



SATHYA SAI INTERNATIONAL ORGANIZATION

Happiness IS

UNION WITH G O D

STUDY GUIDE - 4

**OVERCOMING OBSTACLES
TO 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

Ubhaya Bharathi

One day, Ubhaya Bharati was going to the river for a bath with her women disciples. She saw an ascetic who had renounced everything in life, sleeping on the wayside. He was resting his head on a hollow water jug, using it as a pillow and at the same time ensuring



that nobody took it away. As long as you have attachment and ego, you can never understand the Atma (Self) or experience Atmic bliss.



In order to convey a lesson to the ascetic, Ubhaya Bharati spoke within his hearing the following words to one of her disciples, "Look at that ascetic, who has ostensibly renounced every kind of attachment, but he has not given up his attachment to his water jug!" On hearing these words, the ascetic got enraged. He thought, "Is a mere woman entitled to teach me as to how I should behave?"



While Ubhaya Bharati was returning from the river, the ascetic threw the jug at her feet and said, "Now, see what my renunciation is?" Ubhaya Bharati remarked, "Alas! You are not only filled with attachment (*abhimana*), but you are also filled with ego (*ahamkara*)." On hearing these words, the ascetic ran up to her, fell at her feet and pleaded for forgiveness of his faults.

Sathya Sai Speaks, Vol.23/Ch.17: May 27, 1990
<http://sssbpt.info/ssspeaks/volume23/ss23-17.pdf>



STUDY GUIDE

Mind

Here is a door. You have put a lock on the door. Put the key in the lock. When you turn the key right, the lock opens. When you turn the key left, it closes. The same key, the same lock. The difference is only in turning.

Your heart is the lock, the mind is the key. Turn the mind toward the world, there is attachment. Turn the mind toward God to get detachment. For attachment and detachment, the mind is responsible. So, direct your mind toward God.

Sathya Sai Speaks, Vol.26/Ch.39 (available online only), April 6, 1993
<http://www.sssbpt.info/ssspeaks/volume26/d930406.pdf>

It is said, "The mind is the root cause of either bondage or liberation (*Manayeva manushyanam karanam bandha mokshayoh*)."
Hence, one has to keep the mind under proper control by putting some ceiling on desires.

Sathya Sai Speaks, Vol.42/Ch.1: January 1, 2009
<http://www.sssbpt.info/ssspeaks/volume42/sss42-01.pdf>

You alone are responsible for your happiness or misery. You alone are responsible for your condition and your experiences. Make your thoughts pure. Realise that you are human and that there is the Divine in the human. ... It has become a bad habit to blame others for one's plight.

Sathya Sai Speaks, Vol.29/Ch.8: March 28, 1996
<http://www.sssbpt.info/ssspeaks/volume29/sss29-08.pdf>

The root cause for all the troubles we face is that we forget God and hanker after illusory worldly things. Happiness or sorrow is all our own making. God is always blissful. He always gives us happiness, joy, and bliss. We, out of our illusion, misinterpret God's gifts as difficulties and feel sorry for the same. Your own feelings are responsible for your suffering. Hence, change your feelings, develop a positive attitude, and you will never experience pain and suffering.

Sathya Sai Speaks, Vol.41/Ch.2: January 15, 2008
<http://www.sssbpt.info/ssspeaks/volume41/sss41-02.pdf>

It is most essential you understand that everything happens as per His will. Whatever happens is for your own good. With such firm conviction, you should accept pleasure and pain, good and bad with equanimity. It may be difficult for you to bear misfortunes. You should pray to God to grant you the necessary strength to bear them. You may have difficulties today but tomorrow it will be different. Difficulties are like passing clouds, they will certainly give way to happiness.

Sathya Sai Speaks, Vol.39/Ch.3: February 26, 2006
<http://www.sssbpt.info/ssspeaks/volume39/sss39-03.pdf>

Bear all difficulties with a view that these are steps to take you to a higher plane. Only then will you experience peace and happiness. If you keep on worrying about your difficulties, the difficulties will increase. When difficulties arise, do not treat them as problems.

Sathya Sai Speaks, Vol.30/Ch.37: April 29, 1997
<http://sssbpt.info/ssspeaks/volume30/d970429.pdf>

Desires limit your happiness

Keep the mind away from low desires that run after fleeting pleasures. Turn your thoughts away from them and direct the thoughts toward permanent bliss, which is derivable from the knowledge of the immanent divinity. Keep before the mind's eye the faults and failures of sensory pleasures and worldly happiness.

Jnana Vahini, Ch.27, p.27
<http://www.sssbpt.info/vahinis/Jnana/Jnana25-27.pdf>

Constantly contemplate on God. Then you will always be happy physically, mentally, and spiritually. Unfortunately, nowadays you are losing such a divine quality of bliss due to various desires. If you can keep these desires away from you, you will always be blissful.

Sathya Sai Speaks, Vol.38/Ch.1: January 14, 2005
<http://www.sssbpt.info/ssspeaks/volume38/sss38-01.pdf>

Develop Love

If you close the door of the heart on evil qualities, they cannot enter it. You should not get angry with anyone, nor criticise or harm anyone. If, for any reason, such circumstances arise, control yourself. When anger overtakes you, put it down immediately considering it as your enemy. It is said, anger is your enemy, patience is your shield of protection, happiness is your heaven. Fill your heart with love and compassion. If you have love in your heart, you will see God everywhere. Bereft of love, you will see only devil. When you develop firm faith that God is in you and you are God and that your body itself is the temple of God, then there will be no scope at all for anger, jealousy, pride, etc., to trouble you. Hence, Bangaru! Develop love and compassion.

Sathya Sai Speaks, Vol.39/Ch.7: May 2, 2006
<http://sssbpt.info/ssspeaks/volume39/sss39-07.pdf>

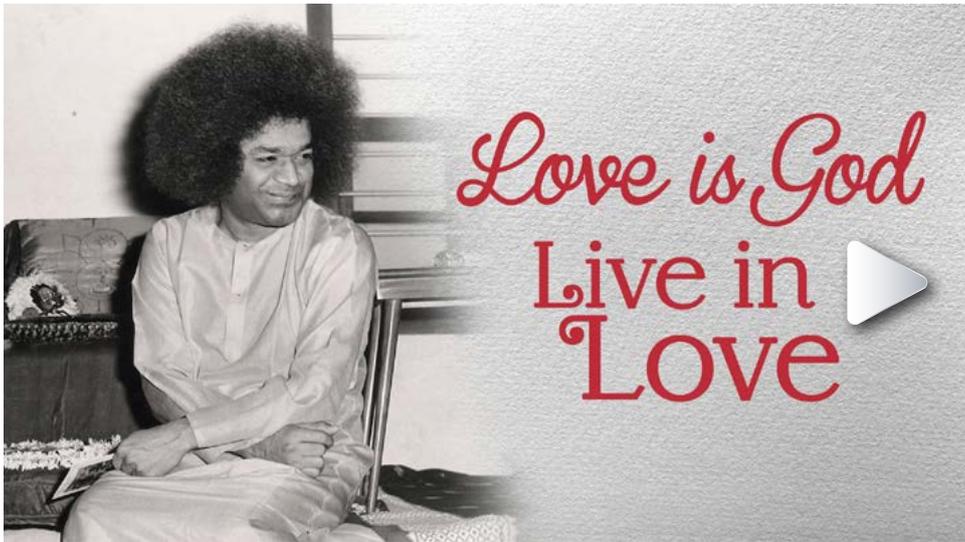
Once you develop love, there will be no scope for evil qualities like anger, jealousy, etc. If your thoughts and actions are good, your future is bound to be good. Then the whole country, nay, the whole world, will prosper. Pray for the peace and prosperity of the entire world.

Sathya Sai Speaks, Vol.33/Ch.7: April 5, 2000
<http://sssbpt.info/ssspeaks/volume33/sss33-07.pdf>



QUESTIONS

- Who is responsible for our happiness and misery?
- What attitude should we have towards our obstacles in life?
- How does equanimity lead to true happiness?
- How does placing a limit on our desires increase our happiness?
- How does love help us to overcome the obstacles to happiness?



Sathya Sai Speaks, Vol.33/Ch.17, August 31, 2001
<http://www.sssbpt.info/ssspeaks/volume34/sss34-17.pdf>



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