



## **Why do we lack peace, happiness and love?**

Extract from 14/2/09 Satsang

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*Om Shri Paramatmane Namaha*

God exists everywhere, all the time in every human being, and also in every other object. Since God exists everywhere all the time, so God exists in us also all the time. God is available to everybody. As I said that day, God, when realised by some people, does not get exhausted or becomes in short supply. God is always there in everybody all the time. We are there all the time, as long as this human body is available to us. Otherwise also, this soul exists always.

The saints say that God is peace, love and happiness. So God is available to everybody all the time as peace, love and happiness. Then a question arises: "Since this is so, why do we not have permanent peace, love and happiness? What is the problem? Why do we not have it?"

God is the eternal truth existing always, everywhere, in everybody, and we want God - that is peace, love and happiness. "Why then don't we have these?" This is the question for everyone. You exist and God exists. You want to be peaceful; you want to be happy; you want to have divine love. Then what is the problem? What prevents us from having it? What is the obstruction?

All saints say that this realisation of God is possible only for a human being. There is no other being in the whole universe, in which this greatest event can happen. In fact, they say that human life has no other purpose except the realisation of God. And they also say that your Self and God are one, and that you are never without your Self - the Self is there. So why do we lack peace and love? Happiness and love are there; you are there; God is there, so why are you still in misery? Why? It is a serious matter.

Certain factors in human life are inevitable and compulsory but also uncertain. One of those factors is death. Death is compulsory for everybody but no one knows when it will happen. It can happen at any time - in fact, death is happening at every moment. One's breath is going in and out, and the great saints say that one's breaths are numbered - that there are a definite number of breaths in one life. It is a process. The process of death goes on all the time. One day the last breath will happen. If at that time the quality of the inner self remains the same - that is crying, complaining and worrying - then they say the same will happen in the next birth. They say that whatever quality you have at the end - at the time of death - that same quality goes with you. You take it with you to the next birth. In this way it goes on - dying and taking birth, dying and taking birth, dying and taking birth. This process has been going on since time immemorial and so one should give serious thought to this matter before one's death. Life will be a failure without Self-realisation - without experiencing God - a complete failure.

It is not always possible to be aware that one is dying. Death can also occur suddenly by accident. But when one is conscious of the moment of death - when the

life element gradually comes to an end - the physical pain at that time is not as great as the inner remorse and regret: "This time I have lost the opportunity. The real thing has been lost." One might have been a billionaire, a president or a prime minister of a country. One might have won a Nobel Prize or another great award. One might have become the greatest actress in the world or become famous in other ways, but all these achievements come to nothing at the end because they were not the purpose of life! When death comes all these achievements become useless.

If enlightenment or Self-realisation happens, then the whole truth gets revealed. The very purpose of the cosmic arrangement becomes clear and all questions are answered. The three great desires in everybody come to an end and become satisfied.

What are the three great desires? They are the desire to know, the desire to do and the desire to achieve. They are the desires that motivate us. The desire to know motivates us to think, and to increase our knowledge more and more – endlessly. Then there is the desire to achieve something – "I will achieve this, then that, and then even more of this." And finally there is the desire of doing. As long as any of these three desires is present, this process of dying and taking birth, dying and taking birth will continue. And when there is birth there is misery. One who is born has to weep someday. What can be done?

In brief, my purpose today of telling you all this, is to state that God is available all the time to everybody. There you want happiness, peace and love, but why are you lacking in them? Now somebody said: "Alright, we have understood the problem, but please tell us the answer! Please give us a clue." But I will not give you the clue so easily because I want the clue to be found by you – it should come out through you. Give serious thought to it. What is the problem?

If you come to read the Bhagavad Gita, you will come to know, through intellect also, what is meant by God. In Chapter II verse 16, there it is said '*that which is untruth does not exist, and that which is truth exists always*'. God exists always. God, Truth and Existence – they are the same. Nobody can deny existence as such – existence exists! What is the problem in that? That existence is consciousness. Consciousness exists to the greatest degree in the human body – awareness, consciousness. Let anybody in the whole world prove that these statements are contradictory or wrong. I am not talking about those people who do not believe in God. They do not know what is meant by God - nothing is known to them.

It is the greatest fortune on Earth, for anybody to start asking these questions and to be able to visit places where there is a possibility of answering them. Think about it. God is always in you and with you. God is happiness, love and peace. You want to be permanently happy and to have permanent peace and love. Why do you lack them? There must be some fault on your part. It must be that your life is leading you in the wrong direction.

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