

*Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart. Psalm 32:11*

Michael Singer in *The Untethered Soul* states that if we want to be happy we must cleanse our hearts and minds. He writes, *If you decide that you're going to be happy from now on for the rest of your life, you will not only be happy, but you will become enlightened.* So, do you really want to be happy? Do you want to become enlightened? Today's lesson is based on chapter 15 in Michael Singer's book titled *The Path of Unconditional Happiness*.

Here are some statements from Michael Singer:

*The highest spiritual path is life itself. If you know how to live daily life, it all becomes a liberating experience. But first you have to approach life properly, or it can be very confusing. To begin with, you have to realize that you really only have one choice in this life, and it's not about your career, whom you want to marry, or whether you want to seek God. People tend to burden themselves with so many choices. But, in the end, you can throw it all away and just make one basic, underlying decision: Do you want to be happy, or do you not want to be happy? It's really that simple once you make that choice, your path through life becomes totally clear.*

*Most people don't give themselves the choice because they think it's not under their control. Some might say, "Well, of course I want to be happy, but my wife left me." In other words, they want to be happy, but not if their wife leaves them. But that wasn't the question. The question was, very simply, "Do you want to be happy or not?" If you keep it that simple, you will see that it is really under your control. It's just that you have a deep-seated set of preferences that gets in the way. Do you want to be happy from this point forward for the rest of your life, regardless of what happens?*

*If you decide that you're going to be happy from now on for the rest of your life, you will not only be happy, you will become enlightened. Unconditional happiness is the highest technique there is. You just have to really mean it when you say that you choose to be happy. And to mean it regardless of what happens. This is a true spiritual path, and it is as direct and sure a path to Awakening as could possibly exist.*

*Once you decide you want to be unconditionally happy something inevitably will happen that challenges you. This test of your commitment is exactly what stimulates spiritual growth. In fact, it is the unconditional aspect of your commitment that makes this the highest path. You just have to decide whether or not you will break your vow. When everything is going well, it's easy to be happy, but the moment something difficult happens, it's not so easy.*

*Events don't determine whether or not you're going to be happy. They're just events. You determine whether or not you're going to be happy. You can be happy just to be alive. You can be happy having all these things happen to you, and then be happy to die.*

*If you want to be happy, you have to let go of the part of you that wants to create melodrama. This is the part that thinks there is a reason not to be happy. You have to transcend the personal, and as you do, you will naturally awaken to the higher aspects of your being.*

Here are some tools that Michael Singer gives us to help us experience unconditional happiness:

- Every time a part of you begins to get unhappy, let it go.
- Keep your heart open. No matter what happens, just enjoy the life that comes to you.
- Use a positive affirmation like this one: *I appreciate everything in my life and I am at peace!*
- Spend time in meditation. Meditation strengthens your center of consciousness so that you're always aware enough not to allow your heart to close.

*Unconditional happiness is a very high path and a very high technique because it solves everything. As far as your spirituality goes, you're going to grow very rapidly. A person who actually does this every moment of every day is going to notice the cleansing of their heart.*

Affirmation: *I appreciate everything in my life and I am at peace!*