

Spirituality for obtaining Bliss

Index

(An * sign has been placed alongside important points)

1. Happiness and unhappiness	14
* Definition * Importance	15
* Inevitability of happiness and unhappiness	18
* Confusion due to the usage of the words happiness and Ānand with various connotations	19
* Difference between happiness, unhappiness and Ānand	21
* Ānand in relation to happiness and unhappiness	24
* Types of happiness and unhappiness	24
* When alive and after death	24
* Aihik, Pārloukik and Ādhyātmik	26
* Types of happiness	27
* Climax of happiness and unhappiness	29
* Efforts to obtain happiness and eliminate unhappiness	29
* Quantity of happiness obtained through various subtle-bodies	30
* Happiness obtained through the subtle-body (Vāsanā-dēha [Desire body] and Manodēha [Mental body])	31
* Happiness obtained through the Kāraṇḍēha ([Causal body] Intellect)	31
* Happiness experienced by animals and man	33
* Saptaloks (Seven regions) and happiness	34
* Time and happiness-unhappiness	36

* Causes of happiness and unhappiness	36
* Theoretical analysis on happiness and Ānand	62
* How to obtain atleast a small amount of true happiness ?	71
* Overcoming unhappiness completely	72
2. Ānand	77
2A. Definition	77
2B. Synonyms	78
2C. Confusion due to usage of the words happiness and Ānand with various connotations	78
2D. Difference between happiness and Ānand	78
2E. Ānand in comparison with happiness and unhappiness	
2F. Ānand and Shānti	78
2G. Types of Ānand, extent of Shānti and centre of kuṇḍalinī-chakra	79
2H. Theoretical analysis of happiness and Ānand	79
2I. Why do we feel like experiencing Ānand ?	79
2J. Although the basic nature of the jīva is to remain in the state of Ānand, why does it not experience Ānand ?	79
2K. Why does the jīva not feel bored of Ānand ?	80
2L. Saptalok and Ānand	80
2M. How to obtain Ānand ?	80
* Abiding by Dharma * Sādhanā	81
* Company of Saints * Sacrifice of happiness	82
* Avoiding loss of energy * Destroying the ego	83

Preface

Since most people do not know how to attain Ānand, each tries to acquire at least temporary happiness through the five senses, mind and intellect. However, happiness is temporary & of inferior quality, whereas Ānand is eternal and of supreme quality. The science which teaches us how to acquire Ānand is termed as the science of Spirituality. Hence, it is said that ' सुखं न विना धर्मात् तस्मात् धर्मपरो भवेत् । ', meaning, 'we can attain Ānand only if we follow Dharma (Righteousness). Hence, we should always follow Dharma. If we hold on to Spirituality and try to obtain Ānand by performing sādhanā, then we also get the benefit of happiness in this as well as in the other world.

Even though there is so much importance attached to the science of Spirituality, most people do not even know the meaning of the word Spirituality. Hence, very few people turn to Spirituality. Ānand is infinitely superior to object pleasure. If this is realised then one will certainly make efforts to acquire Ānand instead of object pleasure. This Holy text has been written with this very objective. It also elaborates upon the difference between object related happiness and Ānand which is not related to any object, reasons underlying happiness and unhappiness and how to overcome these and obtain Ānand.

We pray at the Holy feet of Shrī Guru, that after reading this Holy text may some people begin sādhanā and due to sādhanā, may they quickly experience a flow of inner Ānand. - **Compilers**