

सुखम् *sukham* pleasure तु *tu* indeed इदानीम् *idānīm*
 now त्रिविधम् *trividham* threefold शृणु *śṛṇu* hear मे *me*
 मे भरतर्षभ *bharatarṣabha* O best of the Bharatas
 अभ्यासात् *abhyāsāt* from practices रमते *ramate* rejoices
 यत्र *yatra* in which दुःखान्तम् *duḥkhāntam* the end of pain
 च *ca* and निगच्छति *nigacchati* attains to

And now hear from Me, O chief of the Bharatas, the three kinds of happiness. That in which a man comes to rejoice by long practice and in which he reaches the end of his sorrow; 36

It is the search for happiness that gives impetus to life. There is no being in any region, that does not want happiness. Immeasurable is the effort exerted by beings in this direction. Still it is not the same measure of happiness that all obtain. Like a flash of lightning it appears before a few, but before they behold it all, it disappears. Still the search does not stop and cannot be stopped. It goes on endlessly. There are the others to whom the enjoyment of happiness is like pouring water into a leaky pot, which knows no filling up. As it is being sought after from the world, it vanishes away into oblivion. Still the attempt to enjoy happiness goes on endlessly. Hope of success somehow sustains life. But there are a rare few whose experience of happiness is a unique phenomenon. Like the waxing moon, their joy is ever on the increase. They become heirs to unobstructed delight bordering on blessedness. The cause behind the variation in the enjoyment of happiness is worth a study.