



The Source of Joy Within

Adapted from the book by
Bhashkar Perinchery

Finding The Source of Joy Within is what makes human life truly a celebration. Our normal way of life is predominantly outward-oriented or other-oriented. If we are familiar only with this outward way of perception, however, and forget that the core of our reality is to be found within, then we fail to realize the beauty, wondrousness, joy and playfulness that is ours, and we are not living our life to its fullest potential.

The Source of Joy Within offers a chance to connect with factors of life that cannot be directly learned, but imbibed. It invites you to understand yourself more deeply and thereby to realize and live life more authentically and lovingly.

Only when we are in touch with this source of joy within can we go beyond our fear. Otherwise life is dominated by it and often also overtaken by desire and greed. This prevents us from using the full capacity of intelligence and sensibility of the heart, which is very important, if we are to lead a truly fulfilled and creative life. Further, it will release us from suffering and sickness, the physical manifestations of stress. This deeper insight will simply bring about a greater harmony in the individual and global life process.

The first step to getting in touch with the source of joy within is to be present, to consciously connect with others. Whenever you address someone on the phone or meet with him or her personally and the expression "hello" arises, think of *hello* as evolving from the words *hey love*, and let this be a reminder for you to consciously connect to that person through the heart. Remember to look at this person, listen to them, and connect with them as if they

were someone very close to you. Connect to them as if they are someone you normally associate with deep love. Even if they are a total stranger or someone you relate to with mixed feelings, still consciously attempt to connect through the heart and look through the eyes of love. It is, of course, a courageous experiment, because all kinds of fears, prejudices and feelings of insecurity can arise. In spite of it all, try to relate to others in a different way than you are used to. Instead of blindly following fear or judgment of the situation, allow your intelligence and the sensitivity of your heart to guide your response.

At first, it is advisable to consciously connect to someone who is truly important to you, someone who, in your eyes, is a person to be listened to, someone for whom you care, and about whose welfare you are concerned. This should be someone whom you want to see happy, fulfilled, and joyous. Relate to them in a very conscious way, for this will be an important aspect of establishing a connection through the heart.

Being here on earth is an opportunity to attain a great quality of consciousness and love, as well as joy and freedom. This is not some far-fetched dream, but a journey toward the fulfillment of our innermost potential.

Once a man came to a mystic and said, "I would like to realize and attain the divine." The mystic looked at him and asked, "Have you ever loved anybody?" The man said, "I am not interested in such things. I want to attain God. I want to attain the divine, the highest consciousness." The mystic answered, "That is fine, but tell me, have you ever loved any other human being, any other animal, any plant? Have you loved anyone from the bottom of your heart?" The man repeated, "I am not interested in such things. I am not in-

terested in anyone else. I am interested only in God!"

It was said that the mystic had tears in his eyes, so concerned and sad was he about this person. The mystic told him, "When you reject this first sign of the divine, which is actually love towards other human beings, animals and plants, and then try to find the very love itself, it will be very difficult. God is the highest and deepest aspect of love. So when you reject love in your life and don't consider it at all, how can you attain to the divine that is the real basis of it all?"

There are two approaches we can take when presented with a challenge. One is being concerned about something, and thereby also being careful and taking responsibility for it, and the other is being caught in worry and anxiety, and thereby getting lost in a heavy and burdensome state. When the mind is going on automatically—with the worrying and anxiety going on—the energy gets scattered and dissipates. When this happens, energy is not available for other areas where your attention is truly needed. Your whole energy is needed in serving your intention of going differently about your life, with the right dynamism, lightness and intensity.

If you do not remember to deliberately disentangle yourself from the mechanicalness of your mind, then worry, anxiety, and an unfulfilling life will result. Disentanglement can begin when you take time to consider, in a very conscious and deliberate way, the factors that you need to attend to. Stay intensely and totally with it. In this way, you will not adopt an approach of worry and anxiety.

Once a mystic wanted to give practical lessons to his disciples. So the mystic and his disciples all went on a journey, where one inevitably has many

valuable experiences.

As they went on this journey, they realized that they were not well prepared and lacked provisions for their long trip. Luckily, some villagers along the way were hospitable and happily provided the food and shelter they needed. In the evenings, before going to sleep, the mystic prayed, "Oh God, you always provide us with what we need, you always give us what we truly require."

The travelers were quite happy with where they were, but the mystic decided they should move on.

As they continued to travel, they fell on difficult times. One day as they stopped at a village to get help, the villagers were not very welcoming. They gave them food, but did not allow them to stay. So the travelers left the village and camped nearby. Later in the evening, when it was time for prayer,

the mystic said loudly, "Oh God, you always provide us with what we need, you always give us what we truly require." The disciples who heard the prayer felt that the mystic was unrealistic and almost hypocritical. After all, they reasoned, God was not giving them what they needed and required. They felt in order to be happy and content, they needed a good place to sleep.

The next day was even more problematic as the group traveled further with little food and no sleep. They were relieved to arrive at another village. But alas, these villagers were even more suspicious and unaccepting of the unusual strangers. So, once again our group of travelers was not allowed to sleep comfortably, instead they got chased out, left with no shelter and no food. They finally found a place outside of the village where they could rest. The mystic then prayed his usual prayer, "Oh God you always give us what we require. You always give us what we truly need. We are so grateful." He continued to pray with great feeling, from the bottom of his heart. Some of his disciples started to become increasingly irritated about what the mystic was praying. They thought that the mystic was false in this particular prayer since God was *not* giving them what they wanted and what they needed.

They next day became even worse, if you can imagine!

As they attempted to stay in another village, the people there were really antagonistic, they even began to throw stones and start fights with our travelers, who rushed to escape. That night, the mystic and his disciples had no food

and no place to sleep. They found themselves under the open sky, hungry and reeling in these recent hardships, their worst yet! In the evening, the mystic started to pray once again with deep gratitude, "Oh God, you always give us what we need and we thank you for it."

At this point, one of the disciples, who was getting extremely irritated and heated up about this whole display, came running up to the mystic and said, "What kind of hypocrisy is this? You thank God for giving us *everything* we need, but we do not have *anything* we need. We do not have a place to stay and we do not have food and at the last village, they even hurt us. We need a good place to stay, we need to have good food, and we need to be respected, but God is giving us *none* of what we need!"

The mystic looked at the man and replied, "You, as a seeker of truth, need to go through these experiences and at the same time look at what is arising in you; look at what is happening in you. You need to become conscious of what is really going on and taking place inside you not only when it is comfortable and convenient, but even more so when things seem to be against you and are uncomfortable for you. When you feel gratitude in the midst of what is uncomfortable and inconvenient in your life, then you can become free and fulfilled. Only then do you stop becoming a slave to your human emotions of fear and greed."

Like this disciple, we will gain much if we begin to avoid negative reactions. Of course, in the beginning, you may often feel uneasy when you attempt this. You may feel so justified in feeling angry or bitter because it has been part of a familiar conditioning, a habit you have been following for so long. When you do not follow these patterns of behavior, you may feel at first as if you are losing something. You may fear that you are becoming weak and vulnerable. Therefore, this transition is something that requires not only an inner remembrance, but also some understanding and courage. You need to realize that even though all these pulls and temptations are present, you need not go blindly into them!

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Observe the underlying aspects behind each of your decisions and steps, even the smallest steps in life. Whether you are going in this way or that way, whether you are saying this or that, whether you are doing one thing or another; look at what is really taking place inside of you. Observe your motivations and what factors are at work. It is important that you do not just label your daily encounters as good or bad, but instead, simply mirror them; be a witness to them. Whatever your reactions are, whether they are out of friendliness or anger, lovingness or bitterness, fear or greed—whatever the undercurrent attitude or undercurrent factors that are operating in you, stay awake and present to them. Let all that is working in you become transparent to yourself.

We sometimes find ourselves continuing to carry negative states. This prevents us from being free to respond to the "now." It prevents us from being truly with the present moment in a joyous and creative way as all those uncleared factors block some of the life energy that life provides. Only when you carefully consider and deeply feel these factors does the awakening to the real become a priority in your life. This opens up the possibility of a "trans-formation" in your life. Without setting such a priority, without recognizing the

urgent need for it, you will unconsciously continue to hold onto the old mechanisms and feed them with energy. This will continue to keep you imprisoned. These mechanisms, then, prevent you from truly being joyous and loving.

Always remember that love, intelligence, joy and freedom are your potential and your innermost reality. Allow the grace the divine brings to you. Your true "I am," your authentic being, can then shine forth in you and you can live a life of joy, love, compassion, playfulness and celebration and become ultimately free. Facing challenges precisely helps us in that way, thereby bringing us in contact with the great potential which we carry within, that of joy, love and peace, freedom and compassion.


Most of the time we imagine ourselves to be only that which is part of change by unconsciously identifying with the body-mind process and forgetting our deeper reality. When we live in such a way, we get unconsciously wrapped up in certain identifications and we become like every other animal, imprisoned by fear and greed and entangling oneself further and further. If we remember to observe the mechanisms that are working inside of us, we can stay rooted in a consciousness beyond the grip of these automatic behaviors.

A very basic requirement to live joyously, gracefully, lovingly and peacefully is to be rooted in the consciousness that observes the biological-psychological mechanism. We are able to mold and create our lives in accordance with the wholeness of reality when we remain rooted in this consciousness.

Living with this awareness leads to an inner ripening and will make readily apparent how easily we otherwise can get entangled in all kinds of mechanical states and miss the true sense behind the life process. The whole playfulness and celebration, the true joyousness and the authentic lovingness; these are natural states connected with our wakeful living. Therefore, living with this remembrance that the "I" can die and disappear at any moment, as well as being present to all the mechanisms arising within will be truly fulfilling.

When there is an experiential understanding of reality, the reality that is non-dualistic, then we can coexist in a state of inner and outer balance, prospering and celebrating this life and existence without getting trapped in extremes such as fanaticism and dogmatism, as well as keep us from falling into an unloving, inhuman and violent way of living. An intelligent and loving life, which leads to clarity, freedom and joy, is a possibility left open for each of us; it is the source of joy within.

Bhashkar Perinchery will be visiting from Europe October 1st-10th. He will present a workshop, "Going Beyond Fear and Anxiety," on Saturday, October 2nd, and a retreat, "The Challenge of Living Life in Joy," from Tuesday, October 5th or Friday, October 8th through Sunday, October 10th. For more information and events, see ad in this issue or go to Lifesurfing.org.



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Bhashkar Perinchery
Founder of the Inner Metamorphosis University Chicago, Bhashkar has been teaching the art of inner growth and the 'flowering' of the human potential for over 25 years, giving individual counseling, leading seminars and trainings, and lecturing in Universities and symposiums all over the world. He founded two meditation centers in the US and Europe. His teachings are intended for anyone who has a longing to understand the nature of reality, as well as to manifest their own inner potential; it is for those who have the desire to explore inner silence and the nature of their hearts.

His remarkable, inspiring publications include books, DVDs, and CDs, all of which provide practical methods that can be applied in everyday life situations, a gentle, joyful, and easygoing approach to self-growth and awareness.

Bhashkar Perinchery is visiting from overseas: Please visit our web site for a Special Event Series with Bhashkar October 1 to October 10 2010 in Chicago as well as a meditation retreat in Michigan at Camp Ronora.

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