



CONCEPT OF 'ANANDA' (HAPPINESS) DESCRIBED BY SPIRITUAL PERSONALITIES OF MODERN INDIAN HISTORY

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Preface

Happiness is considered a mind state and spiritual state. It constitutes auspiciousness + happiness + joy + felicity + supreme happiness + exuberance.

In this day and age, according to a laboratory in the US, the happiest person is believed to be a septuagenarian Buddha monk Matthien Ricard. It has been found that Gamma waves are created in the mind on meditating for more than 10,000 hours; the state of happiness is attained.

In Indian spirituality, it is believed that the waves on the mind slate (chittalahari) determine the state of a human being. The ancient Indian yogis, munis, siddhas, buddhas, gurus, and spiritual adepts knew through practices that on the muted mind - chittalahari, (beauty, happiness, etc) are received.

In the presented research, the happy state described by pre-eminent spiritual personalities from modern Indian history is included; RamkrishnaParamhans, Swami Vivekanand, Swami Ramatirth, Raman Mahrashi, Shri Arbindo, J Krishnmurti, Osho, Rabindranath Tagore, Swami Rama.

The Construction of the Concept

The happiness spurs zeal and drive. According to spiritual perception, on attainment of the liberation from materialistic life and bonds of body and mind mangalmayta (benediction) is entailed, it is indication of happiness. According to science of biology a particular kind of electric energy is created in the brain that brings about an experience of happiness; It occurs especially close to hypothalamus in the brain. The brain chemicals dopamine and various endocrines bring forth happiness experiences (Anandaanubhuti).

The physical work releases endorphins and joyful contentment is experienced. The similar chemicals are released when some spices, chocolates, some kind of drinks, some energy foods, etc. are consumed entailing felicity. Contemporary science proves that happiness is created in animals, birds, plants, animate and inanimate as well.

Happiness hormones (Reward Chemical)

According to History of modern medical science, the 4 happiness hormones generated by -
Dopamine

1. Completing a task
2. Doing self-care activities
3. Eating food
4. Celebrating small wins

Food that releases dopamine - Almonds, apples, bananas, beet, coffee, peanuts, leafy vegetables, turmeric.

Oxytocin (The Love Hormone)

1. Playing with a
2. Playing with a baby
3. Holding hand
4. Hugging to loveable
5. Giving compliments

By eating - Lemon, papaya, broccoli, guava, brown rice.

Serotonin

1. Meditating
2. Walk in nature
3. Running
4. Swimming
5. Sun exposure
6. Cycling



By eating - Pineapple, tofu and soy, milk and cheese, avoid negatively affecting food-processed and refined sugar.

Endorphin

1. Laughter Exercise
2. Essential Oils
3. Watch a comedy
4. Hard walk
5. Exercising

Food that will encourage your brain's endorphin release - Oranges,nuts and seeds, Dark Chocolate, grapes,strawberries, spicy food.

According to Yog knowledge when the right brain and left nostril prana flow (chandranadi) are ignited and flow in full strength; love, creativity, kindness, affection, empathy, filial feelings such emotions are manifested. TaittiriyaUpnishada described bliss. According to Yog knowledge bliss flow when 'sushumnaNadi 'activates.

Synonyms of Happiness

Word's History gives synonyms as - Bliss, delight, contentment, enjoyment, euphoria, exhilaration, glee, joy, jubilation, laughter, optimism, peace, pleasure, wellbeing, cheer, beatitude, content, delectation, delirium, ecstasy, enchantment, felicity, gaiety, gladness, hopefulness, joviality, lightheartedness, merriment, mirth, paradise, playfulness, rejoicing, sanctity, vivacity, cheerfulness, good spirit.

Analysis of Happiness in Vedic Stream

According to yog siddha and spiritual tradition, a being has five sheaths –

1. Physical body
2. Prana body
3. Mental sheath
4. Intuitive sheath
5. Bliss body

In bhakti devotional philosophy anand is rassai.e., essence of bliss; in devotion it is released. In siddha tradition, truth, and existence together is happiness; Sachidanand, the truth realization in the bodily existence is manifested in happiness.In tantra with the expansion of consciousness, the felicity expands.It is found in spiritual beliefs that happiness (ananda) is characteristic of soul and supreme happiness (parmananda) is characteristic of supreme soul (Parmatma).Bliss, this happy state is expressed in spirituality in varied forms; chidatma, shivananda (happiness of existence) nijananda (happiness in the self), satyananda (happiness in the truth), sacchidananda, chidvilasananda , etc.

Historical Observation of Ananda

The points can be noted from the life and the personality of happy people that indicate the state of happiness in them.

- Life Perception- living in the present, the concept of life is clear.
- The appearance- happy eyes and face, the body is happy.
- Speech- the speech is cheerful, peaceful and uninhibited
- Body- ease, natural, free, happy,well, energetic
- Flow- delightful, natural acceptance, playful
- Mind state-stress free, naturally alert, natural
- Breathing-wholesome, automatic, unrestricted, happy
- Values-Justice,affability, fearlessness, peace, love, kindness
- Ego- without ego, generous, ready to serve
- Laugh-free and flowing
- Talk and Conduct-I am ok you are ok
- Expression- innocent and unaffected
- Emotion-Joy, Happiness, Melody, free, Natural
- Abilities- well versed to cope adversity and crises
- Economical state-self –reliance

Happiness is derived from small things,is described by chosen personalities of the research-

- Sound Complete Sleep-rest, spiritual food eaten peacefully, play, pious water



- Purification
- Work of interest
- Play
- Serving
- Laughter
- Music
- Dance
- Beautiful imagination
- Well wishes and gratitude
- Value news
- Innocuous jokes
- Gardening
- Spiritual massage
- Sacred place
- Beautification of self
- Divine songs, chanting
- Divine Smell of soil and mesmerizing nature, flowers
- Touch of Peacock feather
- Rain drops
- Snow flakes
- Bonfire
- Good people
- Pets

Scope and Limitation of the Research

The presented research is limited to the chosen spiritual personalities of modern India; in the research scientist, physicians, psychologists, thinkers are not included. The field of spirituality is based on experience(personal). The realisation and findings of spirituality akin to art, poetry, and sports are invisible and individualistic. Not necessarily all of them subscribe to logic, intellect, science; this is the limitation of the presented research. While stating the purpose of compounding interpretation on “Happiness State” the researcher has opted to work only in the limitation of analysis of spiritual personalities, In the given research the light is thrown only on the spiritual perspective on Happiness State. (Scientific, psychological and other stand points are not included.)

Ramakrishna Parmahans (1836-1886), is known to be a spiritual guide, whose spiritual experience was based on the practices of various religions and spiritual ways. His main teaching is when the mind is purged, egoless, sans attachment the happiness emanates. Pure mind and intellect with pure intent the happiness is revealed. “On just hearing the name of god their hearts yearn and tears roll, for them sadhana (spiritual practice) is not required. The love of god destroys enemies like lust, anger etc . The gopis attained a supreme spiritual state by the virtue of love they felt for Krishna.”¹ Ramakrishna describes how the values and virtues are inevitably evoked in the love and devotion to god- “The love of god means devotion and affectionate oneness; it entails conscience, renunciation, kindness to all living beings, serving saints and sages, satsang i.e. company of awakened, extolling the virtues and greatness of God , truthful speech , etc qualities rise in the heart by themselves.”² In loving devotion the worldliness goes into oblivion; the sense of I, riches and honouretc, disappear and blissful waves of consciousness are illuminated. Ramakrishna says that infinite happiness is attained in loving devotion. “Divine Ecstasy is indication that the god has been seen and divine happiness brings about the divine intoxication.”³

Swami Vivekanand (1883-1902), presented Hindu religion and spirituality to the world; He spoke about the sublime state of body mind and chitta- “The meditative state is the supreme state a human can attain. Real happiness is unachievable as long as lust(vaasana) exists. The real happiness and enjoyment is known only when all the things are seen as a witness (saakshitva) in state of meditation. The mirth of animals lies in gratification of senses, the human delights in intellect and godly humans have happiness in spiritual meditation-soul meditation. The world appears in beatitude to the one who has achieved the meditative state. They do not crave for anything, they don’t submerge in all these, to them the myriad transformations of nature are abundance of beauty and generosity.”⁴ The divine love evokes happiness; love and happiness merge into each other. Vivekanand said- “At the primary stage a human love oneself, however meanness and owing to lustfulness this love is selfish. Finally, the wholesome light of knowledge the same mean ‘I’ metamorphoses into infinite...The earlier mind fraught with lowly lustful desires, he relinquishes them all. The selfishness vanishes with the elimination of desires. At the end he realises that the one who loves, love per se and love vibrations all are One i.e., devotion, devotee and god all are one.”⁵



Swami Vivekanand spoke on Karma Yoga to act in the world; Karma Yoga keeps one happy in worldly affairs. "The great secret of true success, true happiness, is this- the person who asks for no returns, the perfectly unselfish person, is the most successful happiest person."⁶ All the happiness originates from the soul essence, not anything external.

"Bliss is the happiness of the soul. On self-attainment all the desires are satiated the unchangeable personality is this, that is wholesome."⁷ While presenting Gyan Yog i.e., Yoga of knowledge, Vivekanand speaks to relinquish ego. On the elimination of I, only the existence of God remains, "Therealisation dawns upon that this is the only happy state, that the rest of the stages were only deaths."⁸

Raman Maharshi (1879-1950), the propagator of non-dualistic philosophy the silent sage opined that the attainment of bliss is realisation of the soul. "Ananda or divine ecstasy is the original form of soul; when you don't consider yourself apart from soul, the happiness is experienced from within. The pure happiness doesn't come to you externally...."⁹

Yogi Arbindo (1872-1950), according to Yogi Arbindo, the world is the expression of bliss- "The creation of the world is expression of bliss innate in the truth-happiness-Godliness. Essence and life prana of all the manifestations is the one omnipresent infinite Brahma."¹⁰ According to Shri Arbindo, like god human life is happy, anything apart from it is illusionary, "The supreme Consciousness has plunged itself into physical substance, it has concealed itself into it. Later by itself it puts on various forms by breaking through the thick layers, slowly gradually, respectively takes the form of life prana and mind, more developed forms, by going through various processes and states, expressing itself, keeps on climbing higher and higher. Why the consciousness does it, the only answer to this could be - it is his cosmic play."¹¹

J Krishnmurti (1895-1986)- One person came to Spiritual entity Krishnmurti with his experience to have it comprehended whether it was delusion, frenzy or what it was, the curiosity of it had been on his mind for two years. This young man was married family man and had earned a good name in business. He was not religious. One morning he had experienced immense bliss in a morning walk. The alive flow of purity was felt by him. He was awakened to astonishing gracious aliveness. His ego disappeared, and he experienced pleasure rain of cosmic light. In foggy vagueness, cheerful, blissful waves were everywhere. The flowers were talking to him. Everything around him filled with natural aliveness and his mind was full of love. The fragrance of flowers transcended the fragrance of soul. The time disappeared and a marvelous benediction was everywhere in the cosmos. He felt that he was a part of the blissful absolute wholeness of the cosmos. Sacredness, kindness, contentment, fulfillment vibrated everywhere. The benediction was in the universe. On this, Krishnamurti told him "It came to you, sir, uninvited. You never sought it. As long as you are seeking it, you will never have it. The very desire to live again in that ecstatic state is preventing the new, the fresh experience of happiness. You see what has happened: you have had that experience, and now you are living with the dead memory of yesterday. That has been preventing the new."¹² On eradication of greed, and the spontaneous wakefulness the life consciousness blossoms, is the perspective presented here. "The happiness is not attained by any sacrifice, or cultivating of virtues or it is never experienced by intoxicants, the ecstatic state is not reward of anything; it is not the outcome of anything. It will come to you unexpectedly, never pursue it."¹³ According to J Krishnamurti choiceless awareness is spontaneous realisation. The mind free from the limitations of efforts and satiation is necessary, "When Love, affection exist in humility, empathy, patience, softness then only you are liberated from stumbles built up on insensitivity."¹⁴ J Krishnmurti speaks about deep, subtle realisation i.e. awareness that is free from logic and imagination, "What is happiness?" instead of asking why one is not happy, isn't that important to find out?.....with cognisance of limitation of thoughts when you see the truth in it, in unfurling of truth lies salvation."¹⁵ The existence of happiness is in the peace. Krishnmurti says- "A man who knows that he is silent, who knows that he loves, does not know what love is or what silence is."¹⁶

Osho, Acharya Rajneesh (1931-1990), emphasised on attainment of integrity on wholesome surrender to the providence, nature or almighty god, "The struggle is not the way to the truth, surrender is. If you are unhappy in life, then know that you are going against the god; for sadness is unknown to the god. Sadness is your pig-headedness; the sadness is the result of endeavours to build up a destiny apart from the providence. The belief that you are a separate existence apart from the whole, is your hell. You become one with the whole; the doors of heaven are open for you."¹⁷ Osho put forward a view that non acceptance gives birth to miseries, "However the situation may be, once you accept it, the quality of it changes. When you accept the deep sadness, disease, suffering, approaching death, etc. the qualities of it changes immediately. You will befriend death. Death will be a door opening to infinite. In death too you will not just see what is being left behind, but you will see what is being available for you. Whereas the non-acceptance will see sorrow in the death, the life per se will be sad."¹⁸ The secret of happiness was revealed in spiritual language by Osho, "Bring your love to its natural object; let it have the spontaneity of its aim. Allow it to take possession of you, and you will be transformed through it-Love is the Key, Love is the secret."¹⁹ Osho spoke of the life as a play, "The entire personality is surrendered to the providence, no longer he is a separated existence, so he plays and laughs; now he is a part of god's cosmic play."²⁰

According to Osho religious guru and political leaders and domineering ones suppress the natural energy of sex-they try killing it, "Love is a door...love is also door of mating, your energy descending(toward mental defects) it is direction of hell, your



energy ascending (towards pure love), love will be a door of samadhi i.e., oneness with the wholeness.”²¹ Holy beings (sant) eliminate the sorrows of human life and make a distressed person happy by connecting them to consciousness.

Swami Rama (1925-1996), the founder of yoga institutes said,

“On mating of the senses and the external world, happiness, sorrow and other contradictory emotions are experienced. With violation one can snap off the connection between the external world and the senses and the mind can be summoned to the life consciousness. In this state the happiness and sorrow of the body are not felt...The flow of life consciousness continues as long as the person remains merged in cosmic consciousness; the flow is broken with emergence of the personhood (ego), existence.”²²

Ramtirth (1873-1906), propagator of Vedanta said - everything in existence is being expressed in its originality, the human life must also be ever renewing, flowing ...

“The happiness sourced from true action is like spontaneous vibration from Moksha, unknowingly sudden intuitive self realisation; the happiness is pure and unadulterated and makes one still and content in divine form”²³

Rabindranath Tagore (1861-1941), noble laureate, depicted the non-dual world from the point of view of joy in beauty, “The happiness, derived from art is pure, unaffected, disinterested, selfless; materialistic gain is not expected in it, it is not of a thing.”²⁴ spontaneous art blossoms life

Conclusion

The message given by the spiritual personalities of presented research is - happiness is brought through relinquishing ego, a life dedicated to serve, living with kindness, and devotion and meditation integrated in life. Ananda is not brought through indulgence in self-gratification, materialism and luxuriation, is also their perspective. Love is synonym to happiness, is a frame of mind positioned by them. The happy people can only reveal the secrets of happiness and that is attained in spiritual life.

Epilogue

To live happiness, to experience it is easier than the quest for it, is the finding of the journey of present research. The vantage point of spiritual personalities of modern India is- happiness is an unchanging state of being that is realised on its own by spiritual path. The essence of the deliberation is the spiritualisation of life attains spontaneously the source and existence of happiness.

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