



SATHYA SAI INTERNATIONAL ORGANIZATION

Happiness IS

UNION WITH G O D

STUDY GUIDE – 6

OUR TRUE NATURE
IS BLISS

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. All Study Guides are available in several languages at this link:

<https://sathyasai.org/birthday-study-guides>

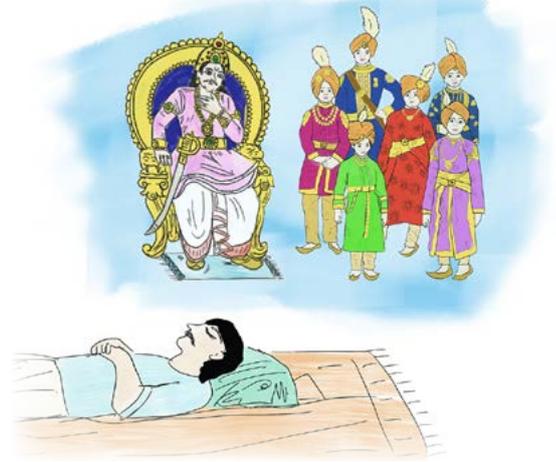
Each guide contains an inspirational story, extracts from His discourses and writings, and a set of questions for reflection.



INSPIRATIONAL STORY

Existence is *sath*. Knowledge is *chith*. The combination of *sath* and *chith* confers *thrupti* (satisfaction derived from enjoying the object). This Ananda is thus the very nature of every being. The Divine pervades everything inside and outside. Awareness of the Divine will confer bliss. But few are able to realize this.

Once, an individual, unable to bear the financial difficulties in his family, left home. Later, after earning some money he set out to return home. His young son, who loved his father very much, was so grief-stricken over the separation from the father, that he died. Before reaching his village, he took shelter in a caravansary during a thunderstorm. When he went to sleep, he had a dream in which he saw himself as a king in a palace, sleeping on a royal bed. He was enjoying a luxurious life with many servants, and six princely sons. While enjoying the dream, he was suddenly awakened by the sound of thunder. He wondered what had happened to all the beautiful things he had seen in the dream. He realized that it was all a dream, and there was no trace of the six sons.



The next morning, he reached his home. On seeing the husband, the wife broke into tears. On the one hand she was happy over the husband's return, and on the other hand, she was filled with sorrow over the death of her son. The husband asked, "Where is our son?" She replied that he passed away, unable to bear the separation from the father. The man was stupefied. He did not feel sad or happy. He stood transfixed like a statue. The wife asked, "How is it that you are not moved by the loss of the son whom you loved so much? What is the reason?"



He then related to his wife the remarkable dream he experienced the previous night, in which his six princely sons were gone when he woke up. "Am I to grieve over the loss of those six sons or over the loss of this one son? For whose sake should I weep? They were my children in the dream state. This son was my child in the waking state. The 'I' consciousness which was present in both states is reality. All other things are transient and unreal."

If people today wish to achieve spiritual bliss, they have to follow three principles: First, they must know what has to be known. Second, they must give up what has to be renounced. Third, they must reach the goal that has to be attained. By observing these three, bliss can be realized.

Translated from Telugu audio of Divine Discourse, September 4, 1996
<https://saispeaks.sathyasai.org/discourse/krishna-s-life-and-message>

STUDY GUIDE

Our True Nature is Bliss

- **What is it that has to be known?** What is this world? How long will I live? We see many passing away. Coming and going are continually happening. When the transient nature of the physical world is understood, bliss will be realised.
- **Next, what is it that you have to give up?** The delusion under which what is unreal is considered real and what is real is treated as unreal. People consider that they are in the grip of Maya and that they are caught up in misery. Misery has no limbs to hold you. It is you who are hugging misery. This is due to your ignorance. When you get rid of this ignorance you will experience bliss.
- **What is the goal you have to reach?** You have to go back to the source from which you came. You have come from the Atma and you have to return to the Atma. This is what the Upanishads sought to convey when they declared: "*Asatho ma sadgamaya*" (Lead me from the unreal to the Real). Where there is truth, untruth exists as its shadow...
- **Birth and death are incidental to the body alone.** Your Self has neither birth nor death. What is born (the body) dies. Death relates to the body and not to the Atma. The Atma is eternal. It is the truth. You have to acquire this awareness to experience lasting bliss. To experience permanent bliss, one has to develop firm faith in God.

Sathya Sai Speaks, Vol.29/Ch.40: September 4, 1996
<https://saispeaks.sathyasai.org/discourse/krishna-s-life-and-message>

Everything emerged from the ocean of Truth-Knowledge-Bliss (*Satchidananda*). When you realise this truth, the fountain of bliss will emerge from the lake of your mind (*Manas Sarovar*). Bliss (*ananda*) results when truth (*sath*) and knowledge (*chith*) come together. *Sath* means truth, *chith* means knowledge. When they combine, they give the experience of bliss. ... Bliss is your real form.

Sathya Sai Speaks, Vol.29/Ch.80: August 1, 1996
<https://saispeaks.sathyasai.org/discourse/bliss-your-real-form>

Bliss is latent in everyone, but man is unaware of this truth. One should make every effort to manifest one's innate bliss in him. What is the nature of this bliss? *Nityanandam*, *Parama Sukhadam*, *Kevalam Jnanamurtim*, *Dwandwateetam* (God is the embodiment of eternal bliss, He is wisdom absolute, beyond the pair of opposites). It transcends duality. So long as one is immersed in duality one cannot experience bliss.

Sathya Sai Speaks, Vol.38/Ch.15: January 14, 2005
<https://saispeaks.sathyasai.org/discourse/your-true-nature-bliss-realise-it>

The yearning for bliss is the best proof of our holy nature. Man is bliss; he seeks bliss; bliss is blessedness for him. Since God is bliss, happiness is union with God. Nothing else can award that joy, which is unaffected by whatever happens or does not happen.

Sathya Sai Speaks, Vol.15/Ch.59: December 25, 1982
<https://saispeaks.sathyasai.org/discourse/everyone-son-god>

Know This and be Happy Always

Always be happy and cheerful, for, your innate nature is bliss. You need not go in search of happiness. Bliss emerges out of *Atma* (Self). Whenever you wish for it, you will get it. Happiness is union with God. Therefore, always be in the company of God. Once you are in the company of God, happiness will follow you like a slave.

Sathya Sai Speaks, Vol.36/Ch.1: January 1, 2003
<https://saispeaks.sathyasai.org/discourse/strive-unity-purity-and-divinity>

When man constantly remembers that he is the embodiment of *Sath-Chith-Ananda* (Being, Awareness and Bliss Absolute), in due course he will experience that bliss (*ananda*).

Sathya Sai Speaks, Vol.31/Ch.5: February 25, 1998
<https://saispeaks.sathyasai.org/discourse/power-lord-s-name-0>

Everyone should strive to manifest the bliss that is natural to him by fostering his loving nature. Peace lies in that bliss.

Sathya Sai Speaks, Vol.31/Ch.5: February 25, 1998
<https://saispeaks.sathyasai.org/discourse/power-lord-s-name-0>

The bliss in which the person of steady wisdom is immersed does not arise from external objects; that person has no need of them, either. Bliss is in everyone as part of their very nature. Those with pure consciousness find the highest bliss in the realization of their own reality, the *Atma* (Self).

Gita Vahini, Ch.5
<https://saispeaks.sathyasai.org/discourse/chapter-5>

There is nothing to be gained, except awareness of what already IS. Simply BE; that is the state of bliss, of peace, of truth and love.

Sathya Sai Speaks, Vol.11/Ch.22: May 11, 1971
<https://saispeaks.sathyasai.org/discourse/be-and-be-blessed>

Always keep your thoughts steadily fixed on the divine power that fills your heart with bliss. The divine power is infinite. The more you contemplate on the divine, the more and more the bliss gets multiplied.

Sathya Sai Speaks, Vol.36/Ch.1, January 1, 2003
<https://saispeaks.sathyasai.org/discourse/strive-unity-purity-and-divinity>



QUESTIONS

- What is it that has to be known?
- What is it that you have to give up?
- What is the goal you have to reach?
- Why is cheerfulness or happiness the first sign of spirituality?
- How can we constantly remember that our true nature is bliss?



Sathya Sai Speaks, Vol. 30/Ch.16: July 18, 1997
<https://saispeaks.sathyasai.org/discourse/adhere-truth-realise-divinity-within>



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