

## The Answers of the Heart

We live our lives and there are so many complexities. We have relationships, and we have many judgments. Sometimes it seems like we are going forward. Sometimes it seems like we are going backwards. Some days are easy, and some days are tough.

Looking through this complex window, it doesn't seem like anything can be simple. But step back and just look at this life. The breath comes. It makes no judgment. We don't have to do anything to get it. There are no forms to fill out, no queues to stand in, no waiting games. We don't need to log on to some dot-net or dot-com to breathe.

Life dances and plays out every day in the simplest, most serene way possible. You exist, not through the avenues of this world, but just as you are. Just you—this face, this smile, this body, this breath, this heart.



A lot of people focus on all the problems in the world and say we have to find solutions to all those problems. I say that we have a quest. It's not a quest that you or I started. It is a quest that was already started for us. It's a quest for peace, a quest for love, a quest for understanding, and a quest for joy.

This quest is not for the joy found on the outside. It is for the joy that is found on the inside. This quest is not for the peace on the outside, but for the peace that lies within.

The good news is that what you are looking for, you already have.

Who has introduced us to us? We're always being introduced to somebody else. No one asks, "By the way, have you met yourself?" Meeting yourself is the difference between being free and being stuck. If you don't want to meet yourself, you

are stuck with yourself. The day you want to meet yourself, you become free.

I will tell you about the best book ever written. It's the book of thoughts that you write to yourself. It's clear. It does not need an introduction; it does not need a preface. It does not need footnotes. It is yours. It is the poem that sings out in your heart and awakens the joy. That is the greatest poem ever—joy. And it is your poem, an expression to yourself. That is the ultimate gift.

This world is filled with questions without answers. This heart is filled with answers without questions. We can accept those answers, not the answers the world is trying to give us.

The answers of the heart are very, very different, because the heart says, "Awaken and rejoice. Awaken and be alive. Awaken to the possibility of being fulfilled."



Maharaji