



# Spiritual Happiness in the Teachings of Avyakt BapDada: A Spiritual-Psychological Study Based on Brahma Kumaris Murli Knowledge

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## Abstract

In recent psychology and spiritual research, spiritual happiness has become a significant domain of study, as in today's society, although people have materially progressed, they are increasingly feeling isolated and lonely, stressed and unstable about their emotions, and empty inside. Avyakt BapDada is considered in the Brahma Kumaris World Spiritual University as a source of spiritual knowledge; the teachings offer an insight into spiritual happiness through soul consciousness, purity, self-realization, remembrance of God and spiritual wisdom. In this paper, the presentation of spiritual happiness in Avyakt Murlis is examined and the theoretical, psychological and practical aspects are analysed. The study is qualitative and interpretative in nature and it is based on selected Avyakt Murli teachings, which are gathered in the attached Murli book on happiness (Khushi). The results reveal that spiritual happiness, as BapDada says, does not rely on external success, relationships, and material wealth but is a result of inner spiritual awareness, connection with the Supreme Soul, positive thinking, self-respect and serving humanity. The paper also underscores the role of spiritual happiness as a catalyst for bolstering emotional resilience, inner peace, moral values, and overall well-being.

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**Keywords:** Spiritual Happiness, Avyakt BapDada, Brahma Kumaris, Rajyoga Meditation, Soul Consciousness, Murli Knowledge, Spiritual Psychology.

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## 1. Introduction

Humanity is witnessing a fast development in the scientific, technological and economic field, but at the same time, psychological disturbances like anxiety, loneliness, dissatisfaction, emotional stress and depression are also increasing. We strive for happiness in acquiring money, relationships, status, entertainment, and material comfort; but search for inner fulfillment is lacking. This paradox has prompted scholars and thinkers of spiritual insight to delve into the profound aspects of happiness. The Brahma Kumaris World Spiritual University offers a spiritual perspective on happiness and happiness awareness, imparted to you through the teachings of Rajyoga meditation and spiritual knowledge. The Brahma Kumaris philosophy teaches that happiness is a natural gift of the soul and can be attained through self-realization and by awakening consciousness to the Supreme Soul. Avyakt BapDada's Murlis offer deep knowledge on the nature of, and source for, spiritual happiness as well as its experience and application in practice.

Avyakt BapDada is considered to be the spiritual body of both Shiva Baba (the Supreme Soul) and Brahma Baba, the subtle angelic form of Prajapata Brahma. Avyakt Murlis is a teaching given that is believed to be a spiritual gift from God and is meant to uplift man consciousness and bring the spiritual values back.

The compilation of Murli that has been uploaded on “Khushi” (Happiness) consistently reiterates that happiness is not something that can be achieved when it is not the natural state of the soul, it is only attained through the inner awakening of the soul.

According to BapDada, happiness is a spiritual gift, it is a mark of soul-conscious living and a pointer to the nearness to God.

This research paper is meant to explore the implications and scope of spiritual bliss in Avyakt BapDada's discourses and to comprehend its significance for modern people in general and youth particularly in particular times of emotional and existential turmoil.

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## 2. Objectives

The major objectives of this research paper are:

To study the idea of spiritual happiness from Avyakt BapDada's teachings.

To discover the spiritual aspects of happiness as per Brahma Kumaris philosophy.

To investigate the correlation of the Rajyoga meditation and spiritual bliss.

To examine the psychological and moral good that comes from spiritual joy.

To know the application of BapDada's teachings in the present world.

## 3. Research Methodology

This research is descriptive, qualitative and interpretative. The main source of data is the murli compilation, which was uploaded, on the theme of “Khushi” (Happiness) with teachings by Avyakt BapDada. Concepts from the literature of the Brahma Kumaris, the philosophy of Rajyoga and modern spiritual psychology have been drawn upon to gain further understanding.

The study uses the method of textual analysis and thematic interpretation. A comprehensive understanding of spiritual happiness has been built up with important themes from Murli such as happiness, self-awareness, positivity, soul-consciousness, remembrance of God, contentment, purity and spiritual service, analysed.

## 4. Concept of Spiritual Happiness in Avyakt BapDada's Teachings.

### 4.1. Meaning of Spiritual Happiness

The meaning of Spiritual Happiness looks at happiness in terms of the spiritual aspect. A spiritual happiness is the natural and eternal state of the soul, according to Avyakt BapDada. It doesn't rely on external and temporary conditions but is built on the awareness of the soul's original divine attributes. BapDada says, human beings are always seeking happiness in physical comfort, in praise, in relationships and in worldly success but none of these is permanent, all are unstable. Spiritual happiness, on the other hand, is permanent, profound, and unaffected by outside influences. The Murli lessons focus on the fact that “Happiness is the food of the soul.” The soul is also like a flame that needs something to feed upon, and it needs spiritual food, namely, knowledge, remembrance, peace, love, and Divine connection. BapDada says, a happy person naturally radiates positivity because he/she is spiritually happy

and happy in all aspects – thoughts, words, facial expressions and actions. When people are happy, it's in their personalities.

#### **4.2. Happiness as a Spiritual Treasure**

The Murli teachings are based on the fact that happiness is a spiritual treasure (khushi ka khazana). BapDada teaches that God has placed in each soul treasures of peace, purity, love, wisdom and happiness. But with consciousness of body, attachment, ego and negative thoughts, people lose the awareness of their spiritual resources.

According to BapDada:

Spiritual knowledge makes happiness.

Purity and self-respect are the ways to keep happiness.

Joy is in service and sharing.

Happiness is fortified by frequent remembrance of God.

Spiritual bliss is not selfish enjoyment, but a divine state that is beneficial for oneself and others, the Murlis suggest.

The concept that happiness is a state of being in soul consciousness.

BapDada believes that the essence of true happiness is soul-consciousness. Soul-consciousness is the awareness that, “I am a soul, a child of the Supreme Soul”, and not the identification with the body, role, status, religion or possessions.

Brahma Kumaris philosophy explains that body-consciousness brings fear, jealousy, insecurity, attachment, anger and sorrow; while soul-consciousness brings peace, stability, self-respect and happiness.

The Murli teachings elaborate on the fact that when people are conscious of their soul:

They become detached from temporary situations.

They keep their emotions in check.

They are not subject to comparison and competition.

They have a sense of self-esteem that does not rely on other people's acceptance or approval.

They begin to grow happy and natural.

In that way, happiness in spirit comes along with the exercise of self-awareness.

Rajyoga Meditation as the Path to Spiritual Happiness

The meaning of Rajyoga Meditation.

The main spiritual exercise of the Brahma Kumaris is Rajyoga meditation. It is a way of soul conscious meditation where the individual soul makes a link with the Supreme Soul.

Rajyoga is not about ritualism or hardship of the flesh, but rather it is a spiritual remembrance and a transformation of positive thoughts. BapDada said that Rajyoga can recharge the soul spiritually, like a battery getting power from a source of energy.

#### Connection with the Supreme Soul

One of the primary themes of the Murlis, is that spiritual happiness is enhanced by remembering God (Yoga). BapDada tells that God is the Ocean of Peace, Love, Bliss and Happiness.

At the time of the soul's meeting with the Supreme Soul:

Mental burdens are relieved.

Negative emotions are reduced.

Inner strength increases. Emotion of loneliness is gone.

Emotional healing begins.

People naturally and easily feel happy.

The Murlis teaches us that the experience of God's love is a spiritual intoxication and divine happiness.

Positive thinking and happiness.

The Murlis stress the significance of higher thoughts. BapDada says, thoughts give rise to emotions. Negative thinking leads to the weakness of the mind, positive and pure thinking leads to happiness.

BapDada recommends that people:

Maintain a positive attitude towards self and others.

Avoid waste thoughts.

Maintain elevated company.

Practice gratitude.

Emphasize spiritual virtues.

To instill positive thinking in challenging circumstances.

With spiritual intelligence, the mind gets disciplined and peaceful and hence is emotionally stable and happy.

#### Dimensions of Spiritual happiness

##### Inner Peace

In BapDada's teachings there is a close connection between Peace and Happiness. No one is truly happy when his mind is disturbed. Spiritual peace brings clarity, balance and satisfaction

to one's mind, emotions and soul. By practicing rajyoga meditation, one can remove all needless thoughts and come back to one's original peacefulness

#### Purity and Moral Living

The ability to live in purity and good moral character. BapDada says, "Purity is the prerequisite for spiritual happiness. Purity involves purity of thought, words, actions, relationships, food and lifestyle.

But negative actions and bad habits fill people with the burden of guilt, restlessness and emotional distress, while good habits and purity bring lightness and inner joy.

The Brahma Kumaris lifestyle, which is vegetarian, celibate, disciplined and spiritual, is offered as a way of maintaining spiritual happiness.

#### Self-Respect and Self-Empowerment

Self-respect (swaman) is mentioned in the Murlis as an important source of happiness, many times. BapDada instructs souls to remember their spiritual dignity and their spiritual identity. Without remembering the spiritual value, people want to find happiness in others' affirmation. Yet, when self-respect is the motivator, emotional independence and inner confidence will follow.

For instance, spiritual self-respect is taught in the Murlis in the following ways:

I am a peaceful person.

I am God's child.

I am the master of all, all power is mine.

I am a blessing and a gift of happiness.

I am a pure and divine soul

Psychological well-being is increased through such spiritual affirmations.

### 5. Contentment

Contentment is the root of happiness", says BapDada. But in today's society, with all the many wants we seek, we are rarely satisfied and are subject to emotional stress.

Contentment does not equate with non-ambition, rather it is a release from greed, comparison and dependency.

A contented person:

- Is grateful for what they have.
- Remains emotionally stable.
- Experiences gratitude. Does not compete or be jealous.
- Lives with simplicity.

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Happiness becomes stable and sustainable when it is contentment.

## 6. Spiritual Service and Sharing Happiness

One of the most significant things to be learnt from the Murlis is that happiness is being shared with others. Spiritual service means inspirational, positive, helping humanity, sharing spiritual knowledge etc.

According to BapDada, when one's soul turns into an instrument for the benefit of the world, it is much more spiritually fulfilled and joyous.

Service takes away selfishness and brings about universal love and compassion.

Mental health is a factor in spiritual happiness.

Mental health plays a part in spiritual happiness. In the present era, the topic of spiritual happiness in Avyakt Murlis has a great psychological resonance.

Emotional Stability

Regular Rajyoga meditation allows people to control their feelings, to decrease their angry feelings, reduce stress and keep their mind balanced.

Reduction of Anxiety and Depression

Treatment with iGMP II reduces anxiety and depression. Spiritual awareness is what helps to alleviate fear, insecurity, loneliness and hopelessness by providing a sense of purpose and divine support.

Development of Resilience

BapDada's message is that internally happy people are happy even in difficult times, because their happiness emanates from their spirit.

Enhancement of Self-Esteem

Self-respect and soul-consciousness enhance self-esteem and self reliance from others.

### Positive Relationships

The spiritual happiness fosters tolerance, forgiveness, compassion and cooperation which helps in interpersonal relations.

## 7. Relevance to Educated Youth

The challenges in front of today's educated and educated young people are academic competition, pressure on career, social comparison, digital addiction, identity confusion and emotional stress. In a world of material abundance, a lot of kids are feeling empty and not at all satisfied.

Through the teachings of Avyakt BapDada these teachings offer a spiritual framework that can assist youth in the following ways:

- Develop inner confidence.
- Improve emotional intelligence.
- Build positive thinking.
- Manage stress effectively.
- Develop moral values.
- Discover life purpose.
- Relax and enjoy inner peace and happiness.

The relevance of Rajyoga meditation is great as it is practical, non-ritualistic and can be adapted to the modern lifestyle.

## 8. Discussion

Avyakt BapDada's teachings offer spiritual happiness in a multidimensional way, combining spiritual wisdom, emotional balance, moral purity, self-awareness, and divine connection.

The distinction between material happiness and spiritual happiness is that while material happiness is temporary and comes from outward circumstances, spiritual happiness is stable, self-produced and eternal.

There are various concepts of positive psychology that are related to the teachings of Murli: Gratitude, Self-awareness, Optimism, Resilience and Meaningful living. But BapDada's work goes beyond psychology – he's already on a base of spirituality and the soul's relationship with God.

It also shows that Spiritual happiness is not a passive feeling but an active state of the soul, that can be achieved through disciplined living, meditation, high thought and service.

## 9. Conclusion

Avyakt BapDada's teachings offer a deep insight into spiritual bliss, which is a creation of soul-consciousness, Divine remembrance, purity, positive thinking and spiritual wisdom. The Brahma Kumaris philosophy is that happiness is the inherent state of the soul, and can be restored by practicing Rajyoga meditation and acquiring spiritual knowledge.

The teachings of Murli focus on the fact that getting anything outside of us, doing everything outside of us, does not bring us happiness. Happiness comes when people learn to see themselves as spiritual beings, to feel a connection with God, to learn to value themselves, and to live a life of peace, purity and service.

BapDada's teachings are a model that is both spiritually transformative and holistic, and are particularly relevant in today's age, where mental stress and emotional dissatisfaction have become common occurrences. The Avyakt Murlis brings in fresh meaning to the concept of spiritual happiness for individuals, families, educational institutions, and society.

Therefore, spiritual happiness is not just a feeling but a divine life that brings the fulfillment of the soul, the stability of the mind, the elevation of the character and universal harmony.

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## Conflict of Interest/Competing Interests

No conflict of interest.

## Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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