



# Stuff

by Waeshael  
for Faith for the  
Hopeful

By waeshael

I AM NOT UTTERING A FINAL PRONOUNCEMENT NOR EXPRESSING AN ESTABLISHED DOCTRINE, BUT I AM RESEARCHING TO THE LIMIT OF MY ABILITY, I AM DISCUSSING THE MEANING OF THE SCRIPTURES AND I DO NOT CLAIM TO HAVE UNDERSTOOD THAT MEANING WHOLLY OR PERFECTLY, ON MANY POINTS I HAVE A PRELIMINARY IDEA ALL BIBLICAL QUOTATIONS ARE TAKEN FROM THE AV “KING JAMES VERSION”. ADDITIONAL SCRIPTURE STUDIES, COMMENTARIES, PROPERS BY WAESHAEL CAN BE FOUND AT THE WEB SITE [WWW.HWYLCOM.ORG](http://WWW.HWYLCOM.ORG)

# The cause of Unhappiness

According to that great philosopher Anthony De Mello S.J, what makes us unhappy is our attachment to STUFF.

Happiness comes when we have rid ourselves of any desire for attachment to those things we think of as essential to our happiness.

Jesus told his disciples to get rid of everything they were attached to, and to depend only on God for their needs.

**If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he**

**cannot be my disciple. (Lu  
14:26)**

**Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. (Mt 19:21)**

**Then answered Peter and said unto him, Behold, we have forsaken all, and followed thee; what shall we have therefore? ... (Mt 19:27)**

He sent them out with only a cloak shoes and a staff, so that they would be free of any concern about possessions while they travelled, and would trust God to provide anything needed.

What Anthony De Mello taught his students at Fordham University campuses across America<sup>1</sup> was how they had been programmed to desire stuff, and why this desire was the cause of unhappiness.

As you know from other stories on this web site, I have gotten rid of stuff twice in my life, and found this truth well before I found Anthony De Mello.

All the stuff you have in your life causes you to worry. If it is real property, you worry about the neighborhood changing, or a catastrophic failure of the Real-Estate market causing the value of it to drop, or of a flood destroying the contents of the house. Or being robbed while you are on vacation.

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<sup>1</sup> His lecture on Awareness can be watched on You Tube.

If you own some nice things you probably worry about losing them, or being robbed of them.

If it is a car or a boat you worry about an accident that injures you, or of it being destroyed. And if the boat is expensive you worry about how you pay the taxes if you lose your job, and so on.

Every little thing you own, that you like will cause some worry. Worrying that something may take them away from you, keeps you from happiness. I know this to be true.

Lusting after something you want causes worry. Hanging onto the memories of bad things done to you, and desiring revenge will cause you to worry.

I remember Marly's ghost in The Christmas Carol, who could not enter the kingdom of heaven because the weight of the chains around his body, which represented his attachments to money and social position and bad things he did because of his lust for them kept him firmly tied to the earth. That is why the cover of this book shows a heavy chain to remind us of why we are unable to enter the kingdom of heaven.

The chain represents out STUFF which we think we can't live without.

**Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. (Mt 19:21)**

I have experimented twice by getting rid of everything that would not fit into a “room” 10 feet by eight feet. Read this article **Making the Divine Bread**.

And I found happiness. It just bubbled to the surface.

*End*