

JOYFUL LIVING - George Boyer
Lesson One

In these lessons we hope to give you a sure foundation of a way of living that will help you to see life as it really is and thereby opening up the possibility of steering clear of the things that lead to unhappiness, disappointment and non-fulfilment.

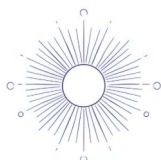
We must first be sure what we mean by right living and that the things we believe in are true. There are many who rely on things that are not true and thus when changes occur the untrue things change also, leaving the believers hopelessly cast, as it were, on a naked desert.

For us to ascertain whether or not a belief is true and based on reality we have, in the first instance, to rely on the teachings and results of experience of those whose life and examples have been a guide and blessing to humanity. It is they who have trodden the hard path of the world's tribulations and by their fortitude and power of discrimination have been able to leave helpful advice to those wishing to find the answer to successful living and to be sincere in applying the formulas.

We can only start by having beliefs about life, but we must be sure, as stated before, that these beliefs are founded upon the truth of life as it is and not as we hope it should be. To believe in something that is not true will inevitably lead to distress when it is found that when, by natural law, all things in the world are changing, all our values come to naught.

The majority of mankind have some sort of belief in God, or a God, but whether their beliefs are founded on the truth of this God, in whom they believe, few can prove. There are many shades of belief and many people fashion this God in their own minds according to how they wish it to be. If we think about this God according to how we wish Him to be He is then only an image of something we do not understand - and when He fails to live up to what we think He is, or should be, when certain conditions arise, or when certain powers we attribute to Him do not work out - our faith in an All-powerful God is then shattered.

Before we commence on this journey of joyful living we should first try to forget all our present ideas about God and not formulate any new ideas either, but should proceed step by step proving that what you already believe is true about life as it is. It is only then that you will be sure and receive absolute proof that you are heading in the right direction and the truth about this God, and life, will be very clear to you. Unless you have the proof for yourself life is empty, and simply to rely on the tales of others' experiences will not make your case any the better.



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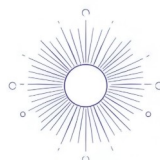
We must first admit that we really know nothing, or very little as human beings, about the secrets of joyful living. When we take a look at the world this moment it seems just one seething mass of evils; wars, disease, broken homes and despair. No-one, it seems, has the answers to restore it to a wholesome and a peaceful place. Politicians argue, scientists debate and doctors wrangle - but all the time we seem to be progressing to nowhere fast.

In doing most things there seems to be a "right" way and a "wrong" way. When a thing is done the right way we get results and we are filled with pleasure. When a thing is done the wrong way it does not work out and we get angry and frustrated. All this seems fairly basic and simple and to believe that it is complicated, or to attempt to complicate it, then complicated it will be. Life's way is so simple that we are tempted by all the complicated formulas of the intellectuals and never reach our goal. It would appear that to commence rightly we are starting from a "scratched" position and at a disadvantage to our fellows - but we will find that this position gives us time to think and to sort out the odds of the game of life - thus resulting in winning the race.

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Looking around we observe that harmony in this universe is governed by certain laws. The earth revolves round the sun in a given time, the moon rises and sets at given times, seeds grow and flourish during given periods and sleeping and waking all seem to take part in the rhythm of life. This rhythm all seems to take place in a regular pattern and we can see that there must be some law, or laws, governing all things. It only appears that worldly affairs do not fit into this pattern. If we allow ourselves to think further we should realise that there must be a cause behind the teeming manifestations of life.

The main system in which great men have found a basis for the power in their lives is religion. Now when we mention the word "religion" many people conjure up in their minds something separate and apart from everyday affairs - yet it is in these everyday affairs, that which they seek in religion is relative to the desirable conditions they seek in everyday experiences. Some believe that religious teaching is something apart from normal living - yet the answers to the problems of NORMAL living are to be found in the religious teachings only. False attitudes have been created by the established organisations who claim to be the only authorities in these matters but by taking a look at these churches it is evident that they do not seem to know the answers to simple problems in human understandings - neither are they able to demonstrate the power talked about in the scriptures of which they claim to be



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guardians. However, a brief study of the history of how the present churches came into being will convince one that they are strangers to truth.

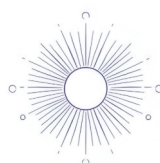
It has been said that we have to be good to be happy – and if we are bad we are sinners; but who is to decide and who has explained precisely what is meant by “good” and “bad”? What appears good to one is bad to another. You have only to put this question to several of your friends to find out what we mean. It seems then that there are no true measures between the two. We finally have to admit that we don’t actually know. Good and bad then are only appearances and these are continually changing – so we can place no reliance there. During the course of these lessons we will explain that there is a key to living that is not dependant on being “good” or “bad” – but proven reasons WHY one should live and act in certain ways to be happy. Let us therefore begin by admitting that we actually know very little about life and that in the main our present opinions and ideas are built upon the thoughts and ideas of others, from what we have either read or heard, and we really possess nothing of our own.

Whatever our opinions are now could be wrong. Do they hold fast when opposition comes? Do our beliefs hold water when we find ourselves in a crisis? Absolute honesty with one’s self is a step in the right direction of learning anew.

The basic rule laid down for successful living has been laid down by all the great leaders of mankind and can be summarised beautifully in the statement by Jesus the Christ when He said, “Thou shalt love the Lord (law) thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbour as thyself”. This may appear a formidable task but in the light of the teachings presented in these lessons you will learn how to do it scientifically and with understanding.

Practical teachings can be proved – so, if a religious teaching proves impracticable it is useless in one’s life. The great teachers never taught anything for the mere saying of it: they meant what they said and demonstrated it – otherwise one might as well read comic books.

Believing in a thing does not prove it. We cannot play a concerto on a piano until we have practiced the initial stages. We therefore cannot immediately receive peace and harmony until we put it into practice. The idea that these things can be achieved by simply praying for them has yet to be proved. This is why so many prayers go unanswered. Unless one lives according to the rules of life we cannot expect results. Does a music student pray to suddenly receive the



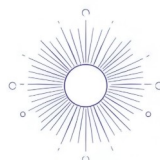
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ability to play the piano? Stupid – you will say – but how many believe in prayer this way? Does it not seem illogical and unreal – and maybe somewhat childish? If then the Universe is governed by certain laws then it is only by knowing these laws can our lives be effective.

Universal truths just ARE. They cannot be altered by belief or opinion and if we allow ourselves to remain blind to that which IS instead of that which we believe it is, or how we would like it to be, this is foolishness. We are like the ostrich that buries its head in the sand and believes it is safe from danger.

Harmony is mankind's greatest desire and the reason why it is not found is because man thinks it can be obtained his way and not the way that it is. The realisation of true harmony gives one a quiet attitude of assurance in every circumstance. The rest follows since it is in alignment with the laws of nature. Nature is the best training school. Look around you and you will observe that she (nature) is forever adapting herself to new conditions in spite of the frequent floods, earthquakes and epidemics. It would appear that only man is out of line and suffers the most. This is because he is constantly trying to pit his will against one greater instead of trying to co-operate with it and if you keep banging your head against a brick wall it is easy to guess who will tire first. Life rolls on incessantly leaving the history of man but a shadow in the dust – he learns at cost to himself. A few wise ones learn from life and share in its glory. We should learn to live life to the full and share in its full beauty and pure love for all. Then will nature unlock its storehouse of true knowledge and wisdom and a REAL peace will reign on earth instead of the constant hashed up apology decreed by selfish man.



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