



*Sir Godfrey Gregg*

I keep remembering one of my Guru's teachings about happiness. She says that people universally tend to think that happiness is a stroke of luck, something that will maybe descend upon you like fine weather if you're fortunate enough. But that's not how happiness works.

Happiness is the consequence of personal effort.

- You fight for it,
- You strive for it,
- You insist upon it,

and sometimes even travel around the world looking for it.

You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it, you must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it. If you don't you will eat away your innate contentment.

It's easy enough to pray when you're in distress but continuing to pray even when your crisis has passed is like a sealing process, helping your soul hold tight to its good attainments.

I am encouraging you to look ahead to the things that make you happy and pursue your goals until you are satisfied with your happiness. When you attain that happiness, it is for you to keep.