

VIDEO ONE

What is Ananda?

The literal meaning in English is Bliss. Bliss has no opposite, whereas if you say happiness there is unhappiness, if you say good there is bad, but bliss has no opposite at all. Bliss is... God is Bliss! Peace and Bliss. God is called Sat-Chit-Ananda. *Sat* is existence, *Chit* is consciousness, *Ananda* is Bliss. So real bliss can be had when we commune with God, when we are one with God.

How to get it? Well, there are different ways of attaining God. We chant Ram Nam here. When we chant Ram Nam our mind gets purer, the gross mind becomes subtle, and when it becomes more and more subtle, it becomes absolutely pure and in the pure mind we experience Ananda. The mind ceases to exist when it has become absolutely pure. In that condition alone we can experience Ananda. And, when we realize our oneness with God, we get that experience permanently, that experience becomes stable in us.