

GIFTS OF THE SPIRIT

The Dalai Lama is a beacon of light for Humanity. With his shy smiles and frequent chuckles he enjoins us to be happy. In fact, the concept of happiness is so central to his Buddhist philosophy that it is mentioned in nearly all of his speeches and writings.

This, I have found to be a riddle. Our experience of life is that happiness is desirable, but transitory. It is balanced by an equal measure of suffering. Since happiness is so elusive, it seems hardly worth striving for.

In the Tibetan Master D.K.'s teachings, happiness is an experience of the personality just as joy is the experience of the soul and bliss the experience of the Triad or spirit self. Another way to express this would be to say that happiness is the experience of the solar plexus, joy the experience of the heart and bliss the experience of the head centre.

The riddle is how to reconcile the Dalai Lama's elevated sense of happiness with our esoteric understanding that this is the emotion of the personality. The answer lies in a consideration of who we really are.

The Ageless Wisdom Teachings reveal that we are essentially fire. We are sparks emergent from a sea of fire. We are eternal Monads. We appear within the physical worlds as sacrificial light bearers bringing three gifts as we descent into the dense and dark worlds which we call home.

As a thread of fire or life descends through three levels of matter (atmic, buddhic, mental) a three fold form or vehicle of self emerges. This is the Triad. We are this form and within its limitations we are aware that there is only One. We know the thread as fire and know that we are the Will. We sense the Purpose of the One. We receive the first gift: bliss.

The thread of fire descends yet further and a three-fold form emerges within the three highest grades of mental matter. Another stupendous event occurs: a solar angel descends with a flash of fire and light from its high place and occupies the centre of this form. The three-fold form known as the causal body and the solar angel form what we call the soul. We are the soul for a long period of time. We know ourselves to be the love that binds us to all other souls. We sense the Will anchored at the heart of our group. We receive the second gift of Spirit: Joy.

The thread of fire descends yet further and a three-fold form emerges within the lower mental, emotional and physical matter. We know ourselves through our senses, our emotions and our reasoning minds to be personalities. When we sense the fire of Will and know that there is a purpose for our lives, we experience a happiness which is enduring. Happiness is the third gift of the Spirit.

It is the sense of purpose that anchors happiness within the personality life. Until there is an abiding sense of purpose, happiness is transitory. Suffering occurs repeatedly in a cycle of desire, action, frustration or fulfilment. When there is a sense of purpose in the life, suffering continues within the three worlds of experience (physical, emotional, mental), but it occurs within a constant sense of happiness.

Happiness, Joy and Bliss really occur on a sliding scale. As one increasingly knows and lives as the soul, joy becomes a more frequent state of being. At the same time the amount of happiness within the personality life also increases. And, there are also increasing flashes of bliss.

So, the answer to the Dalai Lama's riddle: Live in the Will of God and increasingly know the Purpose. Happiness grows greater and greater as joy and bliss sings out at the centre of a life of service to one's fellow men.