In the annals of the religious philosophies of the world, the philosophy of Adi Sri Guru Granth Sahib deserves the pride of place. It is a philosophy - full of vigour and energy. It is a practical philosophy meant for the whole of mankind. It encompasses the human-aspiration in all the spheres of life. It knows no barriers of land, creed, caste or sex. Sri Guru Granth Sahib has rightly been venerated as the 'Scripture of Man.' Though, the Sikh people regard this great scripture as their Master, yet its message is not limited to them, it is for the whole of human race. That is why, the scholars, round the globe, have been attracted towards this monumental work of the East.

The teachings of the Adi Granth aim at the alleviation of human-suffering in its entirety. Guru Nanak is greatly pained at the burning of mankind in the furnace of miseries and prays to God to save it (' Jaguar jalađa rakh lai'). Whereas, the Adi Granth endeavour to establish the kingdom of heaven on this earth, it asks the human-beings to look in-ward also. God resides in all of us. Therefore, we should live as brothers on this earth. We should adopt a pure and clean way of living. This life is a great boon of the Lord which has been showered upon us so that we may use it to attain union with Him. He, who forgets this cherished goal suffers and repents. He, who realises the truth and walks zealously towards destination is blessed. He drinks at the divine fountain of ever-lasting happiness.
The scholars have tried to interpret the philosophy of the Adi Granth from different angles since the day, the great scripture was compiled by Guru Arjan Dev ji. Recently, the well-known scholars of the world have worked on it. Many aspects of the Granth have been discussed and many concepts sought to be established. I feel, the attempts can never end as this Granth is a vast ocean and in its depths countless gems remain preserved.

This work is also a humble attempt of a student who bows with reverence before the sacred wisdom of the Masters. Sri Guru Granth Sahib has always been a source of inspiration to me. It is my Master, it is my Guide.

Ānand, i.e. happiness sublime, is the cherished goal of every human-being in every sphere of human activity. That is why, this has been a subject of almost all the philosophical utterances of the world. Every human being is in search of an eternal happiness. Every human action is aimed at happiness. Different philosophers have given their different views on the subject and the discussion on the subject has never ended.

In Indian Philosophical Tradition, however, the idea has been discussed on an elaborate scale. All the discourses on Moksha, Makti, Nirvāṇa, Kaivalya and Parampad, seek to show the way to lasting happiness - bliss or Anand as it is named in the Vedic Tradition. The Ānandvad of the Upanishadas has been greatly venerated and its impact on almost all the systems of Indian Philosophy is discernable.
Here, an attempt has been made to locate what the Adi Granth has to say on the subject. What is Anand according to the Adi Granth? And how it can be achieved? These are two basic questions of this work and author has tried to resolve them. It is an effort, not a final judgement on the subject.

The work has been divided into three parts. First part deals with the idea of happiness in general, the second part deals with different viewpoints of different systems of Philosophy on the subject and the third part is devoted solely to the discussion of Anand, in the context of Sri Guru Granth Sahib. Thus, the first two parts stand as a background to the third and last.

I am greatly indebted to scholars whose works I have consulted and quoted. But for their enlightened guidance I would not have been able to achieve my goal.

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MOHAN SINGH • RATTAN

CHANDIGARH