



SATHYA SAI INTERNATIONAL ORGANIZATION

# Happiness

IS

UNION WITH

# GOD

STUDY GUIDE – 5

**SIGNS OF 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. 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

### Suguna and Lord Krishna

There was a gopi named Suguna who had no other thought than those related to Lord Krishna. Every evening, it was the usual routine in Brindavan for every housewife to light their lamp from the flame of the lamp at the house of Nanda. They believed that getting light from the flame of the lamp of the eldest and highest is auspicious.



Suguna went with a lamp to Nanda's house. When she reached the house, her mind was lost in the thrill and joy of seeing the very house where Lord Krishna had spent his childhood days, to which his pranks and prattle drew all the cowherd boys and girls.

Suguna stood there with her unlighted lamp for a long while, near the big oil lamp illumining the central hall. She was holding the lamp near the flame but not near enough. She had her finger right over the flame and was not aware that her finger was being scorched by the flame. Suguna was so filled with Krishna-consciousness that she was unaware of the pain.

It was Yasoda who saw her plight and woke her from the reverie, or shall we say, vision? For Suguna, the house was alive with Lord Krishna wherever her eyes turned. That is the *thanmayathwam* (identification) one must achieve.

Sathya Sai Speaks, Vol. 4/Ch.16: April 15, 1964  
<http://sssbpt.info/ssspeaks/volume04/ss04-16.pdf>





## STUDY GUIDE

### Radiate Happiness

Your looks must ever be compassionate, your words must ever be soaked in truth and your feelings must ever be nectarine. You must always be happy and under no circumstance appear downcast. Smile always – that should be your trademark.

Summer Showers in Brindavan 2000, Ch.15: May 30, 2000  
<http://sssbpt.info/summershowers/ss2000/ss2000-15.pdf>

You have to show by precept and by example that the path of Self-realisation is the path to perfect joy. Hence, on you lies a great responsibility, the responsibility of demonstrating by your calmness, composure, humility, purity, virtue, courage and conviction under all circumstances that the *sadhana* you practise has made you a better, happier, and a more useful person. Practise and demonstrate, do not simply assert in words and deny in deeds.

Sathya Sai Speaks, Vol.7/Ch.17: April 20, 1967  
<http://sssbpt.info/ssspeaks/volume07/sss07-17.pdf>

Live cheerfully. Never put on a long face. Negative thoughts show up as ugly expressions. Pure thoughts and feelings will always keep us cheerful. I am always cheerful. People wonder how Sai Baba can always be smiling. I cannot but smile. I have no negative feelings, no bad traits, no bad thoughts nor any bad habits. I am always pure. You too should follow this. Follow the Master, Face the Devil, Fight to the End and Finish the Game. Follow Me. Be happy like I am. Be cheerful. That makes me very happy.

Summer Showers in Brindavan 2002, Ch.12: May 27, 2002  
<http://sssbpt.info/summershowers/ss2002/ss2002d12.pdf>

### Remain Peaceful

One should remain peaceful through all the vicissitudes of life. Only then can one attain divine grace. Great devotees like Thyagaraja, Tukaram and Droupadi underwent many hardships. They bore all sufferings with patience. Thyagaraja said, "One cannot attain happiness without inner peace."

Sathya Sai Speaks, Vol.33/Ch.12: August 22, 2000  
<http://sssbpt.info/ssspeaks/volume33/sss33-12.pdf>

You must establish peace in your heart. You must always be happy and blissful. A sweet smile should dance on your lips. You should not put up a 'castor oil face' under any circumstances. You must always be smiling. When somebody sees you, he should also feel happy. Thus, you should always lead a happy and blissful life with a sweet smile on your face. You should be happy and at the same time make others happy.

Sathya Sai Speaks, Vol.39/Ch.12: September 5, 2006  
<http://sssbpt.info/ssspeaks/volume39/sss39-12.pdf>

How should man conduct himself in the world? As the *Bhagavad Gita* teaches ... one should remain equal-minded in happiness and sorrow, gain and loss, victory and defeat. Man should consider pleasure and pain, praise and censure alike. That is the state of true yoga.

Sathya Sai Speaks, Vol.29/Ch.68: July 22, 1996  
<http://sssbpt.info/ssspeaks/volume29/d960722.pdf>

## Live in Love

You must always be happy, smiling, and loving. When you are smiling, love will automatically develop in you.

Sathya Sai Speaks, Vol.40/Ch.13: July 28, 2007  
<http://sssbpt.info/ssspeaks/volume40/sss40-13.pdf>

Love can confer so much joy. If you smile, others will do the same. Therefore, all of you must go through life with smiles and joy. When someone scolds, one normally feels hurt while the person who is scolding gets some satisfaction. Don't feel hurt when you are criticised or abused. Instead, react by just smiling. You may wonder, "Why should I smile when that person is saying so many unpleasant things about me?" The answer is simple. You must smile because you have given the other person a chance to derive some satisfaction, even if it is by hurting your feelings. Be happy that you were an instrument to make the other person happy. This is the positive attitude and sense of Love that you have to develop.

Summer Showers in Brindavan 2000, Ch.9: May 22, 2000  
<http://sssbpt.info/summershowers/ss2000/ss2000-09.pdf>

You will have to understand this Love principle (*Prema Tattva*). All are brothers and sisters, but differences arise even amongst brothers and sisters. Hence, cultivate love for one another. Always maintain a cheerful disposition, with a sweet smile on your face. ... Only then can your life become noble and ideal. You must always be happy and cheerful. What do you lack? You have everything with Swami's love and grace.

Sathya Sai Speaks, Vol.41/Ch.1: January 1, 2008  
<http://sssbpt.info/ssspeaks/volume41/sss41-01.pdf>

## Share Your Happiness With All

You must experience bliss at the individual level and in the family and then share it with the society. Then all people will be happy. Happiness is union with God. You must realise such happiness. May all people be happy! May you all live like members of one family, sharing your love and happiness with one another!

Sathya Sai Speaks, Vol.39/Ch.12: September 5, 2006  
<http://sssbpt.info/ssspeaks/volume39/sss39-12.pdf>

Lead a happy and blissful life and share your happiness with others. You do not know how great this *ananda* (bliss) is. Just as a small piece of wood becomes fire when it comes into contact with fire, so also when you are close to Me mentally you become Divine. Your mind will be illumined and will dispel the darkness of ignorance in you.

Sathya Sai Speaks, Vol.34/Ch.13: July 5, 2001  
<http://sssbpt.info/ssspeaks/volume34/sss34-13.pdf>



## QUESTIONS

- What are the signs of happiness?
- Why is it so important to be smiling and cheerful, cool and composed on the spiritual path?
- How is peacefulness and equanimity a sign of happiness?
- Why is sharing our happiness a powerful spiritual practice?
- How can we exude more happiness in our lives?



Sathya Sai Speaks, Vol 31/Ch. 45: December 25, 1998  
<http://www.sssbpt.info/ssspeaks/volume31/sss31-45.pdf>



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