

# THE SPIRITUAL SCIENTIST

## An ezine for those who think!

### *SING your way to happiness*

**Question:** Why is spiritual happiness considered superior to material happiness?

**Answer:** Because of four reasons represented by the acronym SING (Special, Increasing, Non-dependent, Generous). Let's discuss these reasons one-by-one:



**S: Special:** All living beings – human and subhuman – seek pleasure through the basic bodily activities of food, sleep, sex and show of strength. We humans alone have the special privilege to access spiritual happiness, for only we have the consciousness evolved enough to connect ourselves with the source of all happiness – God. Sadly, most humans prefer the ordinary to the special; they neglect their special gift of spiritual capacity and chase after the ordinary bodily pleasures that are available to the animals. Those courageous humans who resist this herd-mentality fascination with the mediocre and cash in on their spiritual privilege become truly special.

**I: Increasing:** The more we relish spiritual happiness, the more our devotional connection with God strengthens, and consequently the more our spiritual happiness increases. This increasing nature of spiritual happiness is a stark contrast to the decreasing nature of all material happiness. The more a person indulges in any form of material happiness, say sex, the more the bodily capacity to enjoy decreases, just as a wet sponge loses its water-emitting capacity with every squeeze. Further, as a materialistic person ages, the capacity for bodily enjoyment often becomes zero due to the onset of impotency. Again, in marked contrast, as a spiritualist ages, the distractions caused by material temptations decline due to the body's decreased capacity for indulgence, and so the capacity to absorb the mind in – and thereby relish – spiritual happiness increases.

**N: Non-dependent:** All material pleasures depend on something external to us – be it a TV set or a bank balance or a good-looking partner. As these external factors are not in our control, the hopes for material happiness make us helplessly and, at times, pathetically dependent on these externals. Spiritual happiness depends only on two factors: God, who is always available to us in our own hearts, and on our capacity to connect with him, which becomes independent of our externals as we advance spiritually. Thus material enjoyment makes us slave to our circumstances, whereas spiritual happiness makes us free from our externals.

**G: Generous:** As material resources are scarce, the more we use these resources for our material enjoyment, the more we deprive others of their quota of material enjoyment. But when we seek spiritual happiness by connecting with God, we don't deplete anyone else's quota of happiness, because God, the source of spiritual happiness, is unlimited. Even better, we become examples and instruments for others to similarly connect with God and thus, by our spiritual happiness, we automatically become generous contributors to others' happiness.

**Why not SING our way to happiness?**