



SATHYA SAI INTERNATIONAL ORGANIZATION

# Happiness

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UNION WITH

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STUDY GUIDE – 3

**HOW TO ATTAIN 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

### Namasmarana Leads to Bliss

You should understand that body is but an instrument and the Atma is the doer and enjoyer. Give up body attachment. What are you studying for? You want to earn money and lead a happy life. But are you getting happiness from your studies? No. After your studies, you want a lucrative job, then a promotion and so on and so forth. There is no end to your desires. Then how can you expect to be happy? True and permanent happiness cannot be attained in the physical world. It can be experienced only in the state of *turiya* (Union with God). Bliss is not present in physical worldly objects.

One day, Adi Sankara, along with his thirteen disciples was going to the river Ganga for a holy dip. He came across a Brahmin sitting under a tree and repeating *Dukrunkarane, Dukrunkarane...*

Sankara asked him what he would gain by repeating the rudiments of grammar? The Brahmin replied that he would become a great scholar, join the royal court, and earn money. Then Sankara questioned him as to how long the wealth would ensure him happiness. The Brahmin said, he could lead a happy life till his death. Then Sankara asked him, what would happen after death. The Brahmin replied that he did not know. Then Sankara sang the following verse:



*Bhaja Govindam Bhaja Govindam  
Govindam Bhaja Moodhamathe  
Samprapthe Sannihithe Kale  
Nahi Nahi Rakshati Dukrunkarane*

*(Oh! Foolish one, when the hour  
of death approaches, rudiments  
of grammar will not come to your  
rescue. So, chant the name of God).*

Only God's name will protect you in all periods of time and under all circumstances. Everything in this world is like a passing cloud. Only bliss and love are permanent. Love is God; God is love. So, live in love.

Sathya Sai Speaks Vol.33/Ch.5: March 4, 2000  
<http://sssbpt.info/ssspeaks/volume33/sss33-05.pdf>



## STUDY GUIDE

### Attain Happiness Through Love

True happiness has no limits. How can it be attained? It cannot be attained from outside. It originates from the heart. The heart is the dwelling place of God. To experience true happiness, man should develop firm faith in God. Where there is faith, there is love. Only when man has love in him can he practise righteousness. Righteousness leads to truth which in turn leads to God.

Sathya Sai Speaks Vol.35/Ch.6: April 13, 2002  
<http://sssbpt.info/ssspeaks/volume35/ss35-06.pdf>

The more you develop love, the more you experience happiness and the closer you go to ultimate bliss.

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

Experience the bliss of the Divine at all times. That is true humanness, which manifests itself when you think of God. Happiness is union with God. How much bliss can you experience if you see God in yourself and in everybody! Let all differences cease. Recognizing the divinity that is present in all, you should foster the principle of love and develop compassion in the heart. Love is God. It transcends all human relationships based on attachment. Develop divine and selfless love which is enduring and infinite. A true lover of God will experience no sorrow.

Sathya Sai Speaks Vol.29/Ch.8: March 28, 1996  
<http://sssbpt.info/ssspeaks/volume29/ss29-08.pdf>

Lead your life with love and enjoy peace and happiness. You should strive for the happiness of not merely yourself, your friends, and relatives, but for the welfare of all. Strive to make everyone happy with the constant prayer, *Loka samasta sukhino bhavantu* (May all the people of the world be happy)! Then you will certainly experience true peace and bliss. Those who help others will always be helped in turn; they will never be put to harm.

Sathya Sai Speaks Vol.36/Ch.8: April 14, 2003  
<http://sssbpt.info/ssspeaks/volume36/ss36-08.pdf>

### Attain Happiness by Chanting the Lord's Name

This is the philosophy that everyone should learn today. The tongue should utter the Divine name, the ear should rejoice in hearing the Divine, the eyes should enjoy the Divine form, the heart should be filled with the love for the Lord. Strive sincerely to harvest this Divine joy.

Summer Showers in Brindavan 1993/Ch.4: May 22, 1993  
<http://sssbpt.info/summershowers/ss1993/ss1993-04.pdf>



The believer should try to plant today the seed of Lord's Name in a well-prepared heart, devoid of the thorns of egoism, and water it with love, fence the sprout with faith, feed it with the fertilizer of remembrance of the Name, and, from the grown-up tree of the *mantra* (holy letters), pluck the fruit of bliss and relish the sweetness.

Sathya Sai Speaks Vol.2/Ch.14: July 27, 1961  
<http://sssbpt.info/ssspeaks/volume02/sss02-14.pdf>

Supposing you go up a hill and sing the glory of God; the Divine vibrations will reach a large area, and the people hearing the *namasmarana*, even from a distance, will feel very happy. Divine music can confer solace even to children and animals. By hearing *namasankirtan*, even the heart of a stone-hearted person will melt. We have heard of several instances in Indian history where great devotees of God, by their *namasankirtan*, could bring about complete transformation in die-hard criminals.

Sathya Sai Speaks Vol.37/Ch.13: August 23, 2004  
<http://sssbpt.info/ssspeaks/volume37/sss37-13.pdf>

Sing the glory of God wholeheartedly without any inhibition. Only then you can experience the divine bliss. Begin this sacred *namasmarana* right from this moment.

Sathya Sai Speaks Vol.35/Ch.7: April 14, 2002  
<http://sssbpt.info/ssspeaks/volume35/sss35-07.pdf>

## Happiness in Daily Life

Man yearns for happiness in every act, in every kind of experience. He pines for happiness. All his actions are aimed at deriving happiness. Whether he does business or work in an office, his aim is to derive happiness. But does he find it? No. It is a temporary phase only as it is worldly happiness. He may be happy for a while, but permanent happiness is attained only by contemplation on God. So, contemplate on the Divine.

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

Make God the foundation of your life. Carry on your normal duties. Duty is God. Work is worship. Spiritualize all your actions and treat whatever happens as actions for your good. Learn to experience perennial bliss by seeking union with God. Never forget God. Do not go after the things of the world. Have no fear of death. When your life is rooted in these three maxims, you will realize the Atman (Self).

Sathya Sai Speaks Vol.30/Ch.28: October 9, 1997  
<http://sssbpt.info/ssspeaks/volume30/sss30-28.pdf>

If you want real lasting happiness you can get it only by union with God. God is all-pervasive. Why should you search for God while he is within you? Body is like a water bubble and mind is a mad monkey. Don't follow them. You should follow only your conscience, which is Sathya, the principle of Truth. If you have an unpolluted heart and engage in unblemished action, you will experience the manifestation of God.

Sathya Sai Speaks Vol.30/Ch.16: July 18, 1997  
<http://sssbpt.info/ssspeaks/volume30/sss30-16.pdf>

Whatever you do, do it with dedication (*shraddha*). "The secret of happiness is not doing what you like, but liking what you do." Every act must be suffused with Love. If you say, "I can do only those acts with Love that I like to do", that is the wrong approach. Whatever you do, infuse it with interest and Love. See all work as spiritual exercise, as an offering. Then, work is transformed into worship.

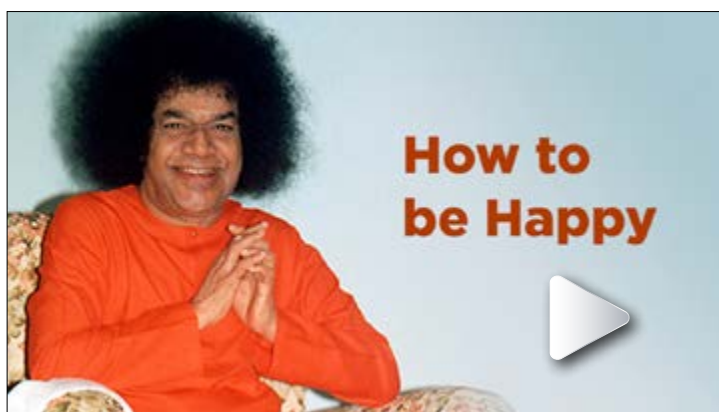
Summer Showers in Brindavan 1991/Ch.1: May 20, 1991  
<http://sssbpt.info/summershowers/ss1991/ss1991-01.pdf>

If you want to attain happiness, you should understand that happiness is union with God. Every human being imagines that happiness is somewhere outside him and strives to attain it through various activities. How did the ancient sages adore God? They worshipped Him with the flower of sacrifice and offered their love to Him. They welcomed God as the embodiment of truth. They believed in love, kindness, and oneness. They offered Him the throne of their hearts. Only through such sublime adoration, they attained Divinity. Therefore, even today's man ought to install God in the altar of his heart and adore Him there.

Sathya Sai Speaks Vol.34/Ch.23: November 23, 2001  
<http://sssbpt.info/ssspeaks/volume34/sss34-23.pdf>

## QUESTIONS

- How do we attain true happiness?
- Why is love so important for attaining true happiness?
- How does *Namasmarana* help us to be happy?
- How does following our conscience lead to happiness?
- Why does Swami say, "The secret of happiness is not doing what you like, but liking what you do?"
- How do we spiritualize all our actions?



Sathya Sai Speaks Vol.40/Ch.13: July 28, 2007  
<http://sssbpt.info/ssspeaks/volume40/sss40-13.pdf>



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