

**W**hat am I talking about in this book? I am talking about a very simple problem: What does a human being, reasonably comfortable in life, fully aware that life means living from moment to moment, and never knowing whether the next moment will bring pain or pleasure, want most in life?

Happiness? Of course.

Then one must ask oneself: “Why am I not happy all the time?” It is common sense that one cannot expect not to ever have any kind of pain – physical, psychological or financial. With this understanding then, “Why am I unhappy?”

I would urge you to think about this question seriously. If you did you would come to only one simple conclusion:

“I am not always happy because the ‘other’ will not always do what I want him or her to do. And it is totally impractical to expect the ‘other’ always to do what I want him to do. Therefore, is it impossible for me to be happy?”

The answer to this apparently unsolvable problem was given by the Buddha 2500 years ago: “Events happen, deeds are done, but there is no individual doer of any deed.”

If one was able to accept, totally, that everything is a happening according to God’s Will or the Cosmic Law, then there would be no question of blaming anyone for anything – neither ‘me’ nor the ‘other’. The result sounds fantastic: no burden of guilt and shame for ‘my’ actions, nor any burden of hatred for the ‘other’ for his actions.

The absence of the load of this guilt and shame, pride and arrogance for one’s own actions, and hatred, envy, and malice towards the ‘other’ for his actions is, itself, the presence or existence of happiness.

If one is able to accept, totally, that everything is a happening according to the Cosmic Law, and that how a happening affects whom – for better or for worse – is also according to the Cosmic Law, then it is clear that no one is responsible for the condition one is in, that, in fact, we are all mere instruments, through which life *happens*.

The only difference between the ordinary man and the man

of understanding is that while the ordinary man believes he has done whatever has been done, the man of understanding knows that free will for the individual entity simply does not exist because everything is predetermined. So, how does the so-called man of understanding – someone who has that total understanding – live his daily life?

The man of understanding lives his everyday life in a simple way: he deals with each situation as it arises, with the total awareness that whatever anyone thinks or does, is precisely according to what God wants him to do. He does whatever he thinks he should do in a given situation (motivation plus free will) with the total acceptance that no one does anything, that everything happens precisely according to God's Will or the Cosmic Law, and therefore, no one need be blamed for anything, neither himself nor the 'other'.

The result is two-fold: firstly, he is constantly at peace with himself and in harmony with the 'other'. Secondly, his mind is always pure, totally free from pride and arrogance for his own 'good' actions, free from guilt and shame for his 'bad' actions, and free from hatred towards anyone for the 'other's' actions. Negative responses like anger or fear may arise and disappear in the moment, but they leave no scar on the mind.

He accepts everything that happens – for better or for worse – as God's Will, and blames no one for any happening –

neither himself nor anyone else. Peace and harmony prevail. Enlightenment or total understanding does not mean an easier life. Life may continue to be difficult, but it certainly becomes simpler and more relaxed.

Every Master has stated that life is a dream, and all human beings are characters within that dream. In that case, how should one live one's life in this apparently real life? The answer is that life and living mean dealing with each situation as it arises, and the only thing anyone can do – and has actually ever done – is to do precisely what one thinks one should do.