

MANAGING LIFE TO FIND EVERLASTING HAPPINESS

By

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THE PURSUIT OF HAPPINESS

- People regard happiness as of great value in their lives – so much so that they are constantly in pursuit of it.
- We constantly balance our lives living on scales – one side depicting happiness and the other unhappiness – and our entire life trajectory fluctuates depending on which side the scales tip towards.
- So busy we are analyzing what we have gained and what we have lost that in the process we forget to actually ‘Live’!

STEADY WISDOM

- According to the revered Holy Scripture the Bhagavad Gita, Lord Krishna in Chapter 2 verse 55, describes the ‘Sthitha Prajna’- Man of steady wisdom as follows:

“When a man completely casts away, O Partha, all the desires of the mind, satisfied in the self alone by the self, then is he said to be one of steady wisdom”.

HOW TO BALANCE THE SCALES

- If we truly become a man of ‘steady wisdom’, we become the pivot of the scale and stop it from tilting to either side – state of happiness or state of unhappiness.
- We are neither devastated by adversity nor elated by prosperity.
- Empower yourself with the tools to channelize the all pervasive vibrant energies to experience a state of bliss.

HAPPINESS – A SUBJECT OF DEBATE?

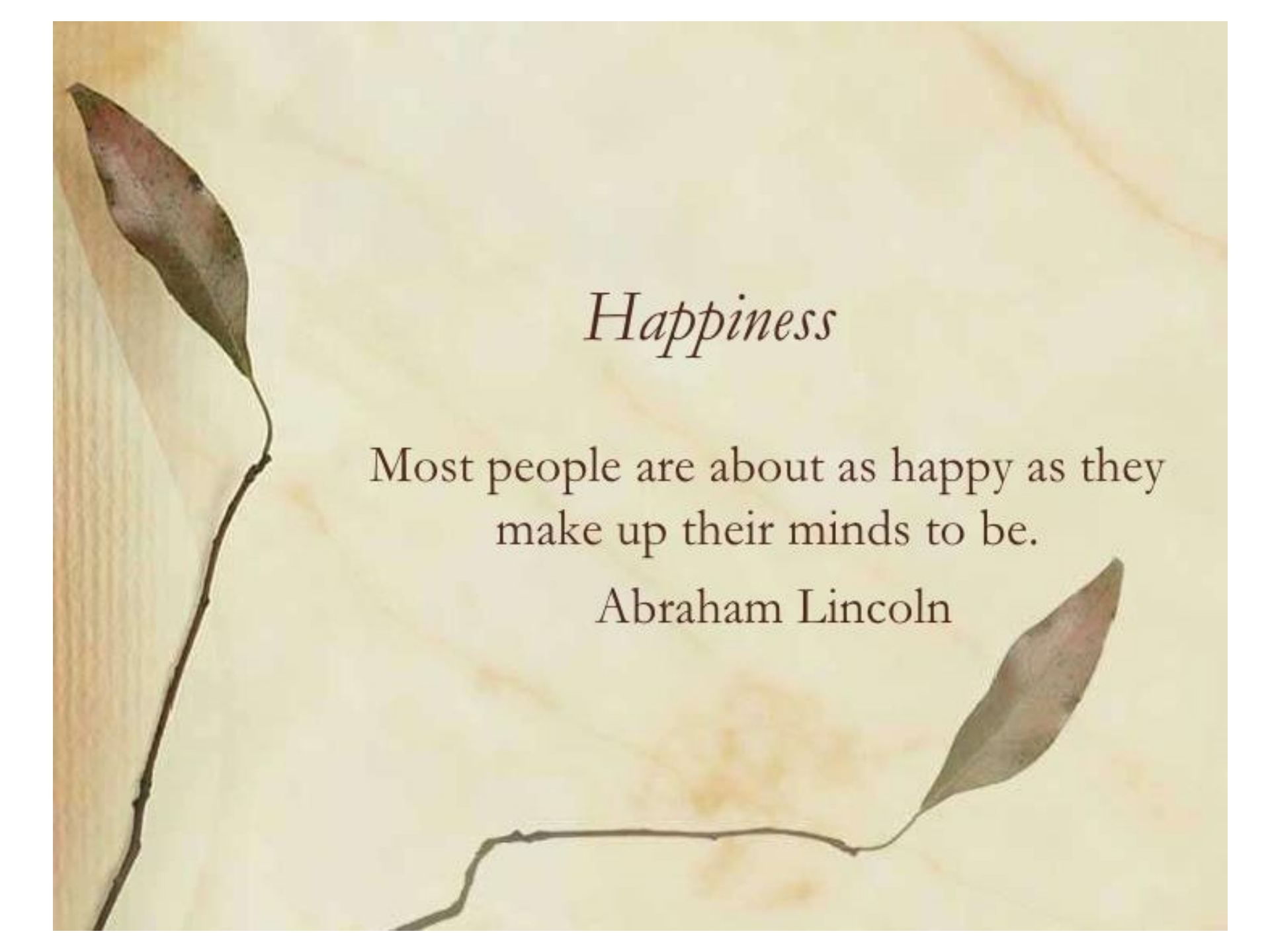
- ‘Happiness’ which was a taken for granted emotion in earlier days, has turned into a subject of intense debate and discussion today
- The ancient Greek philosopher Aristotle even used the Greek term ‘*Eudemonia*’ loosely translated to mean ‘happiness or welfare’ and believed that *eudemonia actually requires activity and action*; merely possessing an ability or disposition is insufficient for attaining a state of Eudemonia.

HAPPINESS – SERIOUS BUSINESS

- Since 2013, the United Nations (UN) has celebrated the International Day of Happiness on 20th March every year
- UN Resolution 66/281 of 12.07.2012 recognized the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives.
- Happiness being serious business has been awarded a great deal of respect and 'Gross National Happiness' is listed as the goal of the government of Bhutan in the Constitution of Bhutan, enacted on 18 July 2008, whereby the country has famously given more importance to Gross National Happiness over Gross National Product.

WORLD HAPPINESS REPORT

- The World Happiness Report, an annual publication of the United Nations Sustainable Development Solutions Network which contains rankings of national happiness and analysis of the data from various perspectives closely examines this key issue and its status in nations around the world.
- The World Happiness Report 2021 ranks 149 countries by their happiness levels. The top five happy countries are Finland in first place, Iceland in 2nd place, followed by Denmark, Switzerland and The Netherlands in 3rd, 4th and 5th places.
- India ranks 139 out of the 149 countries in the status of happiness.



Happiness

Most people are about as happy as they
make up their minds to be.

Abraham Lincoln

BE HAPPY

- Two simple words “Be happy” ...
- But if it were so easy...the Delhi government in the presence of The Dalai Lama on 2nd July 2018 would not have to launch a “HAPPINESS CURRICULUM” in state-run schools
- But if it were so easy...there would be no need for laughter clubs in the neighborhood parks
- The Next Big Revolution to hit mankind – THE PURSUIT OF HAPPINESS

BE HAPPY

- So why is it so tough to be happy?
 - Because we take things too personally
 - Because we are conditioned to search for a reason in everything, so we search for reasons to be happy
 - Because we are ignorant and stubborn and would rather appear busy and grumpy than relaxed and happy
 - Because we have started enjoying our unhappiness
- HAPPINESS IS A HABIT – the more you consciously direct your mind to be “happy”, the happier you will be

“WHAT IS YOUR DEFINITION OF
HAPPINESS?”



DEFINITION OF HAPPINESS

- Can there be a definition of happiness?
- Everyone has their own definition of 'Happy'
- However the person feeling happiness has the common feelings - feelings of joy, satisfaction, contentment, and fulfillment.....
- Whatever you chose to define it as –
Remember 'Happiness is not OUT there, It is IN You'

Happiness

isn't about getting what
you want all the time.

It's about loving
what you have
and

being grateful for it.



GRATITUDE

→ IS THE KEY TO ←

HAPPINESS

PRACTICAL STEPS TO FIND HAPPINESS

**TAKE LIFE AS IT IS AND LIVE IT!
EVERYTHING ELSE JUST FALLS IN PLACE.**

LIVE IN THE NOW

- Don't let past events and circumstances cloud your thoughts.
- What has passed doesn't exist any longer.
- Don't stress over what is yet to come.
Consciously block your mind from darting back and forth.
- Live in the present and focus on it.
- Savor the present.
- The only sure shot way to be happy – Live in the NOW

LIVE IN THE NOW

- So how can we live in the present!
- Stop over thinking; don't have a mental conversation with yourself every single minute
- Don't focus on the thoughts going on in your mind; be aware of the present moment - if you're watching a movie, just focus on each every aspect happening in the movie
- Just be; when you are present at a beautiful locale, just relish the beauty. Don't start taking selfies to post on Facebook or Instagram later

LIVE IN THE NOW

- Cultivate a habit of observing; don't just mindlessly drive to office lost in your thoughts – observe carefully the signposts/billboards you pass by everyday
- Sit still; don't fidget, don't mindlessly scroll through your mobile phone, don't be impatiently waiting for what is going to happen next – just sit still and enjoy the nothingness at times.

STOP OVERANALYZING

- Analysis paralysis is the state of over-analyzing (or over-thinking) a situation so that a decision or action is never taken, in effect paralyzing the outcome.
- In today's world we are spoilt for choice – every decision has $n+1$ possible outcomes
- Fear of the outcome makes us anxious.
- Fear of being perfectly ready before making a decision makes us anxious
- Once you take a decision, Get on with it.
- Take Action on what is in your hands. No point pondering over the outcome as that is not in your hands.



LET GO

- Let go of unpleasant experiences
- Let go of nasty remarks
- Let go of injustice meted out to you
- Let go of attachment to outcomes
- Let go of unfortunate circumstances
- Just LET GO – it will unburden your mind and make you lighter
- If your MIND is full of anger & resentment towards anything, there is no place in it for a mindset required for STRIVING FOR SUCCESS

BE CALM

- Slow down.
- A calm mind is receptive to the world.
- An angry and disturbed mind cannot listen and assumes its own.
- When you throw a pebble into a lake, you will see how it creates ripples in the perfectly still and calm water. Don't let problems create ripples in your life. They are just trivial situations which are meant to exist in some form or the other, whether big or small in everyone's life. So treat them as such – trivial situations.

TOUGHEN UP

- Tough times don't last..tough people do
- Always Remember – You aren't the only One; you aren't the first and you surely wont be the last....there must be many others with worse circumstances..so quit whining!
- Do what you have to do and Quit complaining
- Life wasn't meant to be easy. If it were it would have been boring and monotonous
- So enjoy the game of life while you're still alive!!

KEEP THE FAITH

- Believe in your idea, believe in your line of action, believe in the outcome, and believe in yourself.
- If you don't truly believe in the innermost soul of your heart in whatever it is you set out to do, you most definitely will not succeed in it.
- However, if you believe in your thought, even though it may sound foolish to the world and unachievable at that point of time, it will most definitely bring you laurels sooner or later.
- Faith removes constraints and turns adversity into opportunity and we can accomplish that which seemed impossible.

BE BRAVE

- Fear is generally of the unknown. We mostly fear that which is unfamiliar to us.
- It is only when we transcend that fear; we set the wheels in motion for what is to come next. We would miss out on a whole new world if we are stuck in our fear.
- Instead of focusing on the end result, just concentrate on the present act.
- Remember you are capable of more than you think.

CHANNELISE YOUR ENERGY

- Be a livewire: always full of life.
- Take life as a challenging game and participate in it with full enthusiasm.
- Have a goal and channelize your passion towards your goal.
- Be consciously aware of the energies around you. Assimilate these energies and then merge them to create a power source in yourself which can be consciously controlled by your mind so as to guide your body towards dynamic action to achieve the impossible.

REALIZE YOUR SELF-WORTH

- Self Image of our self impacts many aspects of our lives.
- Our self-image in our own eyes is the most important determinant of success. If an individual himself/herself has self-doubt of his/her ability and is skeptical of achievement of goals – it is impossible that success is ever attained by him/her.
- Our self-image impacts our life in a big way – it builds confidence and helps us to accept our strengths and weaknesses.

YOUR 'IKIGAI'

- The Japanese concept of “Ikigai” which means “a reason for being” or “the reason for living” is a cornerstone of Japanese culture wherein it is important to find your Ikigai, because discovering it brings satisfaction and meaning to life.
- Your Ikigai is the source of value in your life and it makes your life worthwhile. Your current situation may be good or bad but your Ikigai gives you inner strength and makes you feel that your life is valuable.

PERFORM 'SWOT ANALYSIS'

- SWOT analysis is an acronym for Strengths, Weaknesses, Opportunities, Threats
- It is a technique employed by businesses to identify its internal strengths and weaknesses, as well as its external opportunities and threats.
- Performing a SWOT Analysis of yourself will offer you a detailed personal scrutiny of your capabilities and surrounding environment and help you to connect with yourself.

SWOT ANALYSIS

- Strengths and Weaknesses are intrinsic factors and will depict the strengths and weaknesses of your character.
- Opportunities and Threats are extrinsic factors and will depict the opportunities and threats which you perceive from your external environment.
- This analysis will give you a complete picture of yourself if performed truthfully.

ENERGY & ENTHUSIASM LEAD TO HAPPINESS

'If your energy body is in full vibrancy, the physical body will naturally fix itself'.

- *Jaggi Vasudev, commonly known as Sadhguru, is an Indian yogi and mystic*

Vibrancy is the state of being full of energy and life. What is life without enthusiasm? It fuels you and ensures that you charge towards your goal to strike gold. As a wise man once said, 'add life to your days, not days to your life'.

'Only staying active will make you want to live a hundred years' –Japanese Proverb

- “It has been my observation that the happiest of people, the vibrant doers of the world, are almost always those who are using - who are putting into play, calling upon, depending upon-the greatest number of their God-given talents and capabilities” - *John Glenn. United States Marine Corps aviator, engineer, astronaut, and the first American to orbit the Earth, circling it three times.*

SECRET OF EVERLASTING HAPPINESS

- Be a livewire: always full of life. When you are energetic and vibrant you bring a new magical gusto in your small tasks. This reduces struggle and inefficiency and fills you with positivity to surge forward
- Happiness is internal, not external
- You can train the Mind to be Happy.
- No person has a perfect and happy life, it is the way of living life that makes it 'Happy'!

HAPPINESS IS A
CHOICE
& IT'S
FREE

