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### *Smile*

*Smile — I grant thee the joy of spreading  
the Teaching of Christ,  
The joy of conceiving the Greatness of the  
Universe,  
The joy of manifested labor,  
The joy of resignation.*

*Leaves of Morya's Garden I, para. 153*

*Smile.* What is the significance of a smile?

**We are directed to take a positive attitude whenever we start doing something — to smile.** When we are trying to make a decision, or we are entering into an agreement with someone, the first thing to do is to smile. A smile will bring positive energies out of us and evoke the higher nature of the people who are talking and relating with us. Instead of stimulating the beast in others, we can evoke the Angel, the Beauty in them through a sincere and clear smile.

**A smile is a way to harmonize ourselves with the creative forces of the Universe.** When people are not smiling, they are very sad, grieved, or angry and sometimes they show various feelings in their faces. You can see that these people are not in harmony with the creative forces of the Universe. A smile is the sign, the signal of a contented, happy consciousness. This consciousness draws the attention of the creative forces of the Universe. Smiling is very important, but it must be a smile that is a true expression of our happy, harmonious consciousness, a consciousness that is in harmony with life. This triggers the great forces in the Universe which help us improve our relationships.

We are going to use the smile consciously, not to deceive people, but to put ourselves in real, happy, joyful conditions and relate with people through our joy. If we do this, we will see the result. Even if we are unhappy, we can become happy by going to a mirror and smiling to ourselves. When we do this, we immediately draw something beautiful from within ourselves. That smile must always be there. We can use a smile in our daily relationships. It really brings miracles.

**The presence of a smile on our faces reveals that we are courageous and fearless.** If a person is in fear and is not courageous, he cannot smile. But if he smiles, really smiles, it means he is receiving courage and becoming fearless even when facing dangers. When people are attacking with malice, slander and treason — smile. A smile will really crush them. Even if you are in grave danger, smile first and see what happens.

A smile is a symbol — like the icons found in certain computer programs. When you “click” the “smile symbol,” the mechanism of the whole computer works to bring “positivity” into expression. In another verse, Master Morya directs us to smile when we are confronting danger. A smile will suddenly give us courage so that we can destroy the obstacles.

**A smile reveals that we have hope.** If something is going wrong and you lose your smile, it means that you are in the process of defeat. But if you keep your smile, the energy of positive forces are still circulating through you. Through that smile, you will evoke these forces and use them for your own victory. Even if people betray you and come to you, smile at them; do not show grief. Your smile will be a mirror to make them see their ugly face; they will see their ugly face in the mirror of your smile.

**A smile looks to the future.** If, when everything is going wrong, joy suddenly comes to you and you smile, you uplift and transcend yourself from the present condition and for one second enter the domain of Infinity, into the future, and say, “So what!” This is a very great relief. All of us have had these experiences, but most of us have not consciously registered them yet.

In the movie, *Zorba the Greek*, when everything went wrong, Zorba gathered ten or fifteen friends and started dancing. That was a smile, because he showed that nothing can conquer the human spirit.

This is where the smile stands. It is a very practical understanding which may save your life. Instead of wailing and moaning about life, give a nice smile.

*I grant thee the joy of spreading the Teaching of Christ.* Starting tomorrow, shall we take Bibles and knock on people's doors and say, "Repent and save yourself or you are going to hell"? Is this the Teaching of Christ? It is not. Generally, people do not yet know what is the Teaching of Christ. The Teaching of Christ is seven things:

1. **All-givingness.** This is His Teaching. It is so high and so deep that we are not yet able to actualize His Teaching. We understand, but we do not actualize. There is a big difference between the meaning of these two words. You can understand, but not live it within your bones, muscles, and soul. How can we be all-giving? Christ said that when someone asks for your jacket, give him your shirt also. Everything that we are currently teaching in this world is exactly the opposite.

Christ said, "If a friend says to you, 'Walk a mile with me because I am afraid and depressed,' walk ten miles with him." Have you learned these Teachings in the movies?

2. **Service.** The Teaching of Christ is service. Serve, no matter what happens. People say, "We are disciples, we are initiates, we are Masters," but there is no service in their life. According to the records in the New Testament, Christ had been teaching since early morning and as afternoon came, He was hungry. His Mother saw that He was still speaking with five or six hundred people, so she sent a disciple to tell Christ that she had food for Him to eat. He said, "Who cares about food? My 'food' is the Will of

God that I am fulfilling.” How could people in that age understand His Teaching? And how far have we come from the understanding of that Age? Yet we still have trouble.

3. **Brotherhood.** The Teaching of Christ is based on the brotherhood of humanity. The word “brotherhood” is being distorted. At the present, it refers to groups that dope each other and participate in organized crimes with each other. Christ was talking about the real Brotherhood. If only the world could understand for one second the Teaching of Christ — Brotherhood — world conditions would be so different.

4. **Unconditional love.** People come and kiss your feet and say, “I love you,” but two months later they stick a knife in your back. Unconditional love says, “No matter what you are, I love you.” If we reach this stage of consciousness, we will transform each other. Not that loving an ugly person will make us ugly; on the contrary, our love for others will make us angels. This is the Teaching of Christ.

5. **Endless forgiveness.** Does this Teaching of Christ work in our current legal system, in our society, in the IRS, in our government, in our CIA or FBI? Does forgiveness really exist? Some say, “What are you talking about? Forgiveness is total, absolute nonsense.” But forgiveness is the Teaching of Christ. There is a vast difference between the life that we are creating and the words of the Teaching that He gave. A man said to Christ, “Mas-

ter, if we forgive someone seven times, is that enough?" He answered, "Seventy times seven is not enough."

What can we do then? We created our legal systems without trying to analyze forgiveness and without trying to find practical means and ways to actualize the concept of forgiveness. What would be the first concept? It might be a very organized and comprehensive system of education and healing, rather than punishment and hatred. Philosophers must first think about how forgiveness can be put into practice in the twenty-first century. Instead of speaking about ways to create peace, people are talking of ways to destroy each other.

**6. Striving toward perfection.** Christ advised us to "be perfect as our Father in Heaven is perfect." This is a very strong line in the Teaching of Christ, the total axis of His Teaching. Perfection means continuous, progressive unfoldment, betterment, and improvement. We do not know what perfection is, but we know what improvement is. For example, if you are drinking alcohol, you cannot think clearly. But when the alcohol or other drugs are gone from your body, there is improvement in your consciousness. Then a time comes when you are really "together." This is perfection, relatively speaking.

**7. The Father's Home.** Christ emphasized contact with the Father's Home in all of His Teaching. What does "contact with the Father" really mean? I do not really know yet, but it must mean something very beautiful. Perhaps

we say, “Hello,” to our Father — that Almighty, Great Power — and He becomes our friend and helps us.

*The joy of conceiving the Greatness of the Universe.* What is the Greatness of the Universe? When I have certain dark nights, and when I am going through the “tunnels and caves” of my life, I sit and think about the stars and galaxies. As far as I can, I imagine different galaxies and the Zodiac — the vastness of space they cover. I then imagine the millions and millions of people that might be living on the planets around these galaxies. I then go one more step further and ask, “What great civilizations and cultures do they have? In what degree is the Divinity unfolded in them? What a great miracle we will see when we visit these civilizations and cultures, their educational systems?” and so on. Conceiving this, we break the imprisoning processes of life and set ourselves free. That freedom is our joy. That expansion of consciousness, imagination, and visualization is our joy. Joy is always related to freedom and expansion.

Once my mother said, “Every time a baby is born, he makes a little cry. That is his expression of freedom as he comes from his mother’s womb.” A bird freed from his cage, sings — freedom and expansion of consciousness. I think about the Teachers living on these planets, in this solar system and in the galaxies. Who knows what kind of artists they are! Here, we have Shakespeare, Beethoven, Mozart, and so on. But what else is there? Is it possible that the divinity in man reaches this planet and does not go

further? If it goes beyond, what shape does that “beyondness” take?

By visualizing and conceiving these things in our mind, we create a challenge to free ourselves from the limitations that life puts on our souls. Destroy them. We do not want to be enslaved.

*The joy of resignation.* The other day I was reading Tagore, a very great poet, most of whose works are translated into English. In one of these, *Gitanjali*, he writes, “The greatest power and joy of man is the power and joy of resignation.”

Resignation means conscious detachment from things with which we are identified. If we resign from our hatred, it is so beautiful. Our hatred makes us slaves. We are going to resign and leave it behind and search for something greater.

Fear has such a powerful grip upon us. I am slowly coming to understand why Christ said that our last enemy is fear. One of our great Presidents said in 1943, “The only thing we have to fear is fear itself.” Can we resign from fear? It is so difficult. When fear is put in a person’s mind, it immediately sucks his blood, energy, joy, everything — like Satan. We are going to resign from anger, jealousy, revenge, treason, slander, gossip, malice and exploitations. When we resign from these things, the joy of resignation blooms in our heart.

Someone once said to me, “A girl spoke very badly about you.” I did not know who the girl was, so I wondered why she was doing that. Suddenly, I was in the inspiration of the Teaching and replied, “That is so beautiful. So what?”

I became so indifferent, and immediately a great joy increased in my heart. I added a comment which I have never forgotten: “If gossiping and slandering me is causing her happiness, that is wonderful. At least I can give some happiness to her.”

How great it will be if we learn resignation. Cut your conscious relations, your feelings — everything — and neutralize yourself. This is the great joy of resignation. If we learn these things, we become healthier and happier, we develop a richer, deeper friendship with life than before, because God is Joy. Whoever has joy, God cooperates with him.

When things go wrong, check your joy. When things go right, check your joy. You will see that when your joy is increasing, you are making more money, having more friends, and finding more cooperation with friends. Some energy will be increasing within you, giving you more energy, which gives you better health.

Smile and have the joy of resignation. It is very easy to talk about these things, but starting tomorrow we are going to start practicing these things to the highest degree possible. If you resign from one or three things daily, see what will happen. For example, resign from talking on the telephone for forty-five minutes. Resign from drinking four cups of coffee. Resign from smoking three packs of cigarettes. Can you resign? Just try to resign, and you will see what beautiful things will happen in you.

It is not that talking on the telephone or drinking coffee is the issue, but it is your victory over any attachment that is beautiful. Victory over something that you

are trying to conquer creates beingness in you, and beingness is joy. Victory is always related to joy.

Master Morya says, “Joy is the victory of the Spirit.” Try to find things you can conquer. And if there are no things challenging you to be conquered, create them! The idea of sports is to create hardships consciously and voluntarily, and conquer them. A true sportsman is a person who always jokes and “plays” with difficulties and conquers them. His intention is to develop greater and greater strength within himself. He is consciously “playing” with hindrances and is going to conquer them. For example, if he does not conquer in one Olympics, maybe in the next one he will. This is the true meaning of sports. Currently, sports are about national pride or winning medals. This must be dissolved. Real sports is not medals. Real sports is not defeating another person. Real sports is conquering a limitation. But our sports have become, “How can I defeat that man or woman? When I defeated him or her, I can say, ‘I did it.’”

The real goal of sports has vanished. It has now been reduced to conquering other people. Conquering difficulties and limitations is the real sport, but these are limitations and difficulties that you are creating consciously for the purpose of defeating them.

*The joy of manifested labor.* Manifest labor and have joy. What is this manifested labor? The fruits of your work. Suppose the Angel came today and said, “Hey, man?” “Yes, sir?” “You are finished. Tonight We are going to take your soul.” What fruit did you leave behind? Hatred, pollution, poisons, bloodshed, revenge, wars, destruction — is this

what you left? Or did you leave great works of art, books, paintings, organizations, influences of love, joy and sacrifice, inventions, discoveries, hope and vision for humanity? What did you leave that are the manifested fruits of your labor? This verse says, “Create joy by leaving something behind which is beautiful.”

I once wrote, posing the question of what will happen if one hundred years from now our children, because of new scientific discoveries, call our spirits from the Higher Worlds and take us to court. They might say, “Mommy and Daddy, you have left us poisoned water, destroyed forests, a totally contaminated earth and weather, as well as radioactivity and pesticides.” What answers will we give them? This generation is guilty of leaving all these pollutants to the next generation. They will have a very hard time. First, they will be buried up to their noses in taxes. They will not find safe food and water. Vegetables, fruits, grains are already irradiated. What are we leaving the children and how are they going to survive if we do not come to our senses and think about the joy of leaving something beautiful to our children?

If you die, what are you leaving your family? How are your wife and children going to survive. Have you left debts for them to pay? Or, did you leave money in the bank for them? Did you leave wisdom, heroic examples, service? What did you leave? This is what joy is.

“Joy is a special wisdom,” says the Great Sage. Wisdom is high-level intelligence mixed with love and experience. Joy, because it produces seven very important results, is taken as wisdom. Joy makes you creative. There

is no creativity without joy. If any person creates anything without joy, it will be just like most motion pictures films seen in theaters today — filled with crime, destruction, ugliness, pollution, and so on. In the last year, I could not find one film that satisfied me. They are created with bad intention and without joy.

Joy makes you successful. Think about this and start working with it. Without joy, you will not be successful. Even if you are successful, you will lose it without joy. If you are successful and do not have joy, you are very unhappy. Joy makes us healthy. I have seen maybe forty families who were very healthy and happy, the children were magnificent. When joy evaporated from these families, for whatever reason, the downfall of the families started. No matter what, you are going to increase joy in your family, in your friendships. It is hard, but this is the way to conquer your enemies.

Joy makes people attracted to you. In school I watched the students. Those who were joyful, attracted many others around them. But, those who were sour, angry, jealous and revengeful had no one to play with. This is so practical.

Joy makes you think more clearly. If you are going to make a very special decision in your life, first do some exercises to make yourself joyful, then make your decision. Everyone who lacks joy, likes to make others unhappy. They orchestrate all possible ways to make others unhappy because they are, in their bones, unhappy people. I have never seen a joyful person trying to make others unhappy. Do not be a person who makes others unhappy.

Have joy and make people happy. As you increase their happiness, your joy increases.

With your joy, you will heal people. I remember a girl saying, “I have cancer. Can you look at it?” I smiled and looked. “It is not cancer,” I said. She totally changed. She went to the doctor and found that it was not cancer. But that minute of transformation was so beautiful. I then read in the Agni Yoga Teaching, “One positive suggestion can cure the darkest disease.” Joy heals people. Eventually, we are going to be healers. We are going to heal with our joy and beauty. Of course what we are speaking of is not romantic. I know it is very difficult to have joy. To be beautiful is very difficult, but we are talking about striving to **be joyful**. Eventually we can, in a certain percentage, have joy. Increasingly we will find that to be joyful is easier than to be sad and depressed.

Through joy you transform people. This is why *joy is a special wisdom*. When you are in continuous sadness, your friends say, “We are sick of it. But when you are joyful, we love it.”

This not abstract teaching. It is the Teaching of Life. It is not easy to use these things, but it must be presented as it is, and we must create a certain degree of striving toward it. It means that we are advancing little by little.

Just as there is the business of selling potatoes or tomatoes, there is also the business of selling ugliness. The businessmen who sell it are very intelligent. They prepare the ground with “fertilizer”; then you do not have a choice, so you accept it. You must discover who is doing these things and for what purpose. Then cultivate such a

state of consciousness in people so that they do not support the sellers of ugliness. I once attended a very beautiful movie, but there were only five people in the audience. Then I went to a very ugly movie and it was packed. This indicates that there is a degeneration of consciousness. It is produced scientifically.

These are not the ravings of fanaticism and condemnation. I am speaking about realistic, factual observation. For example, movies containing crime and sex are not beneficial for our children. If anyone says that they are, he is out of his mind. You read in the advertisements, “This movie is for all ages.” Young teenagers are sitting there and watching while a man stabs his wife in the back. What is this? The children are going to sleep at night with these images. It is not healthy, regardless of your goodness or tolerance.

It is good to read this passage; but also start analyzing it and seeing through it. The seven principles related to the Teaching of Christ are so beautiful. Of course you must read the *New Testament* fifty times to get the gist of it. In another place, Master Morya says that the highest teaching was given by Christ. It is so beautiful, but it is not “churchianity,” not religion.

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