

Index

The Sentinel 2	Spiritual Travellers
Milestone Lives	Memory
Ordinary Inspiration	Discernment of Truth
Happiness	The Horseman
The Shining One	The Ely Woman

Teaching from Page 14

Happiness.

The heart that has prepared the way for many years welcomes the arrival of happiness. It is not until residence has been established for quite some time that it becomes apparent that happiness has arrived.

It is the constant practice of the ways of happiness that causes the heart to become filled, so slowly that the realisation of the presence of happiness does not come until the heart is filled to overflowing.

Only then is the presence of happiness discerned, and then only realised because there is no room for the continued expression of other emotions. The emotions are now under control without being repressed.

This explains why people often allow their happiness to slip away not realising its presence until they have failed to follow its disciplines and it has departed.

This level of happiness is not that of the full heart but is the time of its growing which is why people are unaware of its presence until its departure. Their awareness is caused by the lack not the presence.

When the heart becomes filled the golden girl emerges and life is changed forever. The disciplines are achieved enabling the traveller to arrive at the Golden Dawn.

Realisation and comprehension of many things are reached, instantaneously, in a moment, when all the petals of the lotus flower are opened.

The chains fall away and the cup that was emptied becomes a chalice, the elixir within enabling the spirit to soar to heights not recognised by any who have not learnt of and practised the ways of happiness.

Happiness is a teacher, like her forerunner, Strength.

The presence of happiness is slow to perceive. It is only the continual discipline and practice of her ways that enables full realisation of her presence to be discerned.

Those who fall away from these disciplines are unaware in the beginning that she was ever a presence in the heart, for comprehension of her presence comes only with her complete and total arrival. It is then that she brings with her, her companions, peace and serenity.