

Treasures Along the Path Study Guide

Finding True Happiness

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Key Points

If you want happiness and success in life, get to know people who are successful and happy.

People who live for God can find true happiness.

You can achieve spiritual progress by overcoming selfishness, greed and egotism and offering yourself to God.

Even though we may seek happiness outwardly, the soul yearns for true happiness through love, joy, clarity and union with God.

God doesn't count your mistakes. He counts whether you love Him or not.

The goal of life is to discover who we really are.

Unhappiness can result from too much preoccupation with the self. Those who think primarily of others can find true happiness.

Every night, mentally review everything you have, everything you hope to accomplish and have already accomplished, and give it all back to God.

The superconscious mind sees unity, the conscious mind sees diversity.

Don't try to solve your problems with problem consciousness, rise above problems by being solution oriented and working with the superconscious mind.

Questions

Bring to mind a person or persons you know who have achieved happiness and success, and reflect on the qualities of character that helped them achieve it.

What are some ways in which you can experience 'center everywhere, circumference nowhere,' thus freeing yourself from narrow definitions of who you really are?