

## *The Highest Happiness*

### *Intro*

Everyone wants to be happy, especially in loving relationships. Material society was supposed to help us to become happy, but the program has gone wrong. People are relating with each less instead of more, and they're not happy. Western people buy more anti-depressants than almost any other kind of medicine, and happy people do not need anti-depressants.

Well, there is certainly good reason to be depressed.

### *Modern society*

Material society looks good from the outside, with its elaborate buildings, transport systems, information technology, scientific and technological advancement, and so on, but there's another side to it. The world in which we live is in crisis on every level. Material society has polluted the water, the land and the air, and it has destroyed the natural ecological balance. The economy exists in the minds of speculators and investors, and it can collapse at any time. The rich and over-privileged enjoy at the expense of the poor and under-privileged. Crime and violence are on the increase, and the structure of the family and society is dissolving. Internationally, there is always conflict between national, political and religious groups. Terrorists can strike at any moment, and there is a real danger of total nuclear annihilation.

These problems are so numerous and varied and extensive that they are simply overwhelming. How to deal with them? Albert Einstein said, "If you want to solve a problem, you have to be more intelligent than you were when you created it." But where is that superior intelligence going to come from? Not from material science, it seems. Material scientists can't tell us how to solve the problems that they

themselves have caused. They know how to destroy the world, but they don't know how not to destroy it.

### *Vedic wisdom*

The solution to the problems of the modern age is provided by the Vedic wisdom tradition, which appeared in ancient India, and which is the oldest and most extensive wisdom tradition in the world. It predates the Islamic, Christian, Judaic and Buddhist cultures, and it anticipates their essential elements. The language of the Vedic wisdom tradition is Sanskrit, which is the root of all the Indo-European languages. The Vedic wisdom tradition covers every aspect of life, including medicine, mathematics, science, economics, psychology, warfare and sociology. It also supports a breathtaking variety of spiritual practice and experience. The tradition is unique, because it not only gives a consistent way of living, but it also explains the logical structure of reality. So it is not only systematic and scientific; it is also non-sectarian, because it does not depend on blind faith.

The Vedic wisdom tradition shows us what the main issue in modern society is. The problems and disturbances in modern society are not the real problem; they are simply symptoms. The real problem with material society is materialism itself.

### *Materialistic philosophy*

Materialism is based on the philosophy: "Only matter exists, and only the physical laws are acting. Everything that happens is simply physical actions and interactions. In principle, material science can explain everything in terms of what we can perceive with our senses and what we can understand with our mind. Material science can explain how everything is caused automatically and mechanically by the physical laws of nature. There is no need to believe in any

supernatural causes. There is no need to believe that life is caused by a non-physical spirit. There is no need to believe that the cause and basis of the universe is non-physical or spiritual. This is old-fashioned sentiment.”

### *Artificial objects*

This is their philosophy, but actually any observant and thoughtful person can easily understand that this idea is completely false. It's simply not true that everything in the world happens mechanically simply through the action of the physical laws of nature. The world is full of artificial objects such as computers and space telescopes that can't be produced spontaneously by physical interactions. These artificial objects have to be created specially. Why is this? Well, first of all, they are made of artificial substances such as steel and plastic, and highly purified aluminium, copper and silicon, which don't occur naturally. They not only don't occur naturally; they can't occur naturally. Mathematically, there is no possibility that chance and physical interactions can produce such artificial substances unaided. That is why they have to be created artificially.

The forms of manmade objects are also artificial. Matter cannot organize itself to produce the forms of manmade devices such as watches, electronic devices and engines. Physical interactions by themselves produce irregular forms such as waves and cliffs, or very simple regular forms such as crystals. They don't produce complex functional forms.

### *Information*

There is another proof that not everything in the world is simply produced by physical actions and interactions. Human society is full of information, but physical interactions don't create information; they destroy it. Information theory proves mathematically that physical interactions cannot create new information by themselves.

This is simply commonsense, because scientists since the time of Einstein have agreed that information is not actually physical. The medium that holds the information is physical, but the information itself is not physical, because it does not have mass, length or temperature or any other physical property. Information is measured in bits and bytes, which is a measure of the amount of knowledge that the information gives us. Since one cannot *describe* information in purely physical terms, it is not possible to *explain* how information appears by any physical process. That means that there must be another cause for the information in human society.

Here is an essential difference between living creatures and inert physical systems: living creatures, and especially human beings, constantly create artificial objects and information, whereas matter by itself can't do this. This means that living creatures are not just physical systems, because they exert a real, non-physical influence.

### *Outlaws*

It makes sense to say that living creatures are not purely physical systems, because by nature, they always strive to go beyond the limits and boundaries set by the natural laws.

Plants grow upwards, against the force of gravity.

Frogs, fishes and animals jump.

Insects and birds fly and human beings try to defeat the physical laws in every way they can.

Actually all living beings are outlaws, because we always try to escape the natural laws and live beyond them. Ironically, the greatest outlaws of all are the material scientists. For one thing, they help the rest of society escape the limitations of the natural physical laws. Besides that, when scientists investigate natural physical laws, they have to stand outside the laws and oppose them. The philosopher and scientist Michael Polanyi pointed out that, in order to investigate gravity with a pendulum, Galileo had to oppose gravity to lift the

pendulum bob, and in order to drop weights from the Leaning Tower of Pisa, he first had to climb the tower. Similarly, when scientists investigate electromagnetism, they have to separate electrical charges or magnetic poles, and when they investigate the forces in the atom they have to oppose the forces to break the atoms apart.

### *Consciousness*

Purposeful activity is specifically designed to oppose physical interactions. Now the question arises, "Who is the actual agent who performs purposeful activity?" We say, "I did that," but who is the "I"? It's not just the physical body, because physical bodies don't perform activities when they are asleep or dead. We don't do anything when we are unconscious. We only act when we are conscious. It is self-evident that the body does not act by itself. It is I, the conscious self, who performs activities through the body. But what is consciousness?

The Vedic wisdom tradition points out that the conscious "I" is distinct from the inert material body. It has a completely different nature. We remember, "I was five years old," "I was 10 years old," and so on. The world around us changes. Our body changes. Our mind changes. Even our personality changes, but our "I-ness," the fact that we exist as conscious individuals, remains the same. We keep the same name, the same passport, and the same identity number throughout our lives. The fundamental nature of matter is to change, whereas the "I-ness" of the conscious self does not change. That means that the conscious self is not matter.

In Bhagavad-Gita, which is a brief summary of the whole Vedic wisdom tradition, Krishna explains to Arjuna, "The body changes from childhood to youth to old age, but the conscious being within the body does not change."

The Nobel brain surgeon Sir John Eccles has given experimental evidence that the conscious self is a nonphysical entity that interacts with the body through the brain.

The medical journal *Lancet* reported that 12% of patients who were revived after heart attacks had seen what was happening in the operating theater, even though they were clinically dead at the time, and some of them were even physically blind. This shows that consciousness is distinct from the body, although it has a close relationship with the body, and it acts through the body.

The body is like a machine, and the brain is like a computer, so who operates them? That is the conscious self.

### *The manufacturer of the body*

Now machines and computers not only have an operator; they must have a manufacturer as well. Why? Because physical interactions can't create vehicles and computers by themselves. It's the same with the body. Physical interactions don't create bodies; they break them down. What happens when the living creature dies? The body immediately begins to decay. That's the physical laws acting.

Nobel Laureate Albert Szent-Gyorgyii said, "Life is a revolt against the statistical rules of physics, and death means that the revolt subsided and statistical laws resumed their sway." So it is self-evident that our physical body-machine must be created by something other than physical laws.

Of course, the materialists do not like this idea. They say that the bodies of living beings have been created by physical interactions alone. But can materialists actually explain how physical interactions

can produce living matter? No, not at all. The structure and composition of biological molecules such as proteins and DNA are so complex and so precise and specific, that it is mathematically impossible to explain how even one such molecule could appear by chance and physical interactions.

Human DNA contains enough information to fill an encyclopaedia with 900 volumes. That's 40 times as big as The Encyclopaedia Britannica. But we know that physical interactions by themselves cannot produce new information. Even eminent scientists have agreed that the genetic code is like a signal from a higher intelligence.

What about the structure of the cell? Scientists admit that the living cell is far more complex than the most complex machine that man has ever designed. But even the simplest machines do not appear by chance and physical interactions. They have to be manufactured. Since cells are more complex than the most complex machines, they obviously do not come together by chance and physical interactions. To think that they do is to avoid the obvious.

The odds against even one cell appearing by chance are one with at least 40,000 zeroes to one against. This is not just improbable, or very improbable; it is inconceivably improbable. It is far beyond the scope of any materialistic theory.

The big question that has always challenged materialists is, "Where does the great variety of living creatures come from?" Even materialists admit that living creatures *look as though* they have been designed. For example, the very outspoken atheist Professor Richard Dawkins has written, "Biology is the study of complicated things that give the appearance of having been designed for a purpose." Similarly, Nobel Laureate Francis Crick, another vocal atheist, has

written, "Biologists must constantly keep in mind that what they see was not designed, but rather evolved."

Of course, even after this is pointed out to them, materialists avoid the obvious conclusion that living creatures are not just physical systems. Inspired by Charles Darwin, they say that new species are produced by the process of evolution, in which one species changes into another continuously in the process of time. However, there are serious problems with this so-called theory of evolution.

The first problem is that no species ever, ever changes into a new species; species only vary to a slight extent about a mean. No amount of breeding or mutation has ever created a new species. Rather, all scientific research shows conclusively that species are stable and self-consistent entities that do not change.

The fossil record also shows that species do not change. When fossils appear in the fossil record, they do so abruptly without links to previous species. There is not a single example in the fossil record of one species changing into another species by gradual stages.

Besides that, the fossil record clearly shows that many varieties of living creatures have remained unchanged in millions, and even hundreds of millions of years. For example, spiders have remained unchanged for more than 35 million years, cockroaches for 50 million years, sequoia trees for 50 million years, ginkgo trees for 65 million years, the beautiful and mysterious nautilus for over 100 million years, and crinoids and bivalve mollusks for over 200 years.

Evolutionists say that single-celled creatures evolved into many-celled creatures, and then into worms, vertebrates, fishes, amphibians, reptiles, mammals, apes, and finally to human beings. However, evolutionists themselves admit that there is not one



example of an intermediate form between any one major group and another.

Then there is the question, “How is evolution supposed to take place?” Materialists believe that new species are produced through mutations or changes in the genetic code contained in the nucleus of the cell, but there are insuperable problems here. First of all, mutations do not accumulate to produce new species; they only produce varieties of the original species. Mutation has never produced a new species or a new biological feature. Secondly, all known mutations are harmful or at best neutral. No known mutations would be useful to the individual in the wild state.

So, in short, the so-called theory of evolution is not actually a theory at all. A scientific theory is a reasonable explanation of known facts. The so-called theory of evolution is an unreasonable and irrational cover-up of known facts. It avoids known facts, it ignores them and it denies them, so it has nothing to do with science.

On the one hand, even material scientists admit that living beings appear to be products of design. On the other hand, there is absolutely no scientific reason to doubt this. So the most reasonable and obvious conclusion is that the bodies of living creatures have some cause other than the physical interactions. To deny this is unreasonable.

But what is that cause? We only know two types of cause: physical interactions and consciousness. If the source and basis of all the conscious beings in the universe is not physical, then it must be consciousness, but universal consciousness. There must be a Universal Self.

### *The source of the universe*

So much for living beings within the universe. Now what about the universe itself, the beautiful and extraordinary place in which we live? According to materialists, the whole universe appeared spontaneously and causelessly out of nothing in a Big Bang. This is an extraordinary belief, because science itself depends on the fact that every effect has a cause. How can a universe of cause and effect appear causelessly? How can time and space appear causelessly? How could the laws of nature appear causelessly? This has nothing to do with common sense or systematic, consistent knowledge.

In any case, scientists have proved mathematically that one cannot explain the appearance of the universe simply in terms of chance and physical laws. The odds against the appearance of a universe that is capable of supporting life are  $10^{10^{123}}$ . That's not just 1 with 123 zeroes against; it's 1 with 10 to the power of 123 zeroes against. This improbability is far beyond the limits of conceivability, far beyond the limits of any physical description or explanation. Such an event cannot possibly be explained by the science of actual, direct experience. That means that one cannot in principle explain how the universe appeared through physical interactions alone.

We can understand this conclusion in another way.

Einstein introduced the idea that mass is equivalent to energy, and we know that all energy must have an energetic source. This means that the total mass of the physical universe must also have an energetic source, but the source and origin of all physical matter cannot itself be physical. What do we know that is real, but is not physical? That's consciousness. It's not physical, but it has a real effect on the physical world. Since the only real, non-physical principle that we know is consciousness, the source and basis of the universe must be Universal Consciousness. The eminent astronomer Sir James Jeans recognized this. He wrote, "The universe can best be

pictured, although still very imperfectly and inadequately, as consisting of pure thought.... The universe begins to look more like a great thought than like a great machine." He added that the universe must exist within a universal mind. The Vedic wisdom tradition confirms that the Universal Conscious Self produces and maintains the bodies of living beings, and the conscious self within the body, and also the universe in which we live.

### *The absolute relationship*

Now we come to the question of relationship. It is through relationship that we get our identity and our necessities of life. Einstein's Theory of Relativity states that all our knowledge is relative. That means that relationship is the basis of everything that we know. Relationship is universal, and the Vedic wisdom tradition explains that the universal relationship is our relationship with the Universal Self who is the basis of the whole universe, and of our life in it.

The process for realizing this relationship is called *yoga*. Nowadays, most people think that *yoga* means physical exercises from the East, but the word *yoga* actually means "meeting", and it refers to the meeting of the individual conscious self and the Supreme Conscious Self. Physical yoga or *hatha-yoga* is simply part of an eight-step process, and it is intended to help make the body fitter for long meditation.

In the Vedic tradition, there are different kinds of *yoga*. For instance, the *yoga* of work involves offering the results of work and pious activity to the Supreme. Higher than that is the *yoga* of knowledge, in which one understands and realizes the nature of matter, spirit and the controller of both. The *yoga* of meditating on the Lord within the heart is higher still, because it brings one closer to the Supreme Personality. Advanced *yogis* realize that the same Lord is present

along with the individual conscious self in the hearts of all creatures. They also develop mystic powers so that they can transcend the laws of nature. It is very difficult to practice this *yoga* in this age.

*Bhagavad-gita* and other Vedic literatures say that the very highest form of *yoga* is the *yoga* of divine loving service or *bhakti-yoga*. *Bhakti-yogis* offer their activities, their minds, their hearts and their very self in divine loving service to the Supreme Personality. This form of *yoga* gives the closest connection and relationship with the supremely loveable Supreme Personality. That is why it is known as the highest form of knowledge, and that is why it gives the highest happiness. The major theistic religions such as Christianity, Islam, and Judaism as well as the Vedic Vaishnava tradition, all teach this *yoga* of divine loving service in the form of worship, prayer, praise, meditation and active service.

The Vedic tradition teaches us that the most practical and effective *bhakti* process in this age is chanting the holy names of the Supreme Personality, names such as Jehovah, Allah, Christ, Krishna, Govinda and so on. These holy names are spiritual sound vibrations, and they purify and enliven the soul.

### *The purpose of the universe*

Now, what is the meaning and purpose of life? We create objects with a specific intention, and the Vedic wisdom tradition tells us that the Universal Self also has a specific intention in creating and maintaining the universe and our bodies. This intention is that we should understand that we are the conscious spiritual self within the body, and that we should learn to live as conscious spirit in the material world. We are not actually part of this material world. We belong to the higher nature of pure consciousness, and we should learn how to go there and live there in pure love and happiness.

### *The peace formula*

Everybody wants peace and love, and here is the Vedic peace formula. Peace comes from knowing how the Universal Self creates and maintains our life. We create things so that we can become happy and satisfied, and the Universal Self has created this world for universal happiness and satisfaction. The more we satisfy the Universal Self in everything we do, the happier we will be. The Universal Self has provided everything for our benefit, and controls everything and everyone for their ultimate benefit. He is the closest and dearest friend of everyone, including the animals, the birds, the fishes, and the trees and plants.

Everybody wants to love and be loved. Love will come, universal love, when we direct our tendency to love to our closest and dearest friend, the Universal Self. When we know his love for us, we will not need to make unreasonable demands on others, nor will we depend on them excessively. There will be no need to create distress for ourselves and others. His love for everyone will flow through us, and we will be able to love all on behalf of the Universal Self. This the actual process of universal love.

That is how we can find peace, and that is how we can love each other truly and unconditionally. Then we can find happiness in loving relationships.