

## Potential for Joy (translated from Hindi)



Why are you here? Who are you? Where did you come from, and where are you going? How many days are you here for? What is pain? What is joy? What is the soul? As human beings, we have these questions. And we look for their answers on the outside. We look everywhere: we read the paper, we go to the movies, we travel to different countries. But have we ever looked within ourselves: What have I been given?

All those questions are telling us that there's one thing missing. There's one thing we have not understood. What is it? It is what is within.

When will peace happen? Where is peace? Why do people fight? When a human being cannot understand who he is, what he is—when a human being becomes a stranger to himself, then everyone else is a stranger, too. And when everyone is a stranger, who is he going to become friends with? Who is he going to love? Who is he going to look at and say, "This is a human being, and I'm a human being, too"? Everything becomes separate.

Every human being is one—no matter who you are, how you are, where you're from. Even in pain or happiness, you're one. You've come here as one and will have to leave, as well. In the life of each human being, there is the possibility to experience supreme joy. The greatest potential is the possibility of that joy in a human being's life.

When a human being is born, it is their opportunity to experience peace and joy, to fulfill this life. Everything else they can attain and let it go. But peace is one thing the human being can attain and hold onto.

It is because of the calling of our heart that we want to complete our life, to capture what has been given. We can catch onto something that will be with us throughout our entire life, that will support us.

Fulfill this life. This is your life. It's been given to you. What you do with it is completely up to you. You can throw it away or save it. You can attain joy and fulfill your life. Every day is precious, priceless. Will tomorrow come? Nobody knows. All we can do is hope it will. Every day that is given is a blessing.



We talk about miracles. What is a miracle? When the sun rises, isn't that a miracle? The miracle is what is going on within you. The fact that you exist is a miracle. This life that comes day after day is a miracle. And when you start seeing that, your life will be filled with joy.

So if you want that, then accept it—not with blind faith, but from an experience. Only through experience can a human being move forward and take the next step.

The story is still being written—yours and mine. It's not finished. What the ending will be like is up to us. If we want the story to be that this person understood the supreme joy, fulfilled their life, and spent their life in joy, then that story can be written. It's up to us.

*Maharaji*

