

Spirituality for obtaining Bliss

(Scientific analysis of happiness, unhappiness and Bliss)

Preface

Since most people do not know how to attain *Ānand*, each tries to acquire at least temporary happiness through the five senses, mind and intellect. However, happiness is temporary and of an inferior quality, whereas *Ānand* is eternal and of a supreme quality. The science which teaches us how to acquire *Ānand* is called the science of Spirituality. Hence, it is said that 'we can attain *Ānand* only if we follow Dharma (Righteousness). Hence, we should always follow Dharma. If we hold on to Spirituality and try to obtain *Ānand* by performing *sāadhanā* (spiritual practise) then we also get the benefit of happiness in this as well as in the next world. Even though there is so much importance attached to the science of Spirituality, most people do not even know the meaning of the word Spirituality. Hence, very few people turn to Spirituality. *Ānand* is infinitely superior to object pleasure. If this is realised then one will certainly make efforts to acquire *Ānand* instead of object pleasure. This Text has been written with this very objective. It also elaborates upon the difference between object related happiness and *Ānand* which is not related to any object, reasons underlying happiness and unhappiness and how to overcome these and obtain *Ānand*. Spirituality is not only to be comprehended intellectually, but is to be experienced. We pray at the Holy feet of Shrī Guru, that after reading this Text may some people begin *sāadhanā* and due to *sāadhanā*, may they quickly experience a flow of inner *Ānand*. - **Compilers**

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