



SATHYA SAI INTERNATIONAL ORGANIZATION

# Happiness

IS

UNION WITH

# GOD

STUDY GUIDE – 1

WHAT IS HAPPINESS?

BIRTHDAY *Celebration* 2020



# DEDICATED

WITH LOVE AND REVERENCE AT THE DIVINE LOTUS FEET OF

*Bhagawan Sri Sathya Sai Baba*

THE EMBODIMENT OF DIVINE BLISS



This study guide is one of a six-part series featuring some of Bhagawan Sri Sathya Sai Baba's Divine teachings on Happiness.

Each guide contains an inspirational story, extracts from His discourses and writings, and a set of questions for reflection.

## INSPIRATIONAL STORY

### Happiness is union with God

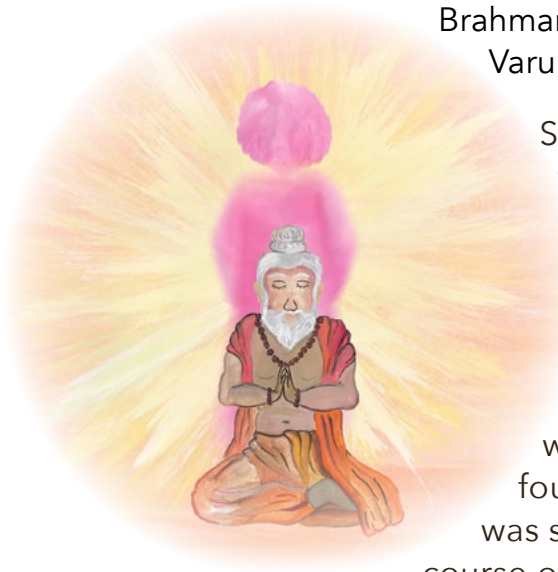
In the Bhrigu section of the Taitiriya Upanishad, which comes after the Bliss-of-Brahman section, is the story of Bhrigu, son of Varuna. While teaching Bhrigu the Brahman phenomenon (Self-realization), Varuna says, "Son! Brahman cannot be seen through the eyes. Know that Brahman is that which enables the eyes to see and the ears to hear. He can be known only through extreme yearning in a cleansed mind and concentrated thought. No other means can help."

He added, "Dear Bhrigu! Know that everything in the universe originates from Brahman (Divinity), exists in Brahman, unfolds through Brahman, and merges in Brahman alone. Discover it yourself through concentrated spiritual practice." The father gave him only these indications, before directing him to enter upon spiritual exercises that would ultimately reveal the truth.

With full faith in the words of his father, Bhrigu engaged in concentrated spiritual practice. The process of self-control and self-inquiry raised his consciousness, and he believed what he understood at that stage as Brahman and decided that food was Brahman! When he declared what he had come to know, his father, Varuna, told him that his answer was not right.

So, Bhrigu continued the spiritual practices and found out that vital air (*prana*) was Brahman, since without vital air, other things are vain. Vital air causes life, promotes life, and puts an end to life. But his father also pronounced this inference wrong and sent him again for further spiritual practice.

In this manner, Bhrigu had a third period of austerity when he came upon mind (*manas*) as Brahman, and later a fourth, when he revised that conclusion and believed that it was spiritual wisdom (*vijnana*). At last, after undergoing a fifth course of spiritual practices, he became aware that spiritual bliss (*ananda*) was Brahman. He stayed in the bliss of that awareness and never more proceeded to his father. The father sought Bhrigu and congratulated him, who had cast the world away from his memory. He said "Son! You have merged in that vision."



Sutra Vahini Ch.3

<http://sssbt.info/vahinis/Sutra/Sutra03.pdf>





## STUDY GUIDE

### What is happiness?

Happiness lies in union with God. If you have the firm conviction that God is in you, with you and around you, you will never face any hardship or misery in your life.

Sathya Sai Speaks Vol.33/Ch.5: 4 March 2000  
<http://sssbpt.info/ssspeaks/volume33/ss33-05.pdf>

Happiness is essential for God-realization. It is one of the major gates to divinity. It is not just a fault if a person is not happy; it is one of the most serious of all faults. It is a barrier to realization.

Conversations with Bhagawan Sri Sathya Sai Baba, pp.75–76  
[http://media.radiosai.org/journals/Vol\\_04/01MAR06/conversation.htm](http://media.radiosai.org/journals/Vol_04/01MAR06/conversation.htm)

It is enough if you develop love and share it with others. It is only when you are happy that you can make others happy. What is happiness? It is union with God.

Sathya Sai Speaks Vol.31/Ch.5: 25 February 1998  
<http://sssbpt.info/ssspeaks/volume31/ss31-05.pdf>

Man has been given two boons: *sukham* and *shanti* (happiness and peace). Every person in the world, from a king to a beggar, desires only these two. But what is the happiness that he should seek? Is it physical, mental, or material pleasure? Men are not sure about what kind of happiness they want and wherefrom they can get it. If it is sensory pleasure that they want, they will find that these are only momentary and that they are weakened at the end. This is no pleasure at all.

Sathya Sai Speaks Vol.25/Ch.13: 21 May 1992  
<http://sssbpt.info/ssspeaks/volume25/ss25-13.pdf>

Man seeks to banish sorrow and acquire *ananda* (happiness). What is happiness? Do wealth, power or health confer happiness? The world has numerous wealthy men, but are they experiencing happiness? There are many wielding power or having good health, but are they happy? No. The reason is there can be no real happiness as long as one is infected with the ever-greedy ego.

Sathya Sai Speaks Vol.19/Ch.12: 3 July 1986  
<http://sssbpt.info/ssspeaks/volume19/ss19-12.pdf>

True happiness is that which is related to the *Atma*. You should not be afraid of difficulties; they are passing clouds. Do not waver. Follow the heart, which is steady and unwavering. Unity of head, heart, and hand is essential for man.

Sathya Sai Speaks Vol.31/Ch.45: 25 December 1998  
<http://sssbpt.info/ssspeaks/volume31/ss31-45.pdf>

The happiness we enjoy in the external world is only a reaction, reflection and resound of the happiness within. Very few understand this truth. The apparent joy that one experiences today is artificial and temporary. Only the happiness that springs from the heart is permanent.

Sathya Sai Speaks Vol.38/Ch.1: 14 January 2005

<http://sssbpt.info/ssspeaks/volume38/sss38-01.pdf>

Never give scope to worry. What is the shape of worry? It is only mentally created fear. So, be happy always. Happiness is union with God, not with the world. There is no happiness in the world. Worldly happiness is temporary, but bliss is permanent.

Sathya Sai Speaks, Vol.26/Ch.42: 9 April 1993

<http://sssbpt.info/ssspeaks/volume26/d930409.pdf>

## God is the origin of all happiness

From the lowest joy to the highest bliss of Brahman (*Brahma-ananda*), each step is an increase of the feeling of delight. Words like highest bliss (*Param-ananda*) indicate only stages of bliss (*ananda*). As a matter of fact, all types of bliss are derived from the primary basic source of the bliss of Brahman (Divinity).

Upanishad Vahini Ch.6

<http://sssbpt.info/vahinis/Upanishad/Upanishad06.pdf>

“He is sweetness”, “Brahman is bliss”, say the Upanishads. It is in and through Brahman (Divinity) that the material world is endowed with even the tiniest modicum of joy. Without the basic Brahman, which is the most complete and the fullest sweetness and joy, this fleeting evanescent appearance thereon cannot be so sweet and joy-giving to the worldly minded! Without that basic sweetness, the world would have been terribly bitter. For the little sweetness that material objects give, the Ocean of Nectar is the cause.

Prasanthi Vahini Ch.29

<http://sssbpt.info/vahinis/Prasanthi/Prasanthi29.pdf>

After bhajan (devotional singing), we all chant, “May all the beings of all the worlds be happy (*Samastha Lokah sukhino bhavantu*)! What is the great achievement if you alone are happy? All should be happy. Your happiness lies in the happiness of all, your well-being lies in the well-being of all. You cannot be happy when others are not happy. Therefore, pray for the welfare of all, including small creatures and insects. This is the real meaning of unity. Only the heart that desires the well-being of all is dear to God.

Sathya Sai Speaks Vol.41/Ch.8: 31 May 2008

<http://sssbpt.info/ssspeaks/volume41/sss41-08.pdf>

Be happy; be happy. Make others happy. All will be happy. God will be happy.

Sathya Sai Speaks Vol.21/Ch.32, 22: November 1988

<http://sssbpt.info/ssspeaks/volume21/sss21-32.pdf>



## QUESTIONS

- What is happiness?
- What are the characteristics of worldly happiness?
- What are the characteristics of spiritual happiness?
- What does Swami mean when He says that happiness is one of the major gates to Divinity?
- What are the implications of this teaching for each of us in our daily lives?
- Why is it so important to make others happy?



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