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# ਅਨੰਦ- Anand

(Writer: Dr. Kala Singh)

Anand (Blissful State) is a state of complete joy and happiness in all circumstances, synonyms used for blissful state is pleasure, happiness, ecstatic, state of wellbeing and fulfillment. Pleasure is only the time when one is experiencing it and then it goes away. Drinking a glass of cold water in a hot day gives pleasure, which lasts only for that time. My child passed the exam, so I am happy, which lasts for a day or two and then goes away. One is ecstatic when one wins a lottery ticket, which lasts for that moment only. One has sense of fulfillment when one says I have good spouse, nice children, mortgage free house. That sense of fulfillment goes away when things change. None of this give happiness forever. Real happiness (Blissful State) does not come from these external sources, but from within. Most people equate happiness with wealth. They think with wealth they can buy anything to make their life comfortable and will leave it for their children as well. To earn wealth, they become world alcoholics resulting in negligible time for the spouse and children. Children turn to peers for advice because parents are not available when they need them, resulting in them going astray. No time for spouse leads to domestic problems resulting in separation and divorce. This scenario results in misery and unhappiness. Goal was to earn wealth to get happiness, but it resulted in unhappiness. Some turn to corrupt means to earn wealth resulting in confrontation with the law, misery, worry and anxiety.

Every day we are bombarded with millions of advertisements through TV, radio, fliers to buy things which will make our life comfortable, easy and happy. We see Tv programs which show ordinary people who do same job as us, live much better life than us. We see models wearing better dresses and looking better than us. We try to imitate them. We start comparing ourselves with them and get feeling of being poor. That's relative poverty which makes people miserable and unhappy.

Goal was to be happy. We equated that with wealth. That became expectation which brought unhappiness and depression.

- ਵਡੇ ਵਡੇ ਜੋ ਦੀਸਹਿ ਲੋਗ॥ ਤਿਨ ਕਉ ਬਿਆਪੈ ਚਿੰਤਾ ਰੋਗ॥
ਕਉਨ ਵਡਾ ਮਾਇਆ ਵਡਿਆਈ॥ ਸੋ ਵਡਾ ਜਿਨਿ ਰਾਮ ਲਿਵ ਲਾਈ॥ (੧੮੮)

Those who seem to be rich and powerful are afflicted by the disease of anxiety, worry and apprehension. People are not great or powerful because of their worldly possessions. Great are those, who are lovingly attached to the God.

- ਜਿਸੁ ਗ੍ਰਿਹਿ ਬਹੁਤੁ ਤਿਸੈ ਗ੍ਰਿਹਿ ਚਿੰਤਾ॥ ਜਿਸੁ ਗ੍ਰਿਹਿ ਥੋਰੀ ਸੁ ਫਿਰੈ ਭ੍ਰਮੰਤਾ॥
ਦੁਹੂ ਬਿਵਸਥਾ ਤੇ ਜੋ ਮੁਕਤਾ ਸੋਈ ਸੁਹੇਲਾ ਭਾਲੀਐ॥ (੧੦੧੯)

Those who are rich and have everything in abundance, suffer from anxiety, worry and apprehension of losing it. Those who have less, wants more. Only those are happy and at

peace, who are liberated from both conditions. So, it is the attitude towards money which makes people happy or unhappy.

- ਚਿੰਤਾ ਤਾ ਕੀ ਕੀਜੀਐ ਜੋ ਅਨਹੋਨੀ ਹੋਇ॥ ਇਹੁ ਮਾਰਗੁ ਸੰਸਾਰ ਕੋ ਨਾਨਕ ਥਿਰੁ ਨਹੀ ਕੋਇ॥ (੧੪੨੯)

We should not worry about things on which we have no control. We should worry when something unexpected happens. Guru says nothing in this world in unexpected. We have no control on behavior of spouse, children and other relatives and it is expected. Death in the family, loss of job, loss of loved one is expected. We should learn to live with that and change ourselves rather trying to change others.

– ਨਾਨਕ ਚਿੰਤਾ ਮਤਿ ਕਰਹੁ ਚਿੰਤਾ ਤਿਸ ਹੀ ਹੇਇ॥ਜਲ ਮਹਿ ਜੰਤ ਉਪਾਇਅਨੁ ਤਿਨਾ ਭਿ ਰੋਜੀ ਦੇਇ॥(੯੫੫)

We should not worry about anything. God has provided for everyone and takes care of whole creation.

- ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ ਪਾਲਿ॥ ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ ਲਿਖਿਆ ਨਾਲਿ॥ (੧)

To live a perfect truthful life, we should live life according to the code of conduct (Hukam) of the God. We should not expect anything from anyone, not even God. We can hope from others and God but not expect. When our expectation is not met, we get anxious and angry even at God. We then try to fulfill our expectation by other corrupt means and get into a vicious circle and always are in pain and in stress. To avoid stress we should learn to live in harmony with God's will (Hukam). Acceptance of the situation on which we have no power is very important to live in blissful state.

- ਨਰ ਚਾਹਤ ਕਛੁ ਅਉਰ ਅਉਰੈ ਕੀ ਅਉਰੈ ਭਈ॥ ਚਿਤਵਤ ਰਹਿਓ ਠਗਉਰ ਨਾਨਕ ਫਾਸੀ ਗਲਿ ਪਰੀ॥
ਜਤਨ ਬਹੁਤ ਸੁਖ ਕੇ ਕੀਏ ਦੁਖ ਕੋ ਕੀਓ ਨ ਕੋਇ॥ ਕਹੁ ਨਾਨਕ ਸੁਨਿ ਰੇ ਮਨਾ ਹਰਿ ਭਾਵੈ ਸੋ ਹੋਇ॥(੧੪੨੮)

People wish for something, but something different happens. So, their mind (mann) is always at unease and unhappy. They then try different corrupt means of achieving and never come out of it. People make all sorts of efforts to find peace and pleasure, but no one tries to earn pain (Pain and failure is an opportunity to learn and improve). Nanak says we should be contented and happy with what we are and have. At the same time strive for more and better life by honest means.

- ਦੁਖੁ ਦਾਰੂ ਸੁਖੁ ਰੋਗੁ ਭਇਆ ਜਾ ਸੁਖੁ ਤਾਮਿ ਨਾ ਹੋਈ॥ (੪੬੯)

Suffering is the medicine and pleasure the disease, because where there is pleasure, there is no desire to learn and improve. So, we should not feel unhappy when suffering. Living in harmony with will of God (Hukam) and learning from the suffering to improve is an example of change of attitude towards problems of life.

Most of us think that if I am healthy, successful and have good relations with others, that will mean I am in blissful state, but it is other way round. One have to achieve blissful

state first. Health, Success and good relations with others will follow. Let's see how to achieve blissful state.

- ਆਨੰਦੁ ਆਨੰਦੁ ਸਭੁ ਕੋ ਕਹੈ ਆਨੰਦੁ ਗੁਰੂ ਤੇ ਜਾਣਿਆ॥
ਜਾਣਿਆ ਆਨੰਦੁ ਸਦਾ ਗੁਰ ਤੇ ਕ੍ਰਿਪਾ ਕਰੇ ਪਿਆਰਿਆ॥
ਕਰਿ ਕਿਰਪਾ ਕਿਲਵਿਖ ਕਟੇ ਗਿਆਨ ਅੰਜਨੁ ਸਾਰਿਆ॥
ਅੰਦਰਹੁ ਜਿਨ ਕਾ ਮੋਹੁ ਤੁਟਾ ਤਿਨ ਕਾ ਸਬਦੁ ਸਚੈ ਸਵਾਰਿਆ॥
ਕਹੈ ਨਾਨਕੁ ਏਹੁ ਅਨੰਦੁ ਹੈ ਆਨੰਦੁ ਗੁਰ ਤੇ ਜਾਣਿਆ॥ (੯੧੭)

Everyone says I am in blissful state (Anand), but Anand is known and achieved only through the Grace of the Guru. To attain eternal bliss, one has to prepare oneself to get spiritual knowledge (Kirpa) from the Guru. Once we receive spiritual knowledge and wisdom (Giyan) from the Guru our worldly temptations are eradicated. Those who eradicated worldly attachment from within themselves are adorned with unpolluted, undefiled sweet vocabulary (Shabad) by the God. Their word (Shabad) is trustworthy. Says Nanak this alone is the blissful state which I found from the Grace (Spiritual knowledge and wisdom) of the Guru.

- ਜੈਸੇ ਜਲ ਮਹਿ ਕਮਲੁ ਨਿਰਾਲਮੁ ਮੁਰਗਾਈ ਨੈ ਸਾਣੇ॥ (੯੩੮)

One should live in this world full of temptations like lotus flower in the pond and duck swims through the stream. They live in water but are untouched by it. In the same way we should live in the world of temptations untouched by worldly desires and temptations.

The spirit of the human being is raised with the belief that one is not a helpless creature, but a responsible being having a will of one's own, which can do a lot to shape one's destiny. There are five major evils (Panj Chor) we should be aware of and control them.

- ਕਾਮ ਕ੍ਰੋਧ ਅਰੁ ਲੋਭ ਮੋਹ ਇਹ ਇੰਦ੍ਰੀ ਰਸਿ ਲਪਟਾਧੇ॥ (੪੦੩)

Our senses are beguiled by sensual pleasures of sex, anger, greed and emotional attachment.

- ਨਿਮਖ ਕਾਮ ਸੁਆਦ ਕਾਰਣਿ ਕੋਟਿ ਦਿਨਸ ਦੁਖੁ ਪਾਵਹਿ॥
ਘਰੀ ਮੁਹਤ ਰੰਗ ਮਾਣਹਿ ਫਿਰਿ ਬਹੁਰਿ ਬਹੁਰਿ ਪਛੁਤਾਵਹਿ॥ (੪੦੩)

For a moment of sexual pleasure, one suffers for rest of life. For as instant, one may savor pleasure, but afterwards, regrets it many times. It has been seen in "Me Too" movement that many celebrities have fallen from grace because of sexual impulses and passions. Sex is needed but lust is bad and should be controlled.

- ਕਾਮਿ ਕਰੋਧਿ ਜਲੈ ਸਭੁ ਕੋਈ॥ (੧੦੬੨)

Everyone is burning in the fires of sexuality and anger.

- ਕਾਮੁ ਕ੍ਰੋਧੁ ਕਾਇਆ ਕਉ ਗਾਲੈ॥ ਜਿਉ ਕੰਚਨ ਸੋਹਾਗਾ ਢਾਲੈ॥ (੯੩੨)

Unfulfilled sexual desire and unresolved anger waste the body away, as gold is dissolved by borax.

- ਲੋਭ ਲਹਰਿ ਸਭੁ ਸੁਆਨੁ ਹਲਕੁ ਹੈ ਹਲਕਿਓ ਸਭਹਿ ਬਿਗਾਰੇ॥ (੯੮੩)

The waves of greed are like mad dog with rabies. Their madness ruins everything. The way whoever rabid dog bites gets the sickness, in the same way whoever associates with greedy (Lobhi) becomes greedy (Lobhi).

- ਮਾਇਆ ਮੋਹ ਪਰੀਤਿ ਧ੍ਰਿਗੁ ਸੁਖੀ ਨ ਦੀਸੈ ਕੋਇ॥ (੪੭)

No one is seen to be at peace because of cursed love of emotional attachment (Moh) of Maya.

- ਹਉਮੈ ਏਹਾ ਜਾਤਿ ਹੈ ਹਉਮੈ ਕਰਮ ਕਮਾਹਿ॥ ਹਉਮੈ ਏਈ ਬੰਧਨਾ ਫਿਰਿ ਫਿਰਿ ਜੋਨੀ ਪਾਹਿ॥
ਹਉਮੈ ਕਿਥਹੁ ਊਪਜੈ ਕਿਤੁ ਸੰਜਮਿ ਇਹ ਜਾਇ॥ ਹਉਮੈ ਏਹੋ ਹੁਕਮੁ ਹੈ ਪਇਐ ਕਿਰਤਿ ਫਿਰਾਹਿ॥
ਹਉਮੈ ਦੀਰਘ ਰੋਗੁ ਹੈ ਦਾਰੂ ਭੀ ਇਸੁ ਮਾਹਿ॥ ਕਿਰਪਾ ਕਰੇ ਜੇ ਆਪਣੀ ਤਾ ਗੁਰ ਕਾ ਸਬਦੁ ਕਮਾਹਿ॥
ਨਾਨਕੁ ਕਹੈ ਸੁਣਹੁ ਜਨਹੁ ਇਤੁ ਸੰਜਮਿ ਦੁਖ ਜਾਹਿ॥ (੪੬੬)

This is the nature of ego, that people perform their actions in ego (Haumai) to keep their individualism separate from God. This is the bondage of ego that, they spiritually die and born many times. Guru asks the question where does ego came from and how can it be eradicated? Guru then replies that ego exists because of our actions and people perform actions in ego all the time. Ego bound individuals get stress and mental health problems. Ego is a chronic disease, but it is not incurable. Nanak says ego can be eradicated if one works hard on the spiritual knowledge of the Guru and achieves virtues of the God. If we live life according to the teachings of Guru, control vices and have contentment we can get rid of ego. Guru says ਗਰੀਬੀ ਗਦਾ ਹਮਾਰੀ॥

Learning to control ego (Haumai), by accepting humility as prescribed in Gurmat can directly improve the mental health of the individual. Humility is a formidable weapon. Persons possessing true humility (Gurmukhs) are full of inner joy. Proud, people are (Manmukh) always in misery. The material conception of life enables us to find fault in others, by ignoring our own. True humility is recognition of one's own imperfections. True humility is living life with love, contentment, free of arrogant pride and ego, performing pious deeds, kind, merciful, modest, free of sinful mistakes, untouched by sorrow and the pains of material life. Humility does not mean one should not assert one's rights and let others walk all over you. Humility teaches equality, not manipulation. Spiritual liberation is to liberate one- self from ego (Haumai).

While we control major five vices (Panj Chor) we should develop five major virtues.

- ਕਾਮ ਕ੍ਰੋਧ ਮਾਇਆ ਮਦ ਮਤਸਰ ਏ ਖੇਲਤ ਸਭਿ ਜੂਐ ਹਾਰੇ॥
ਸਤੁ ਸੰਤੋਖੁ ਦਇਆ ਧਰਮੁ ਸਚੁ ਇਹ ਅਪੁਨੈ ਗ੍ਰਿਹ ਭੀਤਰਿ ਵਾਰੇ॥ (੩੭੯)

Person who takes spiritual knowledge and wisdom from the Guru loses ardent sexual desire, anger, intoxication with worldly passion (Maya), ego and jealousy as stake in the game of chance and usher in mind (mann) voluntary service (Sat), contentment (Santokh), compassion (Daya), righteousness (Dharm) and truthfulness (Sach).

- ਸਹਸ ਖਟੇ ਲਖ ਕਉ ਉਠਿ ਧਾਵੈ॥ ਤ੍ਰਿਪਤਿ ਨ ਆਵੈ ਮਾਇਆ ਪਾਛੈ ਪਾਵੈ॥
  ਅਨਿਕ ਭੋਗ ਬਿਖਿਆ ਕੇ ਕਰੈ॥ ਨਹ ਤ੍ਰਿਪਤਾਵੈ ਖਪਿ ਖਪਿ ਮਰੈ॥
  ਬਿਨਾ ਸੰਤੋਖ ਨਹੀ ਕੋਊ ਰਾਜੈ॥ ਸੁਪਨ ਮਨੋਰਥ ਬ੍ਰਿਥੇ ਸਭ ਕਾਜੈ॥ (੨੭੯)

Earning a thousand, one wants to earn another hundred thousand. Satisfaction is not obtained by chasing after worldly desires (Maya). One may enjoy all sorts of corrupt pleasures, but is still never satisfied and because of indulgence, dies spiritually many times. Without contentment, no one is satisfied. The way dreams have no value all efforts of a greedy person are in vain because they are never satisfied. Though money is needed for everyday living but desires more money to satisfy greed is never satisfied.

– ਉਦੋਸਾਹੈ ਕਿਆ ਨੀਸਾਨੀ ਤੋਟਿ ਨ ਆਵੈ ਅੰਨੀ॥ ਉਦੋਸੀਅ ਘਰੇ ਹੀ ਵੁਠੀ ਕੁੜਿਈਂ ਰੰਨੀ ਧੰਮੀ॥
  ਸਤੀ ਰੰਨੀ ਘਰੇ ਸਿਆਪਾ ਰੋਵਨਿ ਕੂੜੀ ਕੰਮੀ॥ ਜੋ ਲੇਵੈ ਸੋ ਦੇਵੈ ਨਾਹੀ ਖਟੇ ਦੰਮ ਸਹੰਮੀ॥ (੧੪੧੨)

What are the signs of a person who always endeavors to earn more wealth? His stores of food never run out, have all worldly possessions and prosperity dwells in his home. But such a person lacks virtues of the God. Under the influence of worldly temptations (maya) seven sense organs (2 ears, 2 eyes, mouth, nose and sexual organ) create continuous havoc in the mind (mann). Such a person endeavors to earn more wealth but does not want to give it, always afraid of losing it and lives a life of fear and anxiety. Lacking virtues of the God. Such a person can never have peace in his life instead of prosperity.

- ਕਬੀਰਾ ਜਹਾ ਗਿਆਨੁ ਤਹ ਧਰਮੁ ਹੈ ਜਹਾ ਝੂਠੁ ਤਹ ਪਾਪੁ॥
  ਜਹਾ ਲੋਭੁ ਤਹ ਕਾਲੁ ਹੈ ਜਹਾ ਖਿਮਾ ਤਹ ਆਪਿ॥ (੧੩੭੨)

Bhagat Kabir says, where there is spiritual wisdom, there is righteousness (Dharm). Where there is falsehood, there is sin. Where there is greed, there is spiritual death. Where there is forgiveness, there is God Itself. Bhagat Kabir is saying that spiritual wisdom (Giyan) is Dharam.

– ਮਨਹਠ ਬੁਧੀ ਕੇਤੀਆ ਕੇਤੇ ਬੇਦ ਬੀਚਾਰ॥ ਕੇਤੇ ਬੰਧਨ ਜੀਅ ਕੇ ਗੁਰਮੁਖਿ ਮੋਖ ਦੁਆਰ॥
  ਸਚਹੁ ਓਰੈ ਸਭੁ ਕੋ ਉਪਰਿ ਸਚੁ ਆਚਾਰੁ॥ (੬੨)

Intellects of many people inspire and motivate them to perform rituals based upon stubbornness. Many people think the right way of life is to interpret, discuss and debate religious books. There are so many other such rituals, but the right way of liberation from worldly passions (Maya) is to get spiritual knowledge from the Guru (Gurmukh). Truth is higher than everything, but higher still is Truthful Living. All other rituals and deeds are inferior to it.

**Role of Meditation**

Wallace and Benson observed during study on transcendental meditation:

- Electroencephalograph showed an increase in alpha-wave activity indicating greater tranquility of mind.

- Decreased heart rate.

- 20% decrease in Oxygen Consumption.

- Diminished effects of epinephrine and other stress related hormones.

In Gurmat, meditation is not done to gain control over involuntary vital body functions. Meditation is living every moment of your life as a Truthful Spiritual Being: With that one achieves a super conscious and blissful state in which one finds oneself close to or one with God. To achieve this, one have to control mind (mann) which gives control over self, impulses, passions, feelings incitements and anger. This gives peace of mind, a blissful state. Those who practice this type of spiritual meditation have improved health, self-respect and confidence. One becomes friendlier, honest, loving. The relaxed attitude brings happiness to the family. One becomes capable of taking decisions with greater enjoyable and relations with everyone become friendlier and harmonious.

- ਪੂਰੇ ਗੁਰ ਕਾ ਸੁਨਿ ਉਪਦੇਸੁ॥ ਪਾਰਬ੍ਰਹਮੁ ਨਿਕਟਿ ਕਰਿ ਪੇਖੁ॥
  ਸਾਸਿ ਸਾਸਿ ਸਿਮਰਹੁ ਗੋਬਿੰਦ॥ ਮਨ ਅੰਤਰ ਕੀ ਉਤਰੈ ਚਿੰਦ॥ (੨੯੫)

Listen, understand and obey teaching of the perfect Guru and you will feel presence of God always with you. Remember attributes of God with every breath. This way you will meditate every moment of your life. When you remember God every moment of your life, you will never do wrong things in your life. Whenever you think of harming others you will remember God and stop it. You will not ask for bribe, not see women as sexual object and will not indulge in sexual harassment, not get angry when someone uses bad language for you, not get jealous of others wealth and get greedy, not look at your spouse and children as your property thay they should obey you, and you will not be egoistic. These are just few examples. Keep the Company of good people so that you are always away from fleeting desires of life. If we practice the type of meditation prescribed by the Guru, with our every breath then we will not be touched with anxiety, worry and depression. If everyone in this world practices such type of meditation this world will be a much better place to live and there will not be exploitation of one man by other, sexual harassment of women, no terrorist activities and wars.

**Conclusion**

Blissful state (Anand) is a State of spiritual enlightenment, equanimity, harmony and realization of God in one's mind (mann) achieved through the spiritual knowledge and wisdom (Giyan) of the Guru. One is eternally spiritually alive and eradicates worldly desires. Ego is the root cause of most of problems and stress. One needs to do introspection, realize

and accept our weaknesses. Adopt humility and develop virtues. We should not worry about things we have no power, accept the situations and hope for change. Do not expect anything from others, even God.

– ਵਿਣੁ ਤੁਧੁ ਹੋਰੁ ਜਿ ਮੰਗਣਾ ਸਿਰਿ ਦੁਖਾ ਕੈ ਦੁਖ॥ ਦੇਹਿ ਨਾਮੁ ਸੰਤੋਖੀਆ ਉਤਰੈ ਮਨ ਕੀ ਭੁਖ॥ (੯੫੮)

To ask for any other than Virtues of the God, is the most miserable of miseries. Please bless me with your Virtues and make me contented. May the hunger of my mind (mann) be satisfied. Way of life should be based on right conduct and moral values based on spiritual wisdom, which will ensure peace of mind in all circumstances. With that one will be in a mode of meditation all the time, such a person will never get into stress and will be in a blissful state forever.