

**Ananda**

Ananda is a thing to be felt — it cannot be defined except negatively that it is not mere joy, but something much more deep and essential.

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It is the statement of the Upanishad that there is an ether of Ananda in which all breathe and live; if it were not there, none could breathe or live.

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It is fundamentally true for most people that the pleasure of life, of existence in itself, predominates over the troubles of life; otherwise most people would want to die whereas the fact is that everybody wants to live — and if you proposed to them an easy means of eternal extinction they would decline without thanks. That is what X is saying and it is undeniable. It is also true that this comes from the Ananda of existence which is behind everything and is reflected in the instinctive pleasure of existence. Naturally, this instinctive essential pleasure is not the Ananda, — it is only a pale and dim reflection of it in an inferior life-consciousness — but it is enough for its purpose. I have said that myself somewhere and I do not see anything absurd or excessive in the statement.

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Why should the joy of creation be unyogic? Every creator feels the joy of creation — including the Divine Creator.