

Monograph on Bliss-state described by spiritual personalities of modern Indian history

Preface

The bliss is considered mind state and spiritual state. It constitutes-
Auspiciousness+happiness+joy+felicity+supreme bliss+exuberance.

In this day and age, According to a laboratory in US, the most blissful person is believed to be a septuagenarian Buddha monk Matthien Ricard . It has been found that Gamma waves are created in the mind on meditating for more than 10,000 hours; this state of bliss is attained.

In Indian spirituality it is believed that the waves on the mind slate (*chittalahari*) determines states of a human being. The ancient Indian yogis, munis, siddhas, buddhas, gurus and meditators knew through practices that in the chittalahri, (beauty, bliss etc. all) states are received.

In the presented research the blissful state described by preeminent spiritual personalities from modern Indian history is included; Ramkrishn Paramhans, Swami Vivekanand, Swami Ramatirth, Raman Mahrashi, Shri Arvind, Dr. Radhakrishnan, J Krishnmurti, Osho, Tagore, Swami Rama are the chosen personalities .

The construction of concept

The bliss spurs zeal and drive. According to spiritual perception, the liberation from materialistic life, and bonds of body and mind and to attain benediction (*mangalmayta*) is the indication of bliss. According to science of biology a particular kind of electric energy is created in brain that brings about experience of happiness; It occurs specially close to hypothalamus in the brain . The brain chemicals dopamine and various endocrines bring forth bliss experiences (*aanadanubhuti*).

The physical work releases endorphins and contented happiness is experienced. The similar chemicals are released when some spices , chocolates, some kind of drinks, some energy foods etc. are consumed entailing felicity . the conemporary science proves that the happiness is created in animals, birds, plants animated and unanimated.

Some observation and notes of health science-

Happiness Chemicals (The Reward Chemical)

Dopamine

1. Completing a task
2. Doing self care activities
3. Eating food
4. Celebrating little wins

Oxytocin (The Love Hormone)

1. Playing with a dog
2. Playing with a baby
3. Holding hand
4. Hugging to loveable
5. Giving compliments

Serotonin

1. Meditating
2. Walk in nature
3. Running
4. Swimming
5. Sun exposure
6. Cycling

Endorphin

1. Laughter Exercise
2. Essential Oils
3. Watch a comedy
4. Dark Chocolate
5. Exercising

According to Yog knowledge when the right brain and left nostril prana flow (chandranadi)are ignited and flowing in full strength; love, creativity, kindness, affection, empathy, filial feelings such emotions are manifested.

In the contemporary world the happiness quotient is indicated –

Synonyms

Bliss

Delight, contentment, enjoyment, euphoria, exhilaration, glee, joy, jubilation, laughter, optimism, peace, pleasure, well being, cheer, beatitude, content, delectation, delirium, ecstasy, enchantment, felicity, gaiety, gladness, hopefulness, joviality, lightheartedness, merriment, mirth, paradise, playfulness, rejoicing, sanctity, vivacity, cheerfulness, good spirit, vivacity.

Analysis of Bliss in Vedik streams

According to yog siddha and spiritual tradition, a being has five sheaths –

1. Physical body
2. Prana body
3. Mental sheath
4. Intuitive sheath
5. Bliss body

In bhakt i.e. devotional i philosophy ananda is rassa i.e.----- ; in devotion it is released .

In siddha tradition, truth and existence together is bliss; *Sacchidananda*, the truth realization in the bodily existence is manifested in bliss.

In tantra with expansion of consciousness, the felicity expands.

It is found in spiritual beliefs that bliss (ananda) is characteristic of soul and supreme bliss (parmananda) is characteristic of supreme soul (Parmatma).

Blissful this happy state is expressed in spirituality in varied forms; chidatma, shivanand (bliss of existence) nijanand (bliss in the self), satyanand (bliss in the truth), sacchidanand, chidvilasananda etc.

Historical Observation of Aananda

Scope and Limitation of the Research

The presented research is limited to the chosen spiritual personalities of modern india; in the research scientist, physicians, psychologist, thinkers are not included. The field of spirituality is based on experience(personal). The realisation and findings of spirituality akin to art, poetry, sports are invisible and individualistic. Not necessarily all of them subscribe to logic, intellect, science, this is the limitation of the presented research. while stating the purpose of compounding interpretation on “ Bliss State” the researcher has opted to work only in the limitation of analysis of spiritual personalities,

In the given research the light is thrown only on the spiritual perspective on Bliss State. (Scientific, psychological and other stand points are not included.)

Ramakrishn Parmahans (1836-1886) is known to be a spiritual guide, whose spiritual experience was based on the practices of various religions and spiritual ways. His main teaching was when the mind is purged, egoless, sans attachment the bliss emanates . pure mind and intellect with pure intent the bliss is revealed.

On just hearing t name of god their hearts yearn and tears roll, for them sadhana (spiritual practice)is not required. ...The love of god destroys enemies like lust, anger etc . The gopis attained a supreme spiritual state by the virtue of love they felt for Krishna.”¹

Reference page 173 Sayings of Ramkrishna- Ramkrishna Updesh Sangraha -Amritvaanai

Publisher-Swami Brahmsthananda, Ramkrishna Math, Nagpur (fourth edition)

“The love of god means devotion and love; it entails conscience, renunciation, kindness to all living beings, serving saints and sages, satsang i.e. company of awakened, extolling the virtues and greatness of god, truthful speech etc qualities rise in the heart by themselves.” 2

Reference page 174 Sayings of Ramkrishna- Ramkrishna Updesh Sangraha -Amritvaanai

Publisher-Swami Brahmsthananda, Ramkrishna Math, Nagpur (fourth edition)

“ Bliss is indication that the god has been seen..... divine bliss brings about the divine intoxication.”3

Reference page 219 Sayings of Ramkrishna- Ramkrishna Updesh Sangraha -Amritvaanai

Publisher-Swami Brahmsthananda, Ramkrishna Math, Nagpur (fourth edition)

Swami Vivekanand (1883-1902), presented hindu religion and spirituality to the world ; He speaks about the sublime state of body mind and *chitta*-

“ The meditative state is the supreme state a human can attain. Real happiness is unachievable as long as lust-materialistic and physical (*vaasana*)exist. The real happiness and enjoyment is known only when all the things are seen as a witness (*saakshitva*)in state of meditation. The mirth of animals lie in gratification of senses, the human delights in intellect and godly humans have bliss in spiritual meditation-soul meditation. The world appears in beatitude to the one who has achieved the meditative state. They do not crave for anything, they don't submerge in all these, to them the myriad transformations of nature are abundance of beauty and generosity.” 4

Reference: page 89- Swami Vivekananda- Raj yog

Publisher- Ramkrishna Math Nagpur- translation by Swami Shivatvananda.

Sixth edition 1988

Vivekananda says- “ At the primary stage a human loves oneself, however meanness and owing to lustfulness this love is selfish. Finally the wholesome light of knowledge the same mean ‘I’ metamorphoses into infinite. This god was a purusha inhabiting a particular place, evolves to be infinite love...the earlier mind fraught with lowly lustful desires, he relinquishes them all. The selfishness vanishes with the elimination of desires. At the end he realises that the one who loves, love per se and love vibrations all are One i.e. devotion, devotee and god all are one.” 5

Reference page 95

Swami Vivekananda Granthavali- volume 8- 2nd edition

Publisher- Shri Ramkrishna Ashram Nagpur (1995)

The great secret of true success, true happiness, is this- the person who asks for no returns, the perfectly unselfish person, is the most successful happiest person.6

Reference page 101

Swami Vivekananda Granthavali- volume 8- 2nd edition

Publisher- Shri Ramkrishna Ashram Nagpur (1995)

“ Happiness is the attribute of soul. On self attainment all the desires are satiatedthe unchangeable personality is this, that is wholesome.” 7

Reference page 263

Swami Vivekananda Granthavali- volume 3-

Publisher- Shri Ramkrishna Ashram Nagpur (1995)

On the elimination of I, only the existence of God remains, “ The realisation dawns upon that this is the only blissful state, that the rest of the stages were only deaths. ”⁸

Reference- page 263 volume 3 vivekananda Grandhavali.

“ Aananda or ecstasy is the original form of soul; when you don't consider yourself apart from soul, the happiness is experienced from within. The pure happiness doesn't come externally.....the work and projects are done sans attachment to them. It happens with him that even after doing work, it is like not doing it and even when something is not done by him, seemingly done by him. Having experienced the fruits of his accumulated karmas, the destiny effects and cosmic results of his existence, the being is liberated from the body.”⁹

Reference- page 232

Contemporary Indian Philosophy, T>M>P> Mahaderan and G>V> Saroja Sterling Publisher. New Delhi 1983

The creation of the world, is the expression of bliss in in the truth-bliss-Godliness

Reference page 114

Dr. Gajanan Narayan joshi (second edition 2005) volume 11

Bharatiy vidnyanach Bruhad Itihas

Sarswat Prakashan, Pune.

According to Shri Arvind “ The supreme Consciousness has plunged, itself into physical substance, it has concealed itself into it. Later by itself it puts on various forms by breaking through the thick layers, slowly gradually, respectively takes the form of life prana, mind more and further more developed forms , by going through various processes and states, expressing itself, keeps on climbing higher and higher. and why the consciousness does it or what the consciousness has done it, the only answer to this could be it is his cosmic play.” 11

He came to Krishnmurti with his experience to have it comprehended whether it is delusion, frenzy or what is it, the curiosity of it has been on his mind for two years.

“It came to you, sir, uninvited. You never sought it. As long as you are seeking it, you will never have it. The very desire to live again in that ecstatic state is preventing the new, the fresh experience of bliss. You see what has happened: you have had that experience, and now you are living with the dead memory of yesterday. What has been is preventing the new. ”12

Reference Page 215

J Krishnmurti Jivanbhashye volume 2

Translation- Vimalabai Deshpande

Chandrakant Prakashan second edition 1997 Pune.

On eradication of greed, and the spontaneous wakefulness the life consciousness blossoms, is the perspective presented here.

“ The bliss is not attained by any sacrifice, or cultivating of virtues or it is never experienced by intoxicants, the ecstatic state is not reward of anything; it is not the outcome of anything. It will come to you unexpectedly, never pursue it.”13

That bliss cannot be bought through any sacrifice, through any virtue, through any drug. It is not a reward, a result. It comes when it will; do not seek it. ”13

Reference

Page 215 Reference Page 215

J Krishnmurti Jivanbhashye volume 2

Translation- Vimalabai Deshpande

Chandrakant Prakashan second edition 1997 Pune.

According J Krishnmurti Uninterrupted awareness is spontaneous realisation.

The mind free from the limitations of efforts and satiation is necessary, “ when Love, affection exist , in humility,empathy, patience, softness then only you are liberated from stumbles built up on insensitivity.”¹⁴

Reference page 16

J Krishnmurti- Bhavi Jivan- translator- Diwakar Ghaisas

Mauj Prakashan-Mumbai (Second edition -1998)

“‘What is happiness?’ instead of asking why one is not happy, isn't that important to find out?.....with cognisance of limitation of thoughts when you see the truth in it, in unfurling of truth lies Moksha.”¹⁵

reference page 131

Bhavi Jivan

The existence of bliss is in the peace. Krishnmurti says-

A man who knows that he is silent, who knows that he loves, does not know what love is or what silence is." 16

Reference page 171

Freedom From Known- J Krishnmurti

Publisher Krishnmurti Foundation

Chennai- India 1999

"The struggle is not the way to the truth, surrender is. The moment you surrender, you realise spontaneously the blessings of it have begun to pour from all the directions; they have always been pouring, but you were walking in the opposite direction, and you were transforming it into curses. If you are unhappy in life, then know that you are going against the god; for sadness is unknown to the god. Sadness is your pig-headedness ; the sadness is the result of endeavours to build up a destiny apart from the providence. The belief that you are a separate existence apart from the whole, is your hell. You become one with the whole, the doors of heaven are open for you." 17

Reference page 400

Osho Pravachan Sankalan- Maa Yog Darshan

Tao Upanishad part 6 Rebel Publication House, Pune February 1996

Osho says, "however the situation may be, once you accept it, the quality of it changes. the deep sadness, disease, suffering, approaching death, if you can accept it, the qualities of it changes immediately. You will befriend death. the death will be a door opening to infinite. In death too you will not just see what is being left behind, but you will see what is being available for you. Whereas the non acceptance will see sorrow in the death, the life per se will be sad."18

Reference

Page 368

Osho Pravachan Sankalan- Maa Yog Gita

Tao Upnishad part 4 Rebel Publication House, Pune February 1995 december

"Bring your love to its natural object, let it have a spontaneity of its aim. Allow it to take possession of you, and you will be transformed through it-Love is the Key, Love is the secret."19

Reference Page 837

The Secret of Secrets

Compilation: Osho Speeches Yog Bhakti Yog Prem

Tao Publication; Pune/ 2nd edition 2001

“The entire personality is surrendered to the providence, no longer he is a separated existence, so he plays and laughs; now he is a part of god’s cosmic play.”²⁰

Reference page 44

Bhagwan Shri Rajnish -Sanyas Moksh marg

Translation- Ma Aanand Vandana

Jivan Jagruti Pakashan Pune

First edition 1980

“Love is a door...love is also door of mating, your energy descending(toward mental defects) it is direction of hell, your energy ascending (towards pure love), love will be a door of samadhi i.e. oneness with the wholeness.” ²¹

Reference page 52

Bhagwan Shri Rajnish -Sanyas Moksh marg

Translation- Ma Aanand Vandana

Jivan Jagruti Pakashan Pune

First edition 1980

“ On mating of the senses and the external world, happiness, sorrow and other contradictory emotions are experienced. With violation one can snap off the connection between the external world and the senses and the mind can be summoned to the life consciousness. In this state the happiness and sorrow of the body are not felt...The flow of life consciousness continues as long as the person remains merged in cosmic consciousness ; the flow is broken with emergence of the personhood (ego), existence.”²²

Reference

Page 302

Swami Ram- Himalayatil Mahatmyanchya Sahvasat

translator- Swarnlata Bhashikar

Manjul Publishing House, Bhopal.

2nd edition 2013.

According to Ramtirtha every thing in existence is expressing in its originality, the human life must also be ever renewing , flowing ...

“The happiness sourced from true action is like spontaneous vibration from Moksha, unknowing self realisation; the happiness is pure and unadulterated and makes one still and content in divine form.23”

Reference page 69

Bhartiya tatvadyanacha bruhad itihasa- volume 11-Dr. Gajanan Joshi

“The happiness , derived from art is pure, unaffected, disinterested, selfless; materialistic gain is not expected in it, it is not of a thing.” 24

Reference page 168

Bhartiya tatvadyanacha bruhad itihasa- volume 11-Dr. Gajanan Joshi

“Beautiful warmth of human emotions of affection, kindness, amicability, empathy, love and trust are shrinking and drying. People are distrustful and materialistic profit propels their

bearings; the delicate yet lasting bond of heart and friendship that comes about with trustful interaction among yourselves, is not being created.”

Reference page 248

Bhartiya tatvadyanacha bruhad itihas- volume 11-Dr. Gajanan Joshi

Conclusion

The message given by the spiritual personalities of presented research, is bliss is brought through relinquishing ego, a life dedicated to serve , living with kindness, and ,devotion and meditation integrated in life. Ananda is not brought through indulgence in self gratification, materialism and luxuriation, is also their perspective. Love is synonym to bliss, is a frame of mind positioned by them. The blissful people can only reveal the secrets of bliss and it users in spiritual life. It is found in their elucidation,that the outlook and thoughts of liberation from misery, torment, negativity

Epilogue

To live bliss, to experience it is easier than the quest for it, is the finding of the journey of present research. The vantage point of spiritual personalities of modern India is found to be that the bliss is an unchanging state of being that is realised on its own by spiritual path. The

essence of the deliberation is the spiritualisation of life attains spontaneously the source and existence of bliss .