Holy Geeta by Swami Chinmayananda

comes, dumping the enjoyer into a pit of exhaustion and indeed into a sense of ill-reputed dissipation.

Rajasic "happiness" arises only when the sense-organs are actually in contact with the sense-objects. Unfortunately, this contact cannot be permanently established; for the objects are always variable. And the subjective mind and intellect, the instruments that come in contact with the objects, are also variable and changing. The sense-organs cannot afford to embrace the sense-objects at all times with the same appetite, and even if they do so, the very object in the embrace of the sense-organs withers and putrefies, raising the stink of death. No man can FULLY enjoy even the passing glitter of joy that the sense-organs give him, for even at the moment of enjoyment the joypossibility in it gets unfortunately tainted by an anxiety that it may leave him. Thus, to a true thinker, the temporary joys of sense-objects are not at all satisfactory, since they bury the enjoyer, ere long, in a tomb of sorrow.

This sort of "happiness" is classified as the *Rajasic* type of "happiness" and is generally pursued by men of passion.

WHAT IS TAMASIC (DULL) "HAPPINESS"?

39. The pleasure, which at first and in the sequel deludes the Self, arising from sleep, indolence and heedlessness, is declared to be TAMASIC (Dull).