

HOW TO BE HAPPY

What do we want in life?

- Wealth
- Good Life Partner
- Sons & Grandsons
- Prestige in society
- Recognition in Political and Administrative Circles

Why do we need it?

- It will give us happiness.
- Every living being wants to be happy.

What is happiness?

- Physical happiness
- Mental happiness
- Spiritual happiness

What is happiness?

- It is a mental state.
- We experience happiness through mind.
- Sometimes it depends on circumstances and sometimes not.

Mind has a fountain of happiness.

We ourselves cover it.

- Childhood
- Young age
- Old age

Life has more occasions to make us sad and less to make us happy.

मिर्जा गालिब का शेर –

कैदे हयात ओ बंदे गुम अस्ल में दोनो एक हैं
मौत से पहले आदमी गुम से नज़ात पाये क्यों

या तो दीवाना हंसे या तू जिसे तौफीक़ दे
वरना इस दुनिया में आकर मुस्करा सकता है कौन

Yog Darshan

- Mind gets disturbed due to ever rising desires and ideas. This is the main reason for unhappiness.
- Get rid of desires
- Water pond.

Sources of happiness

First Source - Absence of causes of unhappiness -

- Physical trouble, illness, injury
- Lack of resources for comfortable living
- Lack of life partner, family members, friends
- Lack of reputation in society

Main source for happiness

Absence of these causes of unhappiness

What to do?

- Healthy body – Regular life style, due exercise, balanced diet
- Money earning – through fair means
- Family relations – tolerance and affectionate behavior
- Reputation in society – through social service activities \

Second source of happiness

Control over organs of body

- 5 sense organs – Eye, Nose, Ear, Tongue, Skin
- 5 action organs – Voice, Hands, Feet, Sex Organ, Rectum

Third source of happiness

- Despite physical and mental problems
- Despite scarcity of comfortable living
- Despite absence of family members

Accept all the situations and circumstances and feel satisfied.

सन्तोषं परमं सुखं

Fourth source of happiness

Acute desire to be happy

- Determination to remain happy despite all odds
- Every morning decide not to feel unhappy whatsoever may be the circumstances in the day

Fifth source of happiness

Control desires

- Every minute new desires crop up
- Desires are unlimited and never ending
- It is impossible to satisfy all desires
- As soon as one desire is satisfy two more crop up
- TV, news papers etc. allure us with attractive items every day

We have to control our mind and limit our desires.

Control of mind is very difficult

गीता का कथन—

असंशय महाबाहो मनो दुर्निग्रहं चलम्।

अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते।।

Undoubtedly it is very difficult to control the mind but it can be done by persistent efforts and a feeling of renouncement.

आपूर्यमाणमचल प्रतिष्ठं समुद्रमापः प्रविशन्ति यद्वत् ।
तद्वत्कामायं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी ॥

Inspite of rivers continuously keep bringing water to the ocean, the ocean does not transcend its limits. Similarly a person who is not disturbed by ever rising desires remains at peace.

When desire comes to the mind, use your intellect to keep control over it and save yourself from turmoil.

Sixth source of happiness

Do not expect from others

- Everybody expects something from the other
- Parents expect from children and children expect from parents
- Wife and husband expect from each other
- Relatives and friends expect from each other
- If expectation is not fulfilled we feel annoyed, get angry, become unhappy

Seventh source of happiness

Keep your mind and intellect free of anger, greed, envy, animosity etc.

- Mind is like a room having cylinders of various colored gases.
- Whenever one color gas comes out of the cylinder the whole room is filled with that gas.
- If these feelings do not disturb us we remain happy.

Eighth source of happiness

Make others happy

- **I went out to purchase happiness but it was too costly,
With all my wealth I could not purchase it.
I went out to distribute happiness,
And lo! it came back to me a thousand fold.**

- जीना है उसका जीना जिसने ये राज जाना ।
है काम आदमी का औरों के काम आना ॥

- Every night just before sleep analyze whether today you made somebody happy or not.

Ninth source of happiness

Relief from mental tension

Reasons for mental tensions

- Family
- Business or profession
- Paucity of money
- Difference in opinion
- Expected work not done by others

Efforts to relieve tension

Analyze

- Why did he say so?
- Why did he do so?
- If I were in his place what would have I done?
- How much harm is going to be caused to me?

Means to relieve tension

- Do not keep ill feeling for others
- जो तोको कांटा बुवै ताहि बोय तू फूल
ताहि फूल को फूल हैं वाको हैं तिरसूल
- Pranayam
- Meditation
- Keep your mind happy
 - Try to make friends with a person who is happy.
 - Try to help a person who is in trouble.

Tenth source of happiness

- Believe in God
- God is my friend
- Surrender to God

Man went to God and said-

Man – I want happiness.

God – First drop I,

Then drop want,

And you are left with happiness only.

Control your mind through your intellect

Go above desires

Go beyond effect of circumstances

Feel satisfied

Make life regular

Bring change in your thinking

Believe in God

MAY YOU ACHIEVE EVER LASTING HAPPINESS