

# "SCIENCE OF HAPPINESS FOR UPLIFTING CONSCIOUSNESS"

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Consciousness research is a meeting point of science and spirituality. The founder acharya of the Bhaktivedanta Institute, Srila Prabhupadaji, expressed that unless there is individual awakening of consciousness, there is no hope for world peace. We all want to be a good human being but we fall short on certain occasions. In spite of our earnest endeavors to overcome negativity, we end up causing discomfort to others. What can make us a good human being? The answer lies in the science of happiness.

Each one of us wants to be happy without exception. In fact, every living entity wants to be happy. Happiness is a fundamental force in all living systems. In fact, happiness is the guiding as well as driving principle of all our actions. It is due to our misunderstanding about what makes us happy that we act in a negative way. By proper understanding of what makes us truly happy, we can correct our course. As Lord Sri Krishna explains in the Bhagavad-gita, *paraṁ dṛṣṭvā nivartate*, by experiencing higher happiness, we can overcome actions of lower happiness. There are different levels of happiness which can be broadly categorized as, sensual, mental, intellectual, emotional and spiritual happiness. Too much emphasis and focus on sensual and mental happiness is cause of disturbance in the lives of individuals and well as the society. A proper balance of different levels of happiness with an emphasis on higher levels of happiness, there could be peace and harmony in individuals and society.

Sensual Happiness is the happiness derived from the sensual pleasures. Sensual happiness is neither fulfilling nor sustainable

because it is very transient in nature. Therefore, one whose primary source of happiness is sensual cannot have lasting happiness as it degrades the consciousness in fulfilling the unsatiated desires. Enforcement of ethics becomes necessary for social harmony. Animals are mostly on this level of happiness. Human beings should not confine themselves to this happiness alone but rise above it by experiencing higher happiness. Vedic literature advises that sensual happiness should not be the goal of one's life as it is obtained easily by the arrangement of the divine.

Mental Happiness is the happiness derived from the pleasure of having desired ambitious position or material comforts of luxury. This happiness lasts little longer than the sensual happiness, but it also takes longer to get it. One who is on this level automatically gets sensual happiness apart from mental happiness. Therefore, one is better situated.

However, even after obtaining, one does not fancy about it for a long time and happiness diminishes soon as the consciousness degrades in preserving it or obtaining something better.

Intellectual Happiness is the happiness derived from discovering or understanding something new. One who is on this level, is not just satisfied with material position or comforts but invents or discovers something new. This happiness lasts longer as well as takes long time to achieve it compared to the earlier two happiness. However, inventions and discoveries does not happen every day and one does not have control over it. Since one on this level has earlier two happiness too included in one's life, one is better situated.

Emotional happiness is the happiness derived from the relationships to others and the society at large. In the above three happiness, one's own desires are more or less the focus of oneself. On this level one is concerned about the others who are dear to him or about the society at large. One undertakes above three happiness as means of expressing love towards one's beloved family members, friends or society. On this level of consciousness, values come out naturally. This happiness lasts much longer than

the earlier three and includes earlier three. However, the relationships are not permanent and give as much pain when broken naturally or by force. Therefore, this happiness cannot be sustained forever.

Spiritual happiness is the emotional happiness placed in the spiritual context. One connects with the divine and undertakes all above happiness in proper way. One connects with the divine and with divine consciousness one conducts himself. He is not bereft of any of the above happiness. Since the divine and oneself are eternal, when one is situated in this consciousness, one attains lasting peace and happiness. One sees divine connection with everyone else too. Unless one comes to the spiritual level of happiness one will not have sustainable happiness because no material happiness can give satisfaction a soul. This happiness is based on giving and therefore values are natural outcome. As scriptures say, *brahma-saukhyam tv anantam SB 5.5.1*, spiritual happiness grows boundless.

Since human being is naturally inclined to become happy, being educated about the science of happiness, one can gradually rise oneself to the spiritual platform of happiness and have fulfillment and happiness in life. Human values will be natural outcome.