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VEDIC TEACHINGS ON HOW TO REMAIN HAPPY UNDER ALL CIRCUMSTANCES

A Mini Pravachan

By

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THE COMMON THREAD THAT MOTIVATES ACTIVITIES OF ALL LIVING BEINGS IS “HAPPINESS”

*Whether a small child, a pet, a stray
dog, an ordinary man or an emperor,
the common thread that motivates all, is
the desire to be happy.*

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WHAT IS THE YARDSTICK TO MEASURE HAPPINESS (BLISS)?

- ❑ *Google Search leads to a website called “Paths to Bliss” (<https://pathstobliss.com/>)*
- ❑ *The website has numerous articles on “Paths to Bliss” written by various authors, with titles such as “A Pathway to a Blissful Life,” or “3 Steps to a Blissful Life,” or “7 Steps to a Blissful and Happy Life,” etc.*
- ❑ *The most articles propose enhancement of wealth, health, and passion or sensual pleasures as the yardstick of Bliss.*

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EXAMPLES OF “BLISSFUL LIFE” BY COMMON CRITERIA

The Given Examples of People with Blissful Life include:



Shwarzenegger
Wrestler



Buffet
Businessman



Presley
Musician



Monroe
Actress



Winfrey
Talkshow Host

Are/Were These People Really Happy?

These Lives Were Laden with Disasters, One Time or The Other!

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VEDIC TERM FOR BLISS: ANANDA

ANANDA = AA + NANDA

BLISS = FROM ALL SIDES + HAPPINESS

ANANDA = BLISS = HAPPINESS FROM ALL SIDES

In The Material World: *Ananda is temporary happiness gained through fulfillment of desires for material gains.*

In The Spiritual World: *Ananda is an eternal happiness gained through union of the self with the Highest Self (Brahman or Paramaatman)*

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VEDIC SCRIPTURES DESCRIBE ANANDA AS AN INTEGRAL PART OF BRAHMAN (GOD)

“ANANDOBRAHMA” = “BLISS IS GOD”

Vedas Describe Brahman (God) as:

*Sachhidananda = Sat + Chit + Anananda =
a Composite of Truth, Conscience, and Bliss:*

मनो बुद्ध्यहंकारचित्तानि नाहम् न च श्रोत्र जिह्वे न च घ्राण नेत्रे
न च व्योमं भूमिर् न तेजो न वायुः चिदानन्द रूपः शिवोऽहम् शिवोऽहम्॥
अहं निर्विकल्पो निराकार रूपो विभुत्वाच्च सर्वत्र सर्वेन्द्रियाणाम्
न चासंगतं नैव मुक्तिर् न मेयः चिदानन्द रूपः शिवोऽहम् शिवोऽहम् ॥

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WHAT IS THE SECRET OF HAPPINESS ACCORDING TO VEDAS?

- ☐ *When the desire for happiness is absent, happiness manifests itself.*
- ☐ *When dependence upon happiness is absent, happiness becomes an integral part of your consciousness.*
- ☐ *This is the secret of happiness or bliss the yogis understand. So, they cultivate detachment and strive for their liberation.*
- ☐ *Happiness (Ananda) arises from peace, equanimity, stability, detachment, renunciation, absence of desires, contentment, devotion, love, and liberation.*

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THE REASON FOR LACK OF HAPPINESS

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥62॥
क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥63॥

--Bhagavadgita, Chapter 2, Verses 62 and 63

While contemplating on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire arises anger. Anger leads to clouding of judgment, which results in bewilderment of the memory. When the memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined.

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THE REASON FOR LACK OF HAPPINESS (CONTD.)

नास्ति बुद्धिरयुक्तस्य न चायुक्तस्य भावना ।
न चाभावयतः शान्तिरशान्तस्य कुतः सुखम् ॥66॥

--Bhagavadgita, Chapter 2, Verse 66

But an undisciplined person, who has not controlled the mind and senses, can neither have a resolute intellect nor steady contemplation on God. For one who never unites the mind with God there is no peace; and how can one who lacks peace be happy?

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THEN HOW TO GET REAL ANANDA? WHAT DO VEDAS TEACH US?

- ❑ *The Vedas Say That **The Reservoir of Ananda (Bliss) is Inside**, and Not Outside!*
- ❑ *If One Looks for Ananda Outside in The Material World, You are Looking at a Wrong Place, Like a Mother Looking for Toys for Her Kids in The Clothing Section of a Department Store!*
- ❑ ***Your Atman (Soul) is That Reservoir of Ananda**, and So, Explore Atman for **Self-Realization** That It is Part of The **Paramatman (Supersoul)**, The Sat-Chit-Ananda.*
- ❑ *Sacrifice Your Material Pleasure for Spiritual Enlightenment to Receive Eternal Ananda (Bliss).*

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WHERE AND HOW TO FIND REAL HAPPINESS

by

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