

## NINE SPIRITUAL TREASURES FOR A HAPPY LIFE

Ms. Yashpreet Kaur\*  
Dr. Seema Chopra\*\*

### ABSTRACT

*Happiness is state of mind, which one creates through certain activities like meditation; yoga etc. Such activities bring peace of mind, positivity and joy to life. Happiness is a journey to lead a satisfied and worthwhile life. The holy scripture Shri Guru Granth Sahib, is a true embodiment to lead a happy and blissful life. It is the composition of the great saints and sages which focused on the spiritual lifestyle. The preachings by ninth guru of Sikhism, Shri Guru Tegh Bahadur, who had made a significant contribution in Shri Guru Granth Sahib and spirituality, enables an individual to attain wisdom for a happy and spiritual life. His son Shri Guru Gobind Singh have praised his father for the nine spiritual treasures to live a happy life, meditating on which an individual can attain happiness and peace. This article deals with these nine spiritual treasures and their influence on leading a happy life.*

**Keywords:** Spirituality, Meditation, Positivity and Happiness.

The holy scripture of the Sikhs, Sri Guru Granth Sahib, manifests the wisdom of great sages and saints and a true embodiment to have a happy and blissful life. This scripture is composed by hymns of 36 composers written in twenty-two languages. The scripture is not meant for only one religion, but for whole mankind. The teachings of Sri Guru Granth Sahib can transform the mankind from ordinary to extra-ordinary. It has the power to eliminate the falsehood, the ego, and the pride etc. of human beings. Sri Guru Granth Sahib gives message for spiritual development of an individual. The hymns, preached by different contributors of Shri Guru Granth Sahib, teach to lead a spiritual and happy life. The first question arises is:

### WHAT IS HAPPINESS?

The term happiness is of great significance. It is something, which brings happiness from within. The inner happiness term comprises inner, inner self and internal consciousness. Happiness works as a force, which brings success and joy in life. The individual who is happy inside will better perform his work effectively and efficiently. Happiness is that state of mind when an individual feels satisfied with life and appreciates it positively. It is the outcome of positive

emotions. Contentment, self-actualization, empathy, gratitude, mental health and positive thinking are the components of positive emotions. Happiness is not something, which one finds rather this is the state of mind, which one creates through certain activities like meditation; yoga etc. Happiness comes from within and this aspect is realized through spiritual activities such as meditation, which brings peace of mind and positive energy and ultimately brings joy in life. Happiness brings life to actually living it lively.

The ninth guru of Sikhism, Shri Guru Tegh Bahadur, had made a significant contribution by giving the teachings to adopt the way of spirituality and wisdom to lead a happy and spiritual life. He is known for the sacrifice and good he had done for the welfare of others. He has sacrificed his life for the sake of serving the Kashmiri Pandits. The tenth guru, Guru Gobind Singh, son of Guru Tegh Bahadur, had given a great reverence to his father's sacrifice in the first stanza of "Chandi Di Var" written in Shri Dasam Granth Sahib on Ang 244 as

**ਤੇਗ ਬਹਾਦਰ ਸਿਮਰਿਐ ਘਰ ਨਉ ਨਿਧਿ ਆਵੈ ਪਾਇ**

Guru Gobind says "I do remember Guru Tegh Bahadur, through whose Grace the nine treasures come running to my house."

\* Research Scholar, Panjab University, Chandigarh.

\*\* Associate professor, G.H.G. Harpakash College of Education for women, Sidhwan Khurd, Ludhiana.

Guru Tegh Bahadur is well known for his meditative practices through which he had attained all these treasures and sacrificed his life for the welfare of the needy. The meditation helps in attaining these treasures. These spiritual treasures are the support system to live a happy life which is worth living for the sake of oneself and for others.

These are discussed as following:

1. **Faith (Bharosa):** The first spiritual treasure, which one gets through meditating the name of divine, is the firm faith in the existence of divine power within. The very route to all the spiritual experiences a person can get from meditation is the faith in divine.
2. **Attachment (Leenta):** Another spiritual treasure is deep and absolute attachment with divine.
3. **Contentment (Santokh):** A state of feeling highly content with life.
4. **Detachment (Bairaag):** A way to get totally detached from the worldly pleasures.
5. **Divine Order (Hukam):** A feeling of total surrender to the divine order. Accepting and obeying the order of the divine.
6. **Balance (Sahaj):** A state of mental and spiritual equipoise.
7. **Joy (Anand):** A state of perpetual delight and permanent joy in life.
8. **Wondrous (Vismaad):** A state of being at ecstasy, joy and wonderment.
9. **Glance of Grace (Nadar):** When almighty put his glance of grace on its disciple, it becomes the reason for any kind of achievement and attainment in his life. only an awakened soul who is aware of such enlightenment is aware of such piousness.

The nine treasures as mentioned above are the pathway to attain a spiritual enlightenment. These nine spiritual treasures can be well attained by meditating on the name of the supreme power. An individual who can deeply meditate on the name of the Lord can achieve these treasures in his life. Such

awakening helps an individual to lead a happy and prosperous life.

## MEDITATION AND HAPPINESS

The above mentioned nine treasures lead an individual to attain happiness through meditation. The practice of meditation helps in awakening the individuals to enjoy the present situation with positive outlook. It does not take an individual away from the worldly things rather it takes the conceit to the internal world. Similarly, happiness is not in attaining external achievements rather it is going deep in the soul and to get connected with the supreme soul. When an individual experience the meditation, the results are in the form of satisfaction, joy, gratification, positivity, etc. All these traits form the state of mind, which is happy and enriched. In practicing the spiritual attainment of these meditative practises, Guru Tegh Bahadur well said it in the Dhhanaasaree Mehala 9 || Ang 684, Shri Guru Granth Sahib.

### ਪਨਾਸਰੀ ਮਹਲਾ ੯

ਕਾਹੇ ਰੇ ਬਨ ਖੋਜਨ ਜਾਈ ॥

Why do you go looking for Him in the forest?

ਸਰਬ ਨਿਵਾਸੀ ਸਦਾ ਅਲੇਪਾ ਤੇਹੀ ਸੰਗਿ ਸਮਾਈ ॥੧॥

Although he is unattached, He dwells everywhere.

He is always with you as your companion.

||1||Pause||

ਪੁਹਾਂ ਮਹਿ ਜਿਉ ਬਾਸੁ ਬਸਤੁ ਹੈ ਮੁਕਰ ਮਾਹਿ ਜੈਸੇ ਛਾਈ ॥

Like the fragrance which remains in the flower,  
and like the reflection in the mirror,

ਤੈਸੇ ਹੀ ਹਰਿ ਬਸੇ ਨਿਰੰਤਰਿ ਘਟ ਹੀ ਖੋਜਹੁ ਭਾਈ ॥੧॥

The Lord dwells deep within; search for Him within your own heart, O Siblings of Destiny. ||1||

ਬਾਹਰਿ ਭੀਤਰਿ ਏਕੋ ਜਾਨਹੁ ਇਹੁ ਗੁਰ ਗਿਆਨੁ ਬਤਾਈ ॥

Outside and inside, know that there is only the One Lord; the Guru has imparted this wisdom to me.

ਜਨ ਨਾਨਕ ਬਿਨੁ ਆਪਾ ਚੀਨੈ ਮਿਟੈ ਨ ਭ੍ਰਮ ਕੀ ਕਾਈ ॥੨॥

੧॥

O servant Nanak, without knowing one's own self, the moss of doubt is not removed. ||2||1||

These lines well explained the true meaning

of finding the almighty within. Why to wonder in outside world and in worldly possessions when you can get it from inside. Every individual is blessed with such wisdom of attaining the spirituality, the only thing to do is to practice this and to listen the inner instincts. The divine power is within an individual and he possess all the power to strengthen that. To understand the pain of others one must possess the ability to cure it within himself. Similarly, to attain peace in outside world, one must be at peace from inside. When an individual practice peace of mind, positivity, calmness, a feeling of being contend with whatever he has, such feeling takes him in a spiritual world. There are certain outcomes of the meditation, which encourages an individual to stay in the state of happiness, gratefulness, wisdom, detachment and peacefulness. Meditation enhance the ability of the individual to tackle with the problematic situation in a stable and calm way. The nine spiritual treasures faith, attachment, contentment, detachment, divine order, balance, joy, wondrous and glance of grace given by Guru Tegh Bahadur help in finding the joy, happiness, empathy and peace within. Meditating on these nine treasures, an individual can attain happiness and peace which will indeed bring following changes in his personality.

1. **Positive Thinking:** Meditating on the spiritual activities enhance the positive thinking in an individual and keeps him happy with positive outlook. It reduces the negative thoughts and generate the peace of mind through positive maturity. Thus, leading an individual to stay happy and healthy.

2. **Emotional Maturity:** When an individual is aware of his conscience and inner strengths, it develops the emotional maturity. An individual gets this major benefit from meditation. Reciting the name of Lord, being grateful for each and every tiny blessing in life are the spiritual practices through which an individual learns to stay calm and at peace. Such maturity keeps him away from quarrels and conflicts and do not let his peace of mind get disturbed.

3. **Peace of Mind:** Meditation is act of staying calm and at peace. To stay healthy and happy in life one should have control on his peace

of mind. The detachment of worldly possessions helps in developing the peace of mind. The more an individual is detached from worldly possessions, the more he is at peace, and ultimately more will be the happiness individual encompasses.

4. **Stability:** Meditating on the inner strengths, it unites the soul with the supreme soul. The firm faith in divine is developed through meditation. This faith creates stability in thoughts and immerse the mind in deep divine dimensions of the soul. It generates the capacity of managing the thoughts and feelings. This stability controls the external forces to enter in the body and soul.

5. **Determination:** A proper mental and spiritual equipoise helps in making an individual stay determined. Stability of mind empowers an individual to stay determine in achieving what he wants to and make it happen through his will despite of any problem's obstacles and hurdles. Practicing meditation empowers the determination to stay focused in achieving what one wants to.

6. **Tolerance:** Any spiritual activity or practice develops the power of tolerance. It's the control of thoughts, which evokes the feeling of tolerance and letting go off the things, which hurt. Through meditation practices, such tolerance increases and instead of reacting back to the bad situation, we prefer to stay calm and at ease which ultimately relaxes the mind to stay at peace.

7. **Transformation:** Certain kind of transformation takes place through meditation. Transformation in the thought process, feelings, attitude, lifestyle, behaviour, mindset, maturity level. All such transformation is always a positive one and fruitful for a happy living.

8. **Stress Management:** A state of joy and ecstasy in life is the cure for the problems like stress, anxiety etc. Meditation helps in attaining this permanent joy and ecstasy. Going deep down in the soul and emerging the thought of being powerful, reduces or eliminates the stress level. Meditation helps in removing the undeserving and negative thoughts from the mind and eliminate the stress.

9. **Self-Awareness:** Meditation helps in knowing the self-deep down. When a person practices the mediation, he recognizes the power

of his self. Knowing the energy, which flows inside the body, helps in understanding the significance of self.

Above mentioned are the various outcomes of meditating the spiritual practices. These are the productive results of meditation and are positive in nature. Thus, positive output of any activity gives bundle of joy, appreciation, self-actualisation and contentment. The nine treasures are the foundation of achieving these positive results which adds happiness and peace in life.

## CONCLUSION

It can be concluded from above mentioned aspects, that the nine spiritual treasures given by Guru Tegh Bahadur helps in attaining a happy, prosperous and peaceful life. It can be attained with the help of meditating on spiritual activities. Spirituality and happiness go side by side. One who attain the spiritual level, he will be happier. In getting strong spiritually, one must practice meditation. The

benefits of the meditation add strength in the body and soul of the individual. Benefits such as peace of mind, stability, calmness, emotional maturity, positive thinking, tolerance, patience, control on sensory perceptions etc leads to the healthy, happy and enriched life.

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