have gloried in the wonderful inspiration received from the ritual, and the feeling of having been cleansed mentally, spiritually, and physically as a result of entering into the higher degree.

You were ready for it and I know that, with a very few possible exceptions, there has been a tremendous attainment of happiness, more happiness, and a greater feeling of contentment. As some have said, it was a renewal similar to that which took place when they were confirmed many years ago.

All of these letters, of course, make us very happy here at headquarters. They are our reward for having worked with you in an endeavor to help you accomplish your aims in life, to find a more successful pattern for living - all of which means the attainment of happiness.

Everyone who has ever embarked on the Mayan Path, everyone who has become a member, has done so because he or she was seeking happiness in some way or another. Those who have gone on up the Path, regardless of how difficult it might seem at times, testify to having found a more perfect way of life.

This lesson, which we have called "Some Keys to Happiness", is one which we hope will touch a responsive chord in the hearts of all of those who receive it. We will be happy if there is only one Truth in it that would prove helpful to you, but, naturally, we hope that there will be many.

So many people make such a chore of seeking happiness, and I have always felt that when we are not too anxious about happiness and unhappiness, but devote ourselves to the performance of our duty and to helping others, then happiness comes of itself - we do not need to seek it. Happiness may come to us under these conditions even when we are in the midst of a life of troubles and anxieties, sorrows and privations, because we are not really seeking it.

Then there is one great Truth that many of you have learned, and that is that all of our happiness, whether it is spiritual or temporal, lies in resigning ourselves to God, leaving ourselves in His hands and permitting Him to do with us as He pleases and work through us for good. This is real Happiness, but there are some who live a lifetime before they ever learn this Truth. You have had the opportunity through the study of Mayanry and all of this has been taught you.

Have you ever noticed the wave of happiness that surges through your body when you have done someone a kindness, maybe just a little thing - a smile or some little charity, or a kind look, or perhaps just a little compliment to someone? That feeling you had as the result of having made someone else happy is the real, true Happiness. This kind of happiness does not come from riches, nor does it come from any material thing - it is something far greater and far more lasting.

If our whole world could learn to make others happy, and if others could accept our efforts in the spirit in which they are given, there would be no quarreling among nations, but only brotherly love one for the other. And all of the misery and hate and hunger and brutality could no longer exist.

In the pages that follow, I hope your Instructor has covered some of the subjects that may be uppermost in your own mind from the standpoint of the ways to find Happiness. If there are any questions about your lessons, always feel free to write to us and we will be glad to help you to clarification.

The following prayer contains only two lines, but there is great power in the words. Say them seriously and thoughtfully, and then proceed with your lesson.

PRAYER

Heavenly Father, I ask the riches of true happiness for myself and the wisdom to find the way to them, both for myself and others.
Amen.



*** TO FIND AND FOLLOW THE WAY ***

Happiness is not merely a good fortune that some have and others do not. It is a way of life. It has many phases and secrets by which one may walk in it, the first of which is to realize that it is a road, and that the first requirement is to find and follow it.

We all know, however, that even if we find a road that leads where we want to go, it also leads away from where we want to go. Taking the right direction is quite as important as is finding the road in the first place - the wrong direction on the right road is as bad as the wrong road. It takes not only motion to arrive, but motion in the direction we want to go.

You can get plenty of advice on how to find happiness. Some of it is good and some is not. The person who does not know the way may be freer with his counsel than someone who does. For some strange reason, the blind seems to like to lead the blind. When you are looking for someone to tell you how to be happy, find someone who has found the way and is happy himself, not in the sense of cheap and easy hilarity, but in that of solid satisfaction in living and success in keeping on.

This suggests that another important thing is knowing what happiness is. This person you think is happy - has he been happy through sunshine and storm? Does his happiness meet the test of living? Mere fun does not; only a firm hold on the realization that the world is lovely and that life is good does.

Select some master principle for living - one that hangs over the road ahead, not behind nor to one side, and not one that changes from place to place - and let it be your guiding star, changeless, faithful, always there, and always leading you toward your objective of a happy life. Follow this principle and accept or reject everything in the light of it until and unless you find a better one.

If your goal, like the end of a rainbow, recedes as you approach it, never mind. You have arrived where it was; and now that you are prepared for a farther reach, it has moved on. You have grown, and it has enlarged to challenge your new self as it did the old one. You have become stronger and wiser, and it has accommodated itself to your new powers. It is showing you that you are being successful in your quest. It takes more to satisfy a mature soul than that of a beginner.

Proceed with confidence. Never count yourself out, for rest assured that life never will, whatever happens. Remember that all people want to be happy, all have a right to be, all should be, and all can be. Everyone is in the same quest with you, but not all may be succeeding very well. Give the rest a demonstration.

*** A WAY OF THE SPIRIT ***

A vital thing to realize about the way of happiness is that it is a way of the spirit. It will not deny you the necessities of life. Along the way are plenty of facilities for sustenance and well-being for anyone who is content to let such things be a phase of life and not its sum total. The point is that one traveling on that road makes a living so he can live, not just to accumulate excess baggage.

Acquiring things for the satisfaction of the senses and material desires may carry a certain thrill; but it is a temporary thrill, and, like the drug appetite, it makes one want more, only to find at last that it has robbed him of the capacity for the happiness it promised to give. This is not a matter of eliminating anything needful or that can be devoted to a purpose more important than itself. The law is to seek first the kingdom of righteousness and all the temporal things will be added. Material things are the bonus that comes with the real purchase.

One who wishes to live a happy life must realize at the beginning that he is not a body that has a soul, but a soul that has a body. The question of precedence here determines not only happiness, but survival itself, for only the soul lives on with whatever happiness it has achieved. It is even more important that the soul be fed, exercised, and sent to school, than the physical self. This is necessary because it is the field of life in which the loveliest flowers will grow and the area in which the truest pleasures will be found. Not only that, but it knows no death, it can be robbed of nothing, and it is subject to no booms and depressions. Moreover, the means to its prosperity are always available.

The materialistic mind, which is never born in us, but is made so by environment, habit, and the neglect of spiritual interests, may find this viewpoint a little hard to understand at first. If you have that problem, do not begin by sitting down and trying to think it out. Do that later when you have more to go on. At first, let it be a matter of experience. Put the emphasis on the spiritual side awhile, and see what happens. Read one or more good books with that emphasis in them, but above all exercise your soul in action. Cultivate aspiration, love, hope, and faith.

If you have little or no faith, try living awhile as if you had great faith, by doing the things you do as if you had it. Then watch what happens to your inner life. That, if anywhere, is where happiness dwells.

The difference between life dominated by the Spirit and that dominated by the flesh is the difference between living for the abiding things and contenting oneself with the perishing ones. As St. Paul has said, the mind of the flesh is death while the mind of the Spirit is life and peace. The flesh is a house and the Spirit is the tenant; the flesh is a vehicle, and the Spirit is a driver. One letting his soul be dominated by the things of sensation is like a driver getting out and trying to carry his wagon on his back.

This, then, is the starting point. One of the first things the really happy person establishes is that he may look to earthly fields for his daily bread, but he must look to the eternal ones for that which makes it good to eat.

*** CULTIVATE CONTENTMENT ***

No road leads to happiness for a discontented person, and nowhere is very far from happiness for a contented one. The word, "contented", means contained. Its derivation is from two Latin words meaning "together" and "to hold". That means that a contented person is one who doesn't let things break him up, scatter him, or disorganize him. We have to keep ourselves united if we are to be happy or hope to remain happy very long.

Be contented with where you are. Moving about in search of happiness makes a great deal of unhappiness instead. Happiness is everywhere or nowhere because we carry it with us if we have it to carry.

There is an old story about an elderly husband and wife who searched the world over for happiness, and finally found it waiting for them at home, where it had been all the time. Be contented where you are until you have reason to move, and when you move be contented there too.

Be contented with your work. If it is the right work for you, it is what you should be happiest with. If you are not contented with it, you only detract from your good by chafing about it. Hold together with it and do it well until the inevitable opportunity comes; if you should do something else, then you will be all the better prepared for the change. Don't envy someone else his work. He may at the same moment be coveting yours. You both may be mistaken, for neither really knows how it would be to be trying to do the other's work. Like one's home, one's work should either make him happiest or be a stage on the way to the one that will. Perhaps each is the very best preparation for something better to come.

Be contented with what you have. It may be all you need, for many of us really need less than we think we do. If it is not what you need, or as much as you need, it is at least the point from which you have to proceed to improve your condition. When practicing law in Illinois, Abraham Lincoln was once leading his two youngest boys, quarreling and fighting, homeward. "What is the matter with Willie and Tad?" asked a passing acquaintance. "The same thing that is the matter with everybody else," replied Mr. Lincoln. "I have three walnuts, and each wants two of them." This is a picture of what keeps many people unhappy. They take what they get with envy instead of gratitude.

Let us here briefly mention certain things with which we should not be content, because contentment with them would be complacence, which is a foe to progress and improvement. One is what we are. We should accept ourselves as

we are only because it is the beginning of what we can become. Another is what we have achieved. Whether much or little, it is only a phase and our ultimate happiness depends on making it more and better. Another is conditions as they exist. The purpose in history is to build a new world order founded on justice and right. To stop on the way would be to miss that happy condition. Static living is sloth. Dynamic living is the happy way.

*** DO THE KIND THING ***

It has long been said that if one is good, he will be happy. That is true if we remember that goodness is not an idle abstraction but an active force. We might precede the above maxim with the statement that one who does good will become good. All kinds and conditions of people gravitate toward kindness as cold people huddle around a fire - it is more comfortable there. The doer of good has the seed of goodness in him or it would not be bearing fruit.

It is hard to tell anyone specifically how to be good. The way seems simple, but the ways of carrying it out are changing all the time. Good has to be done according to the need for it, and that is as changing as the rolling tide. Whatever the need may be, meeting it is a generator of happiness. We need only say - do the kind thing. We find that when we do that, its scope covers all the incidental matters, for its scope is infinite.

On any morning, you may meet a case where a terrific kindness is needed. On the other hand, you may only meet a lost child, or a shabby man scanning faces in search of a friendly look, or someone who would be shown by some little courtesy that he, too, is recognized as a human being. The more living hearts we can send on their ways happier because of something we did or said, the better world it will be for all of us. Everywhere and all the time, there are people facing crises and situations needing adjustment.

No doubt you have your tangles too. You would be a most exceptional person if you did not. Therefore, one of your own problems is achieving happiness. How do you go about it? Did you ever know anyone to escape an unhappiness of any kind by keeping to himself and thinking about how bad it is? Most of us know by experience that this only sharpens it. Yet, many a person has gone to comfort someone else and returned home to find that he had lost his own cares along the way, or that they had lost much of their sharpness.

These situations are countless and always have been. Each has been a little different, yet they have all represented a common need, and there is a common specific for them. It is this - do the kind thing.

Since each situation is different, the nature of the kind thing varies too. It is safe to assume, though, that the kind thing is always the gently

strong thing, the considerate thing, the helpful thing, the forgiving thing. That is also the way the Heavenly Comforter goes about dealing with the sorrows of the world.

There is an amazingly effective way of spreading happiness. Kindness can be used as a chain reaction. A farmer helped a motorist out of a mudhole one rainy day, and when asked the charge, he replied that the cost would be to pass the kindness on to someone else needing a lift, with instructions to send it on and keep it going forever. Who knows to what far shore of space or time such a rippling tide might go? What has this to do with your happiness? Just that kindness is like bread cast upon the waters. It returns to us after many days, perhaps sooner, and very likely at a time when we need it very much.

*** LOOK FOR BEAUTY ***

Never let current misconceptions of appearance win you away from the appreciation of and quest for the truly beautiful. Remember that the normal and not the abnormal is the beautiful, and that it is as much of a necessity for the soul as food and water are for the body.

There are certain recognitions within us that give us a sense of gain and satisfaction. That means that they have to do with things that are really God-given, and therefore important, necessary to our relationships with the Divine. One of them is beauty. How can one without it and without the love of it get very close to God or enjoy any deep fellowship with Him?

Why do we say that some things are beautiful and some are ugly either to the eye or the ear? It is because some are divinely made, or made in harmony with the divine mind, while others are either wrecks or distortions of what could have been divinely made or approved. We can turn a flower into a weed or vice versa, according as we preserve the beauty of creation, mismanage it, or just let it deteriorate.

In other words, anything beautiful is a realized or materialized thought of God, all of whose thoughts are beautiful. When we see a flower, or a beautiful scene, or a really inspired picture, or hear truly beautiful music, we can know that the idea behind it came from the divine mind. If someone with negative and rebel tendencies wrecks any one of them, it becomes ugly because the true pattern is lost.

There are many ways and places to seek soul-nurturing loveliness even in addition to the things we see and hear, for it incarnates itself in everything that gives it a chance. That means that we can capture it in ourselves. It is available in all we are and do, and human beings are perhaps its best projectors, transmitters, and broadcasters.

Speech could and should be beautiful. The person who falls into the habit of rough and ugly talk reveals an ugly mind, the crudeness of which needs refining. It is a good thing as early in life as possible, and certainly not later than now, to begin practicing clearness and good taste in language. Reading good literature helps. It speaks well for the inner life.

What one's speech is, his conduct is likely to be, and vice versa. Now and then we hear it said that someone lived or is living a beautiful life. That means this person has learned to think beauty and put it into action, for all of our lives that others see are made up of acts. The older people used to say that beauty is as beauty does. That is not only true, but it is also the secret of a great deal of happiness, both for those who do and those who see.

All this both requires and advances beauty of character. It comes up through motive and purpose. If one could see into all these areas of life, he would find beauty there; and if one knows the general results, he finds that in every case one of them is happiness.

*** WATCH YOUR LOYALTIES ***

A great part of our happiness comes from the kind of things to which we are loyal. Loyalty ties us up to something and saves us from aimless and futile drifting. That is what obligation means. We may not like the idea of obligation, but it is one of life's greatest values if we obligate ourselves to the right things. Some things we may suppose detract from our freedom really add to it. To be unattached to anything and responsible for nothing is not freedom, but a kind of slavery. When one takes on a loyalty, he limits his scope of action more or less; but if the loyalty is good, he also extends it in other ways more than enough to make up for that.

The varieties of loyalty are limitless, but let us think of a few that do much to determine our happiness. One is loyalty to country. One should never be careless about that. Our Government may not always do exactly as we prefer, and our country may not always take exactly the positions we wish, and our flag may not always go exactly where we would send it; but they are ours, and they are the only ones we have. They are our protection, our obligation, and our hope. Disloyalty makes one an expatriate in heart. Did you ever know an expatriate who was really happy or a loyal citizen who was really not?

There are many loyalties of the heart alone, and every one is a way to happiness. Naturally, we first think of our dear ones at home or wherever they are. What joy and comfort they afford us if we are loyal to them and live up to that loyalty. Home and heart-keeping is a part of one's life and one of the mainsprings of his happiness.

Let us remember friendship. Lonely and unhappy indeed is one between whom and others reach no friendly bonds. They mean the joy of cherishing and

actively expressing special good will to others and having others do the same for us. Happy is the paying of the price of friendship and the receiving of its rewards!

Another circle of happiness is the community. A neighborhood is likely to be a cold place for one who has shown that he does not recognize the importance of this collective loyalty - how the exercise of it can enrich and bless our lives and keep our skies blue!

One happiness loyalty easily overlooked is that to one's self. It is one way to prove that he deserves the loyalty of others. Loyalty to one's self is not selfishness, but self-respect. Respect yourself too much to be small, mean, unjust, unkind, or anything that is less than your best. You know best the person you see in the mirror, so you know best how to make that person deserving of your respect and that of others.

Above all other happiness loyalties, is that to God, for it means peace and good, and it is everlasting. You have been taught how to maintain this loyalty. One has to care for and cultivate it just as he does his relation to an earthly friend. Abraham was called a friend of God because he believed God and obeyed Him. That was what made Abraham the princely character and the happy man he was. The formula is simple, but it works.

*** KEEP UP WITH DUTY ***

In closing this lesson, let us attempt to sum up the whole matter briefly by saying we must constantly try to keep up with duty as a means of happiness. This brings us back to the idea of obligation again, but to another and neglected phase of it. We have applied it to human relationships. We now apply it to things to be done and keeping up with them.

Keep up with duty because duty is a progressive thing, a dynamic responsibility, never standing still but always moving on and usually increasing as it goes. The duty performed today may have to be performed again tomorrow. It may then make even greater demands on us than it did yesterday. It is a continuing thing, something we are always doing, yet it is never done. Duty, then, is something to keep up with if we do not want to fall behind.

Some fall behind and regret it. Others keep up and find it productive of happiness. The thought of undone and accumulating duties is irritating, especially when it haunts us in the darkness of the night when we want to sleep, or comes to make us realize that it is more important than we thought it was, or shows us that at the rate it is going it will get entirely out of hand.

There are explanations and acknowledgments we need to make, congratulations and good will we need to express, letters we need to write or to which we

need to reply. There are little kindnesses that need to be done and promises that need to be kept. There are situations to which we need to adapt ourselves, new neighbors we need to welcome and old ones we need to remember, presents we need to give, and personal and family problems that need attention. The list is endless. Some parts of it seem small and others large; but they are all putting mortgages on our time and strength. How easy these things are to postpone, and how much harder postponing makes them!

There is no contentment in living with neglected things. They nag us. They are persistent. They give us no peace. We are fortunate if we act promptly before we are swamped.

It was said of Sam Jones, the evangelist, that he always tried to end each day with everything in order, so that if he should not waken next morning, there would be no confusion caused by any duty left undone. One night on a train, a sick young man told him of his illness and need. Jones promised him a check next morning. Next morning Sam Jones did not waken, but the check was found. He had written it before entrusting himself to slumber the night before. A young man's happiness had depended on it.

In a sense we are all housekeepers and a housekeeper's job is to keep the house in order, everything done to date, all obligations met or arranged for, no neglected duties to remain undone or to be passed on to others, nothing to leave the day incomplete, but everything to give the new day a chance to begin with a clear record. Much happiness may depend on it, especially for the housekeeper who kept up with duty, the books of whose life were posted up to date.

*** AFFIRMATION ***

Because I walk the path of understanding
and live my life normally and fully, as
I believe God would have it, I am happy.

Blessings,

YOUR INSTRUCTOR.