

That happiness which deludes the self both at the beginning and at the end and which arises from sleep, sloth and miscomprehension – that is declared to be *Tamasika*. 39

A man derives happiness from intoxicants that make him forget the miseries of the world temporarily. But this happiness is wrought with misery in the procurement of the stuff, in the consumption of it in privacy, in being exposed to ridicule when tipsy and in getting sunk in spirit after its effect is over. The lazy man who seeks to maintain himself with borrowed money meets with the same fate. His happiness is marred while borrowing, while expending and while trying to clear the debt with great effort. Sleep and repose are necessary to all embodied beings. There is immense happiness too in indulging in them. But the *Sāttvika* and *Rajasika* men shake off sleep and sloth at the call of duty. Whereas the *Tamasika* man delights in prolonged sleep and in dozing for hours together. But this happiness is nullified by the neglect of duty, by the pricks of conscience and by the derision of the active people. The *Tamasika* man suffers from miscomprehension in regard to the means of the procurement of happiness. Like a flash of lightning his happiness comes and goes.

The hemp-smoker believes that his inebriation is a form of spiritual ecstasy. But it is nothing of the kind. He deludes himself in his indolence into such a belief.

— Sri Ramakrishna