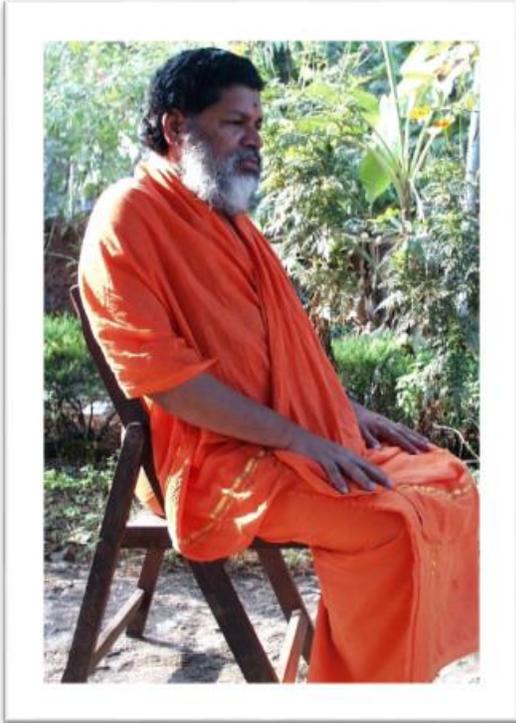


HAPPINESS

SWAMI BODHANANDA

1994



Generally our happiness is due to a reason. Can you be happy without any reason?

Your very nature is happiness. When the sun shines, it is not due to any reason. It is its nature. In the same way can I be a happy person, since it is my nature? Can I always remain in the state of happiness? If you can then you are in Samadhi. A happy person is a Sanyasi, is a Samadhistha. Samadhi is not just sitting in padmasana.

. . . You don't meditate for obliging the teacher, either. It is not for the sake of the teacher nor the society. It is for your own healthy being. It is to discover your own inner potential. Having touched that level of consciousness, you won't go around establishing relationships with an expectation of happiness.

That state of consciousness where there is no seeking for happiness is Samadhi. It does not mean that you won't think of a car or a television. A happy person can also think of a car or a television. But understand that they can give you comfort not necessarily happiness.

A television can set can give you pleasure and comfort. But comfort need not necessarily make you happy. You will be comfortably unhappy. That is all! This is the greatest discovery of the Rishi that comfort need not necessarily make an individual happy. You can have comforts. But for happiness, you have to meditate. For comforts you must work.

. . . 'I am sachidananda' is not a conclusion. That is something which you have to experience in your daily encounters. Therefore, let us not say "I am a limited person". Let us not say "I am a unhappy person".

The existential woe of the modern man is that he thinks that at the heart of human situation it is a cesspool of pain; there is no joy at all; man is unhappy, radically and deeply. This kind of a self-image has to be changed. When you don't understand yourself properly, when you belittle yourself, then nobody can uplift you. If you say that you are weak, you ARE weak. If you say you are strong, you ARE strong. It is your choice. You have the ability to respond to the situation as a useless person or as an intelligent person, as a unhappy person or as a happy person. This is the meaning of responsibility. You have the ability to choose your response to the situation. Nobody can deny you that ability, except yourself! . . .

Source: (Selection from a lecture given by Swami Bodhananda in the year 1994)

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