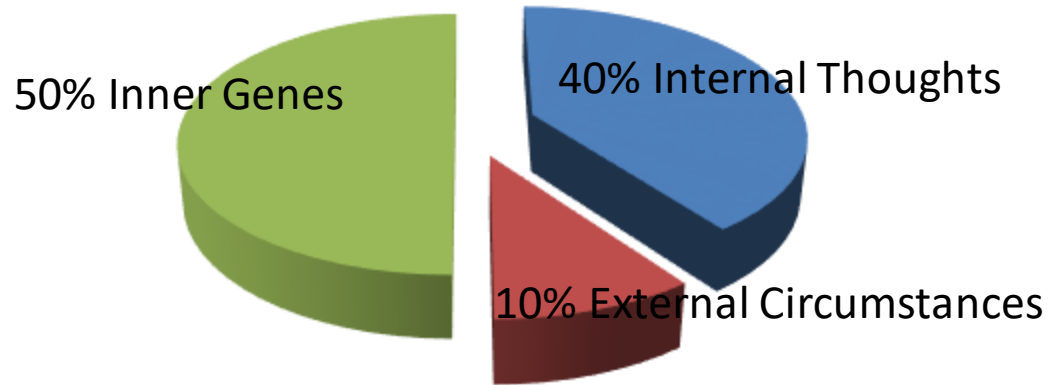


What is Spiritual Happiness?

Dr. Ong Tien Kwan



Science of (Worldly) Happiness



	Myths or Facts?
Wealth	More money = More happiness?
Health	Healthy body = Happiness Healthy mind first line of defense
Relationships	Other people can make us happy?
Meanings of Life	Big things/success needed for happiness?
Spirituality	Virtuous life = happiness

Types of Happiness

1. Worldly or Sensual Happiness
2. Spiritual Happiness
3. Happiness that is higher than Spiritual Happiness

Niramisa Sutta
[SN 36.31]

**nibbānaṃ paramaṃ
sukhaṃ**



Niramisa Sutta [SN 36.31]

	Worldly or Carnal	Spiritual	Higher than Spiritual
Rapture (Piti)	Arises in dependence on the five cords of sensual pleasure	Arises from First and Second Jhanas	Taints are destroyed
Happiness (Sukha)	Arises in dependence on the five cords of sensual pleasure	Arises from Third Jhana	Taints are destroyed
Equanimity	Arises in dependence on the five cords of sensual pleasure	Arises from Fourth Jhana	Taints are destroyed
Deliverance	Rupaloka	Arupaloka	Taints are destroyed

1. Worldly Happiness



Nature: Outward focused – dependent on 5 sense bases

Pitfalls:

- Dependent on external factors that are not within your control
- Do not last long (transient)
- Is a bottomless pit
- Undesirable because it leads to increased in unwholesome states (greed, hatred, delusion)

Similes of Worldly Happiness

- **Magandiya Sutta**
[MN 75]
- Simile of Leper
- Mara's Lair
- Simile of the deer and hunter



2. Spiritual Happiness

Niramisa Sutta [SN 36.31]

	Worldly or Carnal Happiness	Spiritual Happiness	Happiness higher than Spiritual
Rapture (Piti)	Arises in dependence on the five cords of sensual pleasure	Arises from First and Second Jhanas	Taints are destroyed
Happiness (Sukha)	Arises in dependence on the five cords of sensual pleasure	Arises from Third Jhana	Taints are destroyed
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Deliverance	Rupaloka	Arupaloka	Taints are destroyed

Right Concentration

(Samma Samadhi, SN 45.8)

STAGES	DESCRIPTION
First Jhana	<ul style="list-style-type: none">• Withdrawn from sensuality• Withdrawn from unskillful mental qualities• Accompanied by directed thought (vitakka) and sustained thought (vicara)• Rapture (piti) and pleasure (sukha) born from withdrawal
Second Jhana	<ul style="list-style-type: none">• Stilling of vitakka and vicara• Piti and sukha born of composure (concentration)• Unification of mind• Internal assurance (confidence)
Third Jhana	<ul style="list-style-type: none">• Fading of Piti• Remains equanimous, mindful, alert• Senses sukha with the body
Fourth Jhana	<ul style="list-style-type: none">• Abandoning pleasure and pain• Purity of equanimity and mindfulness• One-pointedness of mind (ekaggata)

The Jhanas

RUPA JHANA	MENTAL FACTORS
First Jhana	Vitakka (Thought Directed)
	Vicara (Thought Sustained)
Second Jhana	Piti (Joy / Rapture)
Third Jhana	Sukha (Happiness / Pleasure)
Fourth Jhana	Ekaggata (One-Pointedness)
ARUPA JHANA	
Fifth Jhana	Base of Infinite Space
Sixth Jhana	Base of Infinite Consciousness
Seventh Jhana	Base of Nothingness
Eight Jhana	Base of Neither Perception nor Non-Perception

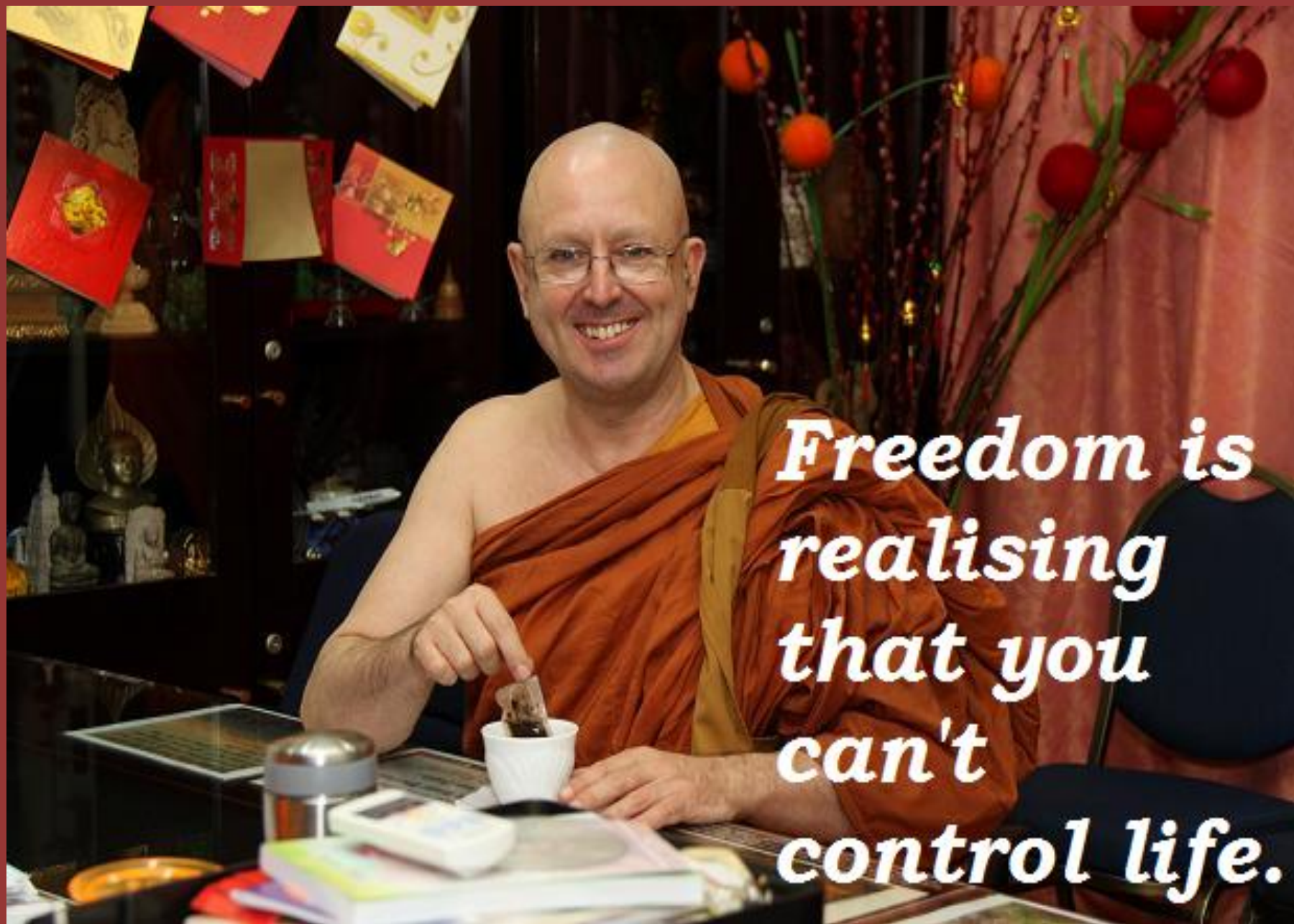
Worldly vs Spiritual Happiness

Worldly Happiness

1. Outward focused
2. Not within own control
3. Ever changing
4. Leads to increased unwholesome mental states
5. Within Mara's influence
6. Does not require bhavana

Spiritual Happiness

1. Inward focused
2. Intrinsic within
3. With mastery, can be experienced at will
4. Leads to increased wholesome mental states
5. Safe from Mara's influence
6. Requires bhavana (Right Effort, Mindfulness, Concentration)

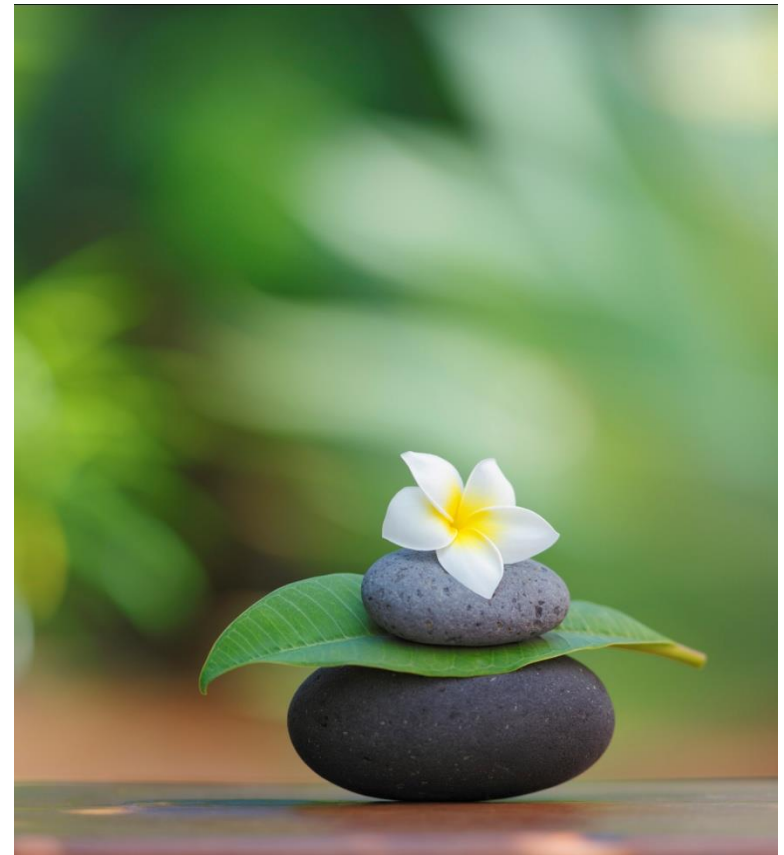


*Freedom is
realising
that you
can't
control life.*

Cula-dukkhakkhandha Sutta [MN 14]

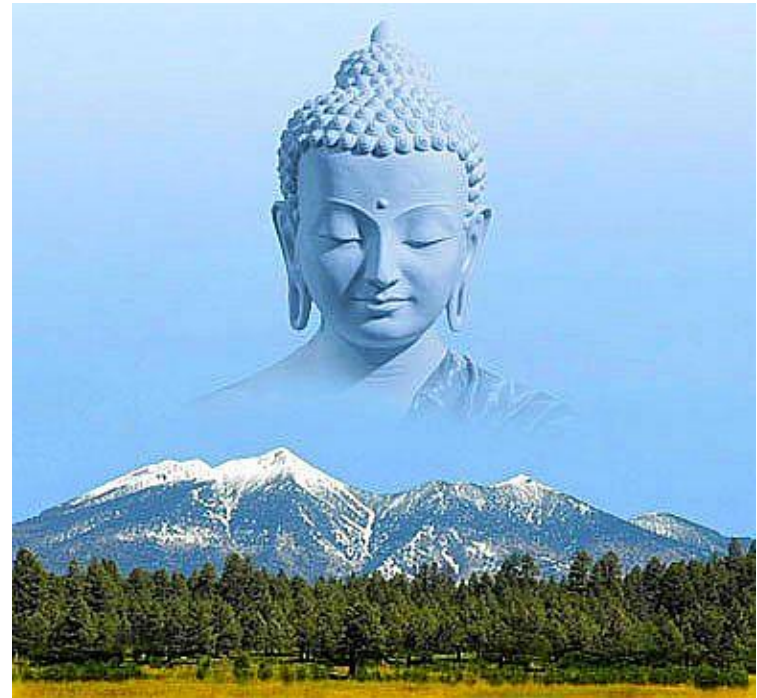
Our **ordinary daily mind** (conditioned by greed, hatred and delusion) finds itself difficult to be free from temptation of sensuality.

The mind that knows **joy** (piti) and **happiness** (sukha) cannot be tempted thus.



3. Happiness that is higher than Spiritual Happiness

- Taints (asavas) are destroyed – Total Unbinding
- Requires the jhanas as stepping stones to insight
- Spiritual Happiness is **not** exclusive to Buddhism, but destruction of the asavas via insight is



Ten Fetters binding us to Samsara

[Sanyojana Sutta, AN 10.13]

FIVE HIGHER FETTERS
10. Ignorance
09. Restlessness
08. Conceit
07. Desire to be reborn in Arupaloka
06. Desire to be reborn in Rupaloka
FIVE LOWER FETTERS
05. Ill Will
04. Sensual Desires
03. Skeptical Doubts
02. Attached to Rites and Rituals
01. Self-Identity View

SAMSARA	
ARUPALOKA	8 th Jhana 7 th Jhana 6 th Jhana 5 th Jhana
RUPALOKA	4 th Jhana 3 rd Jhana 2 nd Jhana 1 st Jhana
KAMMALOKA Heavens Human	Sila Dana
Woeful Planes	Greed Hatred Delusion

How to attain Spiritual Happiness?

Kimatthiya Sutta [AN 10.1] Benefits of Virtues

1. Virtues
 2. Absence of Remorse / Guilt
 3. Gladness
 4. **Joy (Rapture)**
 5. **Tranquility**
 6. **Happiness**
 7. **Concentration**
 8. Seeing things as they are
 9. Dispassion/Revulsion
 10. Liberation
- (Jhanas – stepping stone to insight)

Rathavinita Sutta [MN 24] The Relay Chariots



The Noble Path to Happiness

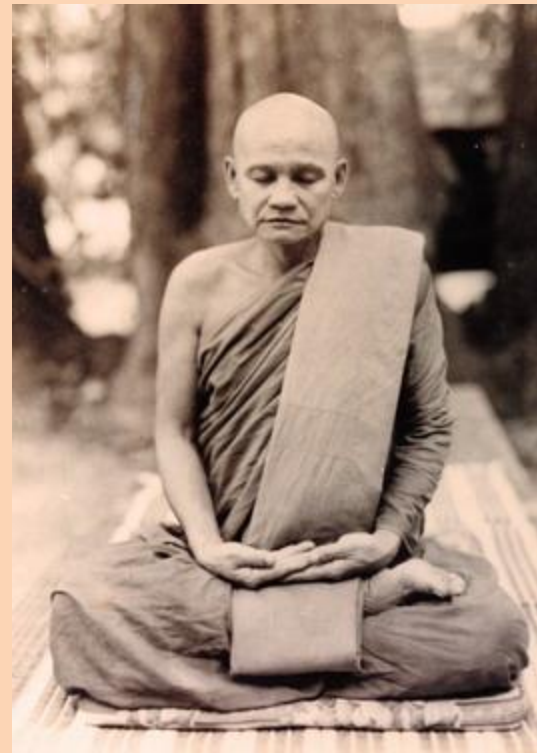
SADDHA (FAITH)	BHAVANA (MENTAL DEVELOPMENT)
<ol style="list-style-type: none">1. Belief in Buddha, Dhamma, Sangha2. Take refuge in Triple Gems3. Upholding the Five Precepts	<ol style="list-style-type: none">1. Overcoming 5 Hindrances2. Attaining Rupa Jhanas3. Attaining Arupa Jhanas
DANA (GENEROSITY)	PANNA (WISDOM)
<ol style="list-style-type: none">1. Kindness in actions2. Kindness in words3. Kindness in thoughts	<ol style="list-style-type: none">1. Mind-made Body2. Psychic Powers<ul style="list-style-type: none">▪ One -> many, Many -> one▪ Walk through solids▪ Walk on water▪ Fly / levitate in air▪ Touch moon & sun▪ Reach Brahma world3. Clairaudience4. Mind-reading5. Recollection of Past Lives6. Divine Eyes7. Destruction of Asavas
SILA (MORAL CONDUCTS)	
<ol style="list-style-type: none">1. Precepts – 5, 8 and 10 Precepts2. Moderation in eating3. Restraint in senses4. Mindful and Alert5. Devoted to wakefulness6. Contentment7. Seclusion of Body and Mind	

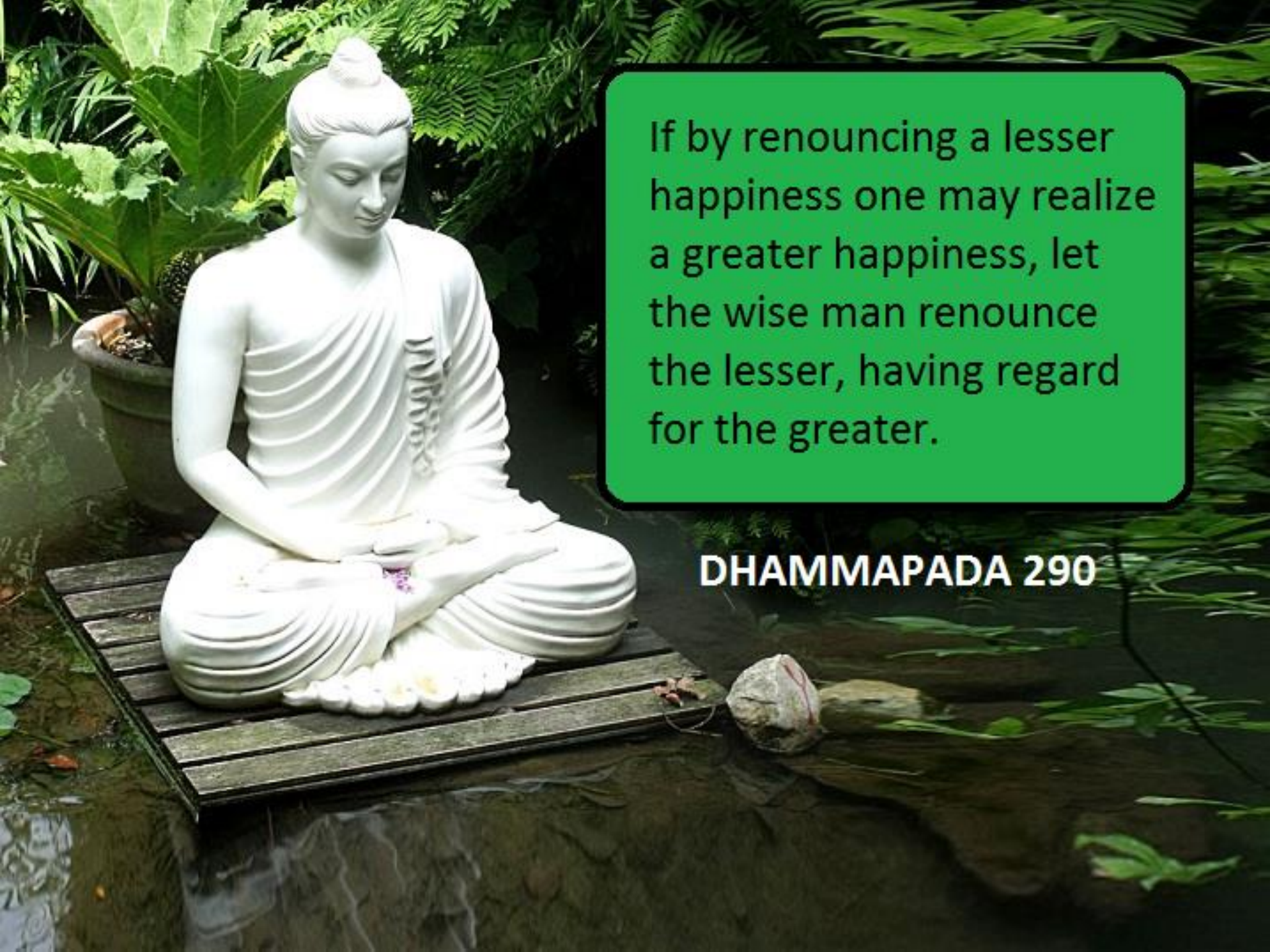
Practice leads to Happiness

If you practice a little, you gain a little happiness.

If you practice a lot, you gain a lot of happiness.

If you practice completely, you gain complete happiness.



A white Buddha statue is seated in a meditative posture on a wooden platform. The statue is positioned on the left side of the frame, with its hands resting in its lap. The background is a lush garden with various green plants and a pond. A green text box with a black border is overlaid on the right side of the image. The text inside the box is in black font and reads: "If by renouncing a lesser happiness one may realize a greater happiness, let the wise man renounce the lesser, having regard for the greater." Below the text box, the words "DHAMMAPADA 290" are written in white, bold, uppercase letters.

If by renouncing a lesser happiness one may realize a greater happiness, let the wise man renounce the lesser, having regard for the greater.

DHAMMAPADA 290