



SATHYA SAI INTERNATIONAL ORGANIZATION

# Happiness IS

UNION WITH  
**G O D**

STUDY GUIDE – 2

**WHERE 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

### Is Happiness Found In Wealth or God's Presence?

Thyagaraja was in search of Lord Rama everywhere, but ultimately, he realized that there was no need to search for the One who was always with him.

The king of Thanjavur invited Thyagaraja to his court to play his compositions. Thyagaraja noticed so many eminent personalities in the court and, in all humility, he started his concert with the composition, "There are many great souls; I prostrate before all of them (*Endaro mahanubhavulu, andariki vandanamulu ...*)." Listening to his sweet song, the entire assembly was spellbound.

In order to reward him, the king offered him some money. Seeing this, Thyagaraja asked himself, "Oh mind! Tell me whether there is happiness in money or in the divine proximity." After due reflection, he declined to accept the money offered by the king. Then the king sent him back to his village carried in a palanquin, with due honours.

Seeing Thyagaraja going in a royal palanquin, some thieves followed him, thinking he must be carrying a lot of money with him. Noticing the thieves, the bearers of the palanquin told Thyagaraja, "Swami, we are being chased by thieves. They might even kill us."



Thyagaraja said, "Why should you be afraid? You don't have any money, which is the

cause of fear. Only those who possess money have fear. Why should those who have only the wealth of virtues be afraid of thieves? You have only virtues and no money. Therefore, have no fear."

After a while, the thieves came running to Thyagaraja, fell at his feet, and prayed, "Kindly protect us, protect us."

Thyagaraja asked them, "From whom should I save you? Why do you ask me to save you? What calamity has befallen you?"

They told Thyagaraja that two young men armed with bows and arrows were threatening to punish them.

On hearing this, Thyagaraja, who had earlier gone in search of Rama here and there, realized that Rama was always with him. He sang this song in praise of Rama, "Oh Rama! You are in front of me, behind me, and on my either side (*Mundu venaka irupakkala today-unna, oh Rama*)". Rama made him realize His omnipresence by giving him this experience.



Sathya Sai Speaks, Vol.29/Ch.27: 4 July 1996  
<http://sssbpt.info/ssspeaks/volume29/d960704.pdf>

## STUDY GUIDE

### Where is Happiness?

The answer to the question "Where is happiness?" is "Happiness is union with God." Students tend to forget this in the pursuit of worldly pleasures. It is only through the ripeness of experience that this realization can come. For instance, you see a barren field in the summer. After a night's rain, you find grass coming up. Wherefrom did it come? It is from the field. What was present in the form of seeds in the earth came up as grass after the rain. Likewise, the bliss within you will sprout when you water your parched heart with the rain of divine love.

Sathya Sai Speaks, Vol.29/Ch.4: 18 January 1996  
<http://sssbpt.info/ssspeaks/volume29/sss29-04.pdf>

One need not search for happiness elsewhere. It is always with you and in you. You are unable to experience it as you have not understood the true meaning of happiness. You are under the illusion that happiness lies in money, wealth, and material comforts. Once you have the taste of true happiness, you will not crave for worldly possessions. True happiness springs forth from the depths of one's heart.

Sathya Sai Speaks, Vol.38/Ch.1: 14 January 2005  
<http://sssbpt.info/ssspeaks/volume38/sss38-01.pdf>

Where is happiness? Happiness is union with God. Look at the faces of those who do not think of God. They may sport an artificial smile on their face like in a cinema, but in reality, they have a 'castor oil' (gloomy or dull) face.

Sathya Sai Speaks, Vol.29/Ch.72: 21 June 1996  
<http://sssbpt.info/ssspeaks/volume29/d960621.pdf>

In the pursuit of worldly objects is there enduring happiness? Not at all. (Swami sang stanzas from *Bhaja Govindam* to emphasize the point that youth, wealth, and progeny are all ephemeral). Late in life, after going through all the experiences of family life, man even in his last years seeks a happiness that deludes him. Where is happiness to be found? The answer was given by Thyagaraja when he sang that happiness is not to be got through wealth but only through the worship of Sri Rama.

Sathya Sai Speaks, Vol.29/Ch.33: 16 August 1996  
<http://sssbpt.info/ssspeaks/volume29/sss29-33.pdf>

*Param-Jyoti* (The Supreme Light), in the form of *Atma Jyoti*, (the light of the *Atma*) is within you. That is the light of nonduality and eternity. That is the light of immortality. That is the light of the Self. Since you possess that light within yourselves, why should you be afraid of anything else? Why should you worry? Be happy. Where is happiness? How to experience it? Union with God is happiness.

Sathya Sai Speaks, Vol.32 pt1/Ch.11: 26 April 1999  
<http://sssbpt.info/ssspeaks/volume32/sss32p1-11.pdf>

## Discovering Happiness

...The Bhagavad Geeta... clearly declared that this world is ephemeral and “a vale of tears,” and enduring peace and bliss are not to be found by attachment to it. The source of lasting peace and happiness is within ourselves. That is the *Atma* (the Divine Self). It is by realizing it that peace and bliss have to be secured.

Sathya Sai Speaks, Vol.20/Ch.6: 30 March 1987  
<http://sssbpt.info/ssspeaks/volume20/sss20-06.pdf>

Why should the body suffer from ills if possessions were really the source of happiness? Man is losing real happiness by attachment to things which cannot give him happiness.

Sathya Sai Speaks, Vol.20/Ch.6: 30 March 1987  
<http://sssbpt.info/ssspeaks/volume20/sss20-06.pdf>

People ... do not know the source and spring of happiness, which lies within themselves; they believe they can get happiness in plenty and in quick time by running after the mirage of fashion or fancy, excitement or entertainment. ... You are the witness, separate from the scene; you are the seer, not the seen (the *drashta*, not the *dhrik* or the *drishya*).

Sathya Sai Speaks, Vol.2/Ch.15: 10 October 1961  
<http://sssbpt.info/ssspeaks/volume02/sss02-15.pdf>

People imagine that this bliss is to be found in jobs, marriage, property, or progeny. That is not the case. You hope for happiness in one thing after another: education, jobs, marriage, children and so on. But happiness eludes you. The enduring happiness is got only by oneness with the Divine.

Sathya Sai Speaks, Vol.29/Ch.4: 18 January 1996  
<http://sssbpt.info/ssspeaks/volume29/sss29-04.pdf>

There is no end to desires for material things in the world. To get rid of desires, man must turn his mind towards God. That is the way to achieve contentment and lasting bliss.

Sathya Sai Speaks, Vol.21/Ch.11: 16 April 1988  
<http://sssbpt.info/ssspeaks/volume21/sss21-11.pdf>

Our actions should be such that they bring happiness to ourselves as well as others. First of all, we have to enquire what true happiness is and what sorrow is. People think that happiness lies in eating to the fill and having a sound sleep. That is no happiness at all. Happiness lies in working hard and serving society. We can experience peace and happiness only when we help the poor and needy. ...Today, nobody wants difficulties. Everybody aspires for happiness. Where is happiness? It is everywhere. We should earn the deservedness to experience it.

Sathya Sai Speaks, Vol.36/Ch.9, 15 April 2003  
<http://sssbpt.info/ssspeaks/volume36/sss36-09.pdf>

There is only one thing that will always be with you, in you, around you, above you and below you and that is bliss. Bliss has no form.

Summer Showers in Brindavan 2002/Ch.9: 23 May 2002  
<http://sssbpt.info/summershowers/ss2002/ss2002d09.pdf>

True happiness lies in your own heart. Realize it.

Sathya Sai Speaks, Vol.36/Ch.2: 14 January 2003  
<http://sssbpt.info/ssspeaks/volume36/sss36-02.pdf>

## QUESTIONS

- Where is true happiness found?
- What is the cause of suffering?
- What gives us true happiness?
- If we experience happiness within us, why do we seek it outside ourselves?
- Why are we unable to find true happiness in the world?
- How does happiness lead to Self-realization?

