

# FOUNTAIN OF INNER JOY

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## **Remember the Essence of Being**

Everything is born out of the Essence-the Sun, the planets, the galaxies, and the space between them, the earth, the oceans, all living beings-everything. All that is creative, all that is positive, and all that is uniting in consciousness comes from the Essence of Being. We should remember that Essence under all circumstances, because that is what brings us liberation from the gross nature. Somehow, we forget, we forget the Essence and get caught up with the activities and images of day-to-day living. We identify with our name, form, status, and heritage. If we get subjectively entangled in things that are happening on the gross level, we sink into the quick-sand of worldly existence.

While pursuing status and accomplishments, we lose peace of mind. Sometime there is success and we are elated. Sometimes there is failure and we are depressed. But if we see this life as a dream, we can work hard without getting attached to success or failure. If we do our work without attachment to the results, it does not cause us pain. When we remember our Essence, gross existence looks neither threatening nor attractive. The gross is only attractive when we are mentally caught in the ups and downs of specific events. If we connect to our Essence all the time, then gross reality doesn't bother us.

### **Destroying the Ego Perception and Images**

We need to weaken the potency of ego in order to attain permanent happiness and peace. How? We weaken ego through the practices of meditation, introspection, simplicity and most of all, humility to the essence of being. Once we see ourselves as separate from our gross ego drive, we weaken its hold on us. When egotistic perception is weakened, then we are not tormented by worldly distractions or images. To remember our Essence, we have to quit our mind. When we listen to the Om sound or deep silence in meditation, we forget the noises of the gross mind. As we step the noises of the conscious or unconscious mind, we experience our Essence. Once we experience our inner peace and happiness, we won't get caught up in the gross reactions of our mind.

