

Joy Through Simple Living

Dr. M.W. Lewis

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“Joy Through Simple Living.”

Joy is our natural state of consciousness. That is, the Soul Consciousness is Joy, is Bliss. God is Ever-conscious, Blissful, Eternal Existence, and we, being made in His Image, are just that. And so, we can see that that Joy is naturally with us. Therefore, there must be something that's interfering with it. There must be something that is interfering with the flow of Joy in us. And there is just that. But what is it, what is it?

As we examine the subject, “Joy Through Simple Living,” we can see that that which interferes with that natural Joy in our hearts, which is inherent in us, must be the complexity of life. If simple living would give Joy, as it surely will, as I am, I am sure I can find out; it must be the complexity that interferes with that natural Joy of living. It is just that.

Now what is it, what is it that makes life so complex, and sometimes even disorganized? As you see people, they're not only jumping around externally – the body is jumping around – but inside, the mind is in a whirl. Why is it? There is something interfering in it, with it. What is that something? What is it that keeps us running around – running after this, running after that – without time for God? That's the important thing. If we understand that, then we can simplify our lives, and the Joy will be naturally there.

What is it, what is it that's causing all the trouble? What is the “joy robber,” as I call it? What is it? Desire! Desire; desire for this and that. Desire for one thing, ya get it, you want something else. Why? Because we've been hoodwinked, we've been fooled, tremendously, by believing that the fulfillment of desire will give us that natural Joy of the heart. No. It not only fails to give it to us, but it prevents us from enjoying our natural heritage, the Great Joy and Bliss of God.

And so, this desire, this desire is our worst enemy. And if you want to simplify your lives, and therefore know the Joy of God, natural inherent Soul quality, you have to beat it; ya just beat him, so to speak, this “joy robber” desire.

Now in the Gita,¹ we have spoken of this culprit, desire. I'd just like to read it at this time. In the 3rd Discourse, the 37th Line: "It is desire...all-consuming, all-polluting, know thou this as our foe here on earth. As a flame enveloped by smoke, as a mirror by dust, as an embryo wrapped in the amnion, so this..." natural state of Joy within us, "is enveloped by [it] desire. Enveloped is wisdom by the constant enemy of the wise in the form of desire, which is insatiable as a flame."² "Therefore," says the Gita, "...mastering first the senses, do thou slay this thing of sin," and deception and delusion and, "...knowledge."³ Desire is our great enemy of Joy.

We have the desire for money and for possessions, and we think that if we have money and possessions that we'll be satisfied. But we have made a tremendous mistake, because of one thing – the Joy is not in the money, it is not in the possession, it is not in things – it is naturally inherent in us. It is the Joy of the Soul; and the fulfillment of desire will not bring Joy. But when we curb the desires, control the desires, rise above them, be not attached to desires; then the natural Joy is there.

So we have to give time, we have to give time – not to the fulfillment of desires, because we'll never be satisfied – we have to give time to know God within us, as the Holy Vibration in which is Joy. So we have to simplify our lives in order to do this, that we may have time, time to know Joy within us.

So what do we do? We rush from one thing to another. I remember quite some years ago, I used to buy cars. And I'd get a car, and I'd say, "This is it! Oh this is it." Wasn't long before I added another one. So, I sold that – within the time that you could do it without losing much – so, I sold that, got another one. "This is it!" Wasn't long before I found it wasn't it. Why? Because the Joy is not in the car; we're being fooled tremendously. Same way with houses. We got a house – used to live in two-family house. My father was the builder, and he provided us with a nice income property, you know. You could live in one half, and the rest, the other half would pay the expenses.

¹ The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939.

² Ibid, 37th – 39th Lines: "It is desire, it is wrath, begotten by the quality of motion; all-consuming, all-polluting, know thou this as our foe here on earth. As a flame is enveloped by smoke, as a mirror by dust as an embryo is wrapped by the amnion, so This is enveloped by it. Enveloped is wisdom by this constant enemy of the wise in the form of desire, which is insatiable as a flame."

³ Ibid, 41st Line: "Therefore, O best of the Bhāratas, mastering first the senses, do thou slay this thing of sin, destructive of wisdom and knowledge."

So, I lived in a two-family house like President Coolidge, he did, he was wise. Wasn't long before I had to have a single house – had to have a single house. We got the single house, wasn't long before we had to have a Summer House. So we got the Summer House. Wasn't long before we were, we were taking care of all people at our Summer House, and we were getting nothing out of it. No time for God. So how did we end up? We got a little three-room apartment. And, at first, I thought I couldn't get in even. But we got in. Then we started to live. Everything was taken care of, the heat was taken care of, and everything, you know how it is. And so, then I realized, completely, that desire is not a thing that we want. We must rise above it so that that natural Joy of the Spirit is there.

Now, the Bible, the Bible gives us all we need to know about this subject this morning, "Joy Through Simple Living," when it says, "As a man soweth so shall he reap."⁴ Whatever, whatever desires we have, are laid up in our subconscious and superconsciousness – now remember this – and they will have to be fulfilled. We cannot afford to lay up desires. We must do away with desire, that we can simplify our lives, so we will not be subject to the fulfillment of desire. Everything that we desire has to be, has to be fulfilled. We have to satisfy that desire. So, you can see that it is very important not to lay up desires – I mean unnecessary desires. Live a life of simplicity. "Do away with the unnecessary necessities," as the Master used to say.

And so, no matter how much you want God, no matter how much you want God – no how, no matter how much you wanna be free from births, from deaths, from this plane on which we find ourselves, and we know there's nothing to it – no matter how much you want that; if you still have desires, they have to be fulfilled. You have to come back and fulfill them. So, you can see that the key point in this subject, "Joy Through Simple Living," is to so do away with desires, that we can live simply, and have more time for God. That's the important thing which we should and must remember.

So, now, comes the question, if we will be able to have "Joy Through Simple Living," will we be truly successful, will we be truly prosperous by simple living? That's the point which bothers people. Or will we be a burden to our families and to society? That question we have to answer.

⁴ Galatians 6:7, "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

Now on the surface, everything seems as if we will be unsuccessful. We will not be truly prosperous, unless we have all these things, as a prosperous man should have. But that isn't so. Every time I come down, or go up to Los Angeles – come down – there's an old gentleman walks up and down between Capistrano and Santa Ana. He walks along and sometimes he feels the way I do, and sometimes he's cut off. He has a hat on the side of his head and he always has a big smile. He walks along with pants, his pants are baggy at the knees, and sometimes the clothes are tore, and sometimes it isn't. And he's walking along. Now, is that, is that simple living? He has the Joy, he has something. You look at him, he's always grinning, smiling. Everything's right with him. But I wonder if he has any children, or a wife. So you see we must be reasonable. He may have that joy, but we must not forget and neglect our duties to society, and to our families.

So I think the middle path, the middle path which comes by regulating, simplifying, organizing your life so that you have time for God, is the right answer. Then I'm sure that we will not be a burden to our family and to society. If we organize our lives, and that's the key that the Master said to the Joy of simple living is, to so organize your life, and regulate it that you have time for God. If you follow all these desires, keeping up with the Joneses and all those things, you won't have any time for God. In fact, you'll drift away from him.

And so, it is very important that we realize this. That we must live a balanced life; a balanced, organized, simplified life, then we can know the Joy of God; and that can be done. And that's why I'm out this morning with these two gentlemen. They do not sit around and do nothing. George goes to business every day, except when he comes away on vacation, like now, and Reverend Raymer has a very, a sizeable business. But they find time for God. They have simplified and organized their lives so that they find time for God. Now that's just common sense.

Now, how to do that? What is, what is a simplified of the mind, balanced life? Well, now, it is this. It must be a life wherein you have meditation – it must be life wherein we have meditation. We also must have some intellectual studies. You don't wanna be dumbbells and know nothing. You must have some intellectual studies. We must have health. If we do not have health, we do not have much goin', unless you've risen above this worldly consciousness. We must have health, and we must also make money. Making money is not harmful. Who wants people around who don't know how to make money and take care of themselves? They're no good. We must have people who can do

something. Make their way. And finally, we must have happiness – true happiness, which is the most important thing, perhaps.

So let us take, first, meditation. As I pointed out in the service, in the beginning, meditation is very necessary, because we are not just human beings, we're Spiritual beings, and it is necessary to supply that Food for the Spiritual side of us. Meditation, right meditation, is absolutely necessary and proper.

Now, intellectual studies: we must know certain things to have experience. If you do not have enough intelligence to read SRF⁵ literature and investigate it, how are you gonna experience the Joy, which comes by following the techniques? So we must have, we must use some intellect, not theoretical learning, that isn't it, but we must have enough knowledge that we experience certain things in our lives, otherwise how do we know what we're talking about? If we read in the Bible, "...if thine eye be single, thy whole body will be filled with light,"⁶ (*sic*) unless we have the intellectual concept of it first, and then through meditation, make it our own, we haven't realized it. And so we must have some intellectual study, but not book learning where everything is judged by the number of books you've read – this author, that author. That isn't anything. Read those things, read the necessary things, but above all realize the proof underneath.

Then we come to health: health is very important. Now, when you simplify your lives by doing away with desires, curbing them, then when the pace slackens your body will get a respite, and you'll be able to be once more healthy and well. And especially if you follow and meditate regularly, there is nothing, there's nothing, there's nothing like the Joy of God to take care of bodily health, take care of your mental health, and above all, take care of your full health. And so, health is necessary in living a simple life.

Money making has always been the great stumbling block. The making of money is all right. It's what you do with it! If you make the money for a legitimate need, as George said, God wants us to have the legitimate things. That's right, but he doesn't want us to so much that we forget Him. That's the important thing. And so, money must be made and used for legitimate things for serving others. And that's one thing that Reverent Raymer does, he gives so much to SRF he says, "What I have is yours." And in this spirit, "What I have is

⁵ SRF is an abbreviation for Self-Realization Fellowship

⁶ Matthew 6:22, "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."

yours," because why? What I have I got because of SRF, and that's a wonderful spirit. He means, what he has God has given him, therefore it belongs to us. That's the way to make money and use it. Make money legitimately; use it for the right purpose.

Finally, the last thing in a balanced life is this: we must have true happiness – true happiness. And that comes – now this is the important thing – that comes when we so regulate our lives and do away with the unnecessary necessities, that we have time for God. And if you have time for God, then you will find Joy.

And so, in conclusion, "Joy Through Simple Living" simply means that we must so regulate our lives and not be bound by desire that we have time for God, and having time for God, all other things shall be added unto you. Jesus said, "...seek first the kingdom of heaven..." (Sic) When you get up in the morning, seek first God. It doesn't mean to drop everything you're doing; you're painting a house, you drop it, and run away just for God – no. It means before you start the painting, you become one with Him. You merge in Him. I'm thinking of the painting [Title Unintelligible], he's a great painter. So, we know, from the start, get that contact with God first. Then, do your painting and you'll go along much better; and you'll have Joy while you're painting. So, Joy through a simple life comes by organizing our lives, regulating so that we have time for God – time for God.

The Joy is naturally in us. And if we have time for God, then we will contact that Holy Vibration within us – the Holy Ghost within us – which is God Himself. And when you contact that, Joy is naturally with you, because the Holy Ghost is God's Presence, His Power, His Strength, and above all His Joy. And so let us regulate our lives so that we have time for regular meditation, contacting the Holy Vibration, which gives us all things.

And the Bible has, a verse in the Bible has summed this up most beautifully in this way. In Romans the 15th Chapter the 17th Verse, "For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost." It couldn't be any clearer. Peace and Joy and not in meat and drink. It is not in the fulfillment of desires; the object of senses. But it is naturally inherent in God within us as the Holy Ghost.

⁷ Matthew 6:33, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

And so, if we regulate our lives so that we have time for God, and follow the techniques of Self-Realization, and contact Him as the Holy Ghost, Joy will be ours. The Joy of God naturally within our hearts.