

# Happiness



*A Pinku and Dadaji*

*Series*

## Happiness Spreads Happiness

Pinku: Hi Dadaji

Dadaji: Hi Pinku how are you doing today?

Pinku: I am fine. Dadaji every person in this world tries to ask himself every day Am I Happy? And the answer often he/she gets is “may be”, “No”, “Only for that moment”. I asked myself does being happy mean to be contented? Please guide me Dadaji.

Dadaji: Hmm... Isn't contentment realignment of saying to self that this is enough for me? Will the present world we are living in where the world is driven by ambitions, expectations, hope of being the best will let us be content? Aren't we feeling jealous of others for having more than us? Isn't contentment a road block for my personal development and personal growth? Isn't contentment disturbing my focus? What am I chasing by being content? What am I achieving by being content? Isn't contentment a barricade for my emotions? Then how being contented is being happy? I think it's something else.

Pinku: Ah! You are right Dadaji I don't think its contentment. May be its pleasure?

Dadaji: But what is pleasure?

The more you want to be happy the more you can be

May be fun, entertainment, amusement, recreation, leisure or may be relaxation.

But can I afford these things every day in my life? Aren't there movements when I am expected to be serious? Can I afford pleasure all the time? Well! No way can pleasure be happiness.

Pinku: Oh! Alas it's not pleasure... than is it delight?

Dadaji: Hmm! Let me ask you this question: Is the road to delight easy? Can you meet everyone's expectation? Can you meet every ones demands? Can you make everyone rich? At least, can you make any one ever smile without his/her consent? Can you be perfectly what you dreamt to be?

Pinku: Ah! I don't think it's even delight... then is it being glad?

Dadaji: Well! Isn't being glad circumstantial?



## Your anger kills your Happiness

Isn't it you are glad only after someone has done some good to you? Being glad; is it not all about caring people around you? If so how many in today's world are really caring from bottom of their heart. You are glad that amidst all the ramblings in life you have managed to win or come in terms with almost all of your tough confrontations. Doesn't that mean that you are only managing and not happy?

Pinku: Uh! Yes Dadaji I don't think even its being glad. Then is it being confident all the time?

Dadaji: Being confident only helps you face your fear and gain strength. Does that mean being confident is being happy? Confidence is convincing yourself that you can do better. Does that mean that it is the way to happiness? Confidence will bring in experience about things that you should not do and never leads to happiness.

Pinku: I understood Dadaji Eh! It's also not confidence. Than what is happiness?

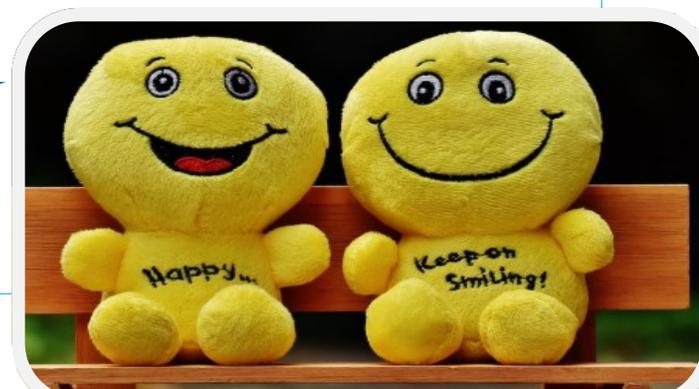
Dadaji: As we go on the list goes on and you will never be able to get to a permanent solution for happiness. Let's see some of the famous quotes

Atmachintana is happiness  
not Atmavanchana

by famous people on happiness. Gautama Buddha said happiness is the ultimate "freedom" from suffering. Swami Vivekananda told "Man thinks foolishly that he can make himself happy, and after years of struggle finds out at last that true happiness consists in killing selfishness and that no one can make him happy except himself".

Pinku: Well! How much these definitions are true Dadaji?

Dadaji: Pinku their definitions are based on their hard learnt life experiences. Hence Gautama Buddha and Swami Vivekananda are both right in their own perspective. Some Mahatmas (intellects) have said that those who search for happiness are fools as there is no existence of it. Some Mahatmas say ultimate happiness is of atman (soul) and not of body which they call "Ananda".



## Happiness leaves no scars

Some Mahatmas say happiness and sorrow are chains which follow each other and both cannot exist together in one self; you have to experience both hand in hand to live a better life. I personally like what Gandhi ji had said “Happiness is when what you think, what you say, and what you do are in harmony”.

Pinku: How is happiness related what we do?

Dadaji: Good Question Pinku. Everything in this world relates to what you do. Accomplishment is the main trigger of happiness. Whatever you do if you feel that you have accomplished the given job, you are happy. Accomplishment gives you positive emotions and gets you rid of negative emotions leading to happiness.

Pinku: But isn't accomplishment is only related to what you have accomplished for that time and not permanent; isn't it Dadaji?

Dadaji: Absolutely correct Pinku. But! Every time you accomplish, you become happy.

Pinku: Then! Dadaji I have seen people who accomplish their jobs but still are sad why?

Dadaji: Well! You accomplished something and you are sad means that you have not

## Happiness is absence of Sadness

accomplished that job in given time or maybe you have eaten away loads of others precious time which lead to discomfort or dissatisfaction to others, or may be, your accomplishment was seen as a natural part of your job and you have not been appreciated for the efforts that you have put in, or may be, in the way of accomplishment, you had colluded with several people and you have lost them due to your rude behavior. There can be many reasons for this emotion Pinku.

Pinku: Most of the parents who come to parks with their kids are seen happy seeing their own and other kids playing. Why Dadaji?

Dadaji: The flow of others emotions affects your emotions too Pinku. In the park everywhere you see happiness; there are no worldly sorrows around you.



## Happiness cannot be searched

All kids are playing, shouting, greeting each other, and enjoying themselves. The flow of positive emotions around you will activate positive emotions in you. Hence, you are happy.

Pinku: Does that mean that your happiness depends on happiness of people around you Dadaji?

Dadaji: Yes Pinku. That's a universal truth. You must have seen in temples, Gurudwara's, churches and mosques, people arranging food free of cost. Just observe the emotions of those who have arranged for the food when they watch poor people who come out with satisfied appetite. The positive emotions of having done some good to others also bring in happiness.

Pinku: In all this examples, you have only one message to give Dadaji that you care for others and your happiness is taken care by itself. Correct Dadaji?

Dadaji: Without any question Pinku.

Pinku: But! Dadaji I have seen some people who are happy by themselves and do not care too much of others.

Dadaji: Good observation Pinku. May be they are having their emotions in control or may be from

Happiness is  
within you

inside they are sad however, outside they enact to be happy. But let me tell you one thing happiness cannot get generated just like that; it is always backed by a reason Pinku. The reason can be anything as long as it brings out the positive emotions in you.

Pinku: Ah! In one of the newspaper I had read about sadistic happiness and what is that Dadaji?

Dadaji: It is very unfortunate that some people for satisfying their sadistic pleasures become happy when others around them are crying. It is also a kind of happiness however; this happiness is a result of negative outcome/emotion. I would rather define this kind of happiness as "Sadistic Happiness". Be away from such people and be careful too Pinku.

Pinku: The challenge is how do I identify such people?



## Happiness comes from your good actions

Dadaji: Simple observation, instinct and common sense expose to you such kind of people Pinku.

Pinku: Makes sense Dadaji. Is there a technique to measure happiness?

Dadaji: Well! Yes there are techniques available to measure happiness. Happiness can be measured by these factors such as positive emotions, the absence of negative emotions, and life satisfaction. It is a uniquely subjective experience, which means that nobody is better at reporting on someone's happiness than the individuals themselves. For this reason scales, self-report measures and questionnaires are the most common formats for measuring happiness. The most recognized examples are the following:

- 1) The PANAS (Positive Affect and Negative Affect Schedule),
- 2) The SWLS (Satisfaction with Life Scale) and
- 3) The SHS (Subjective Happiness Scale)

Pinku: Oh! I never knew that there were even measures for happiness available. That brings another question in me; can we train our brains

Happiness is not any art or science it is positive emotions

to be happy?

Dadaji: Yes there are brain managing coaching and tools available in market. These tools are similar to hypnotism where you are being continuously told by someone that you are happy, you are happy, you are happy... and suddenly you see yourself in happy situation. But, the problem is these tools are temporary in nature, once you get back to the world, these trainings fade away and the reality bites you again.

Pinku: Oh common Dadaji don't tell me that these tools are totally in-effective.

Dadaji: I never said that Pinku. I am only telling you that the best training is self-mental training whose trainer is you yourself. Do you know Pinku; you are the best trainer to yourself as nobody else in the world knows you better than you yourself. These tools will only help you to know yourself better.



## Happiness can cure any disease

Pinku: Gotcha Dadaji. You mean to say if you want to be happy nobody else can destroy your happiness then you yourself.

Dadaji: Exactly Pinku. Happiness is a choice that you make for yourself and no one in this world can take that back from you.

Pinku: How is the brain related to happiness Dadaj?

Dadaji: It's not so simple Pinku. Let me try and explain in details to you:

There are four major chemicals in the brain that influence our happiness commonly called as DOSE:

- ⇒ Dopamine
- ⇒ Oxytocin
- ⇒ Serotonin
- ⇒ Endorphins.

Each plays a different role in happiness.

Pinku: Dopamine I heard this name Dadaji. Isn't it a drug?

Dadaji: Yes Pinku Dopamine is a generic drug prescribed to correct hemodynamic status in

Happiness is not permanent  
you need to find it  
every time

patients with shock syndrome due to some trauma such as accidents/heart breaks/someone lovable is no more so on and so forth. In the brain, dopamine is a neurotransmitter, one of those chemicals that are responsible for transmitting signals in between the nerve cells (neurons) of the brain. Very few neurons actually make dopamine. Dopamine is actually involved more with anticipation than the actual "happiness" feeling.

Pinku: Oh! So in anticipation of happiness, dopamine gets released correct Dadaji.

Dadaji: You may say so. Now let's see other three:

- ◇ Oxytocin; Oxytocin is the neurochemical that has allowed us to become social creatures. It makes us feel empathy which helps us feel close and bonded to others when it's released.



## Happiness is the next to struggle

- ◇ If you're in a good mood, you've got serotonin to thank. And if you're in a bad mood, you've got serotonin to blame. It's a regulator. Interestingly, 80 percent of serotonin exists in the gut, and is governed by your state of hunger (yes, this is why you're hangry).
- ◇ Endorphins are responsible for masking pain or discomfort, which explains their association with the "fight or flight" response. When it comes to designing happiness, endorphins block the transmission of pain signals and also produce a euphoric feeling. You can say Endorphins are your body's natural painkillers.

Pinku: Wooh! I never knew the scientific facts behind happiness. Great teaching Dadaji...

Dadaji: My pleasure Pinku. Do you know exercise boosts your happiness?

Pinku: What? I do exercise to be fit Dadaji and that's it.

Dadaji: Yes of course! you know exercise is good for you. It keeps your weight in check, makes you stronger, and keeps you active. But you cannot deny that exercise can also make you a happier person and it's true.

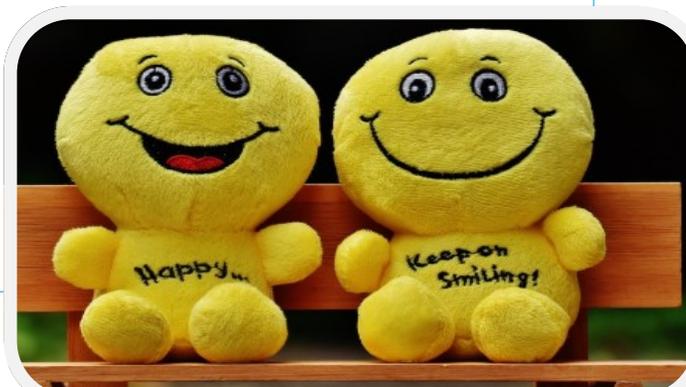
## Happiness is a mindset

When you work out and stay active on a regular basis, it's not just a coincidence that you feel less stressed out, less anxious, and generally happier.

Here are the reasons why exercise makes you happy:

- ⇒ It releases happy chemicals into your brain: As you know by now dopamine the chemical that plays a role in happiness is released during exercise.
- ⇒ It makes you less stressed out: Not only will working out ease stress in the short term by helping you sweat out the day's worries; regular exercise will help you become less stressed out in the long term as well. That's because when you exercise, you're actually subjecting yourself to a low-level form of stress by raising your heart rate and triggering a burst of hormonal changes.

happy



## You cannot be happy alone

- ⇒ When you subject yourself to the stress of exercise enough, your body will eventually get better at handling the rest of life's stressors. And Pinku less stress equals a happier, healthier life.
- ⇒ It energizes you: You'll feel more energized throughout the rest of the day when you exercise. And more energy equals greater happiness.
- ⇒ It boosts your confidence: When you don't feel good about your body or how you look, it's all too easy to have low self-esteem. And that can have a negative effect on all areas of your life including your relationships, your goals and aspirations. But when you start to exercise and see your body transform, that can quickly change. Because exercise will not only make you like how you look, it will also make you feel stronger, more independent, and more confident. There's nothing like a boost in confidence to increase overall happiness.
- ⇒ It eases anxiety: If you suffer from anxiety, exercise may be a simple cure. Because recent studies on the effects of exercise show that in people suffering from anxiety, the immediate

### Happiness is a mindset

mood boost from exercise is followed by longer-term relief, similar to that offered by meditation and talk therapy. So next time you're feeling anxious, try a hard workout you'll feel happier.

- ⇒ It fights insomnia: Staying active and exercising on a regular basis has been shown to improve sleeping problems of insomniacs and people with sleeping disorders.

So Pinku exercise regularly and be happy.

Pinku: Sure Dadaji.

Dadaji: Good... Do you know Pinku what is a blind spot?

Pinku: Well I have heard of it but I do not know correctly Dadaji.

Dadaji: A blind spot is that area where a person's view is obstructed.



## Happiness gives good health

Why I am teaching you this is because there are also blind spots in life beyond which we are happy souls. Let's see some of the blind spots.

- \* **Filtering:** Without knowing we do judgmental filtering. We tag some people as good and others bad without knowing them fully.
- \* **Assumptions:** Lot of time, we live in assumptions without properly understanding the intentions. These killer assumptions are great hindrances to once happiness.
- \* **Memories:** Sometimes even memories can make you believe something which is not actually true coming in between you and the new dawn or simply your happiness.
- \* **Labels:** We do fix labels on people some of the examples of labeling can be that person is a miser he will never spend money, this person is a sadist and the only thing he know is how to harass me so on and so forth. These labels are major hindrances for our happiness.

Pinku: I understood blind spot Dadaji. Now tell me how is health related to my happiness?

Dadaji: Pinku how do you feel if you are having fever or cold, you get a feeling that you should

Happiness is telling yourself  
it's easy

shout on someone or you will be in a mood of irritation throughout the day correct.

Pinku: True Dadaji

Dadaji: Happiness and good health go hand-in-hand. You can be happy only if you are healthy. You can do things better only if your healthy. Hence our ancestors always quoted: Health is wealth.

Pinku: How is happiness is related to setbacks?

Dadaji: Perhaps we've tried to get happier but always seem to get leveled by setbacks. Isn't it Pinku? A feeling enters "Why Keep Trying?" Hence, setbacks can be one of the types of hindrance to our positive attitude or happiness. You should see setbacks as more of learning's and move forward in life instead of doing too much of research on why the setbacks actually occurred.



## self centric can never be happy

Pinku: So true Dadaji.

Dadaji: You see Pinku setbacks are sometimes due to personality issues too.

Pinku: Personality now what's that?

Dadaji: You can define personality as character or may be near definition is nature of a person. You will come across some people who are illogical, unreasonable, and self-centered. You will lose your happiness dealing with them as they do not want to understand or even listen to your reasoning which may be the best on that situation.

Pinku: What! Why such people even exist?

Dadaji: I would rather blame the environment or their up-bringing. Some people are so adamant that they have a feeling that "I am always correct". You may though call it arrogance or overconfidence but such people do exist.

Pinku: Rugged people correct Dadaji? How to deal with them to be happy?

Dadaji: You may say so. However, you can definitely deal with them. You should be very observant on certain traits of such people like,

Happiness does not understand rich and poor

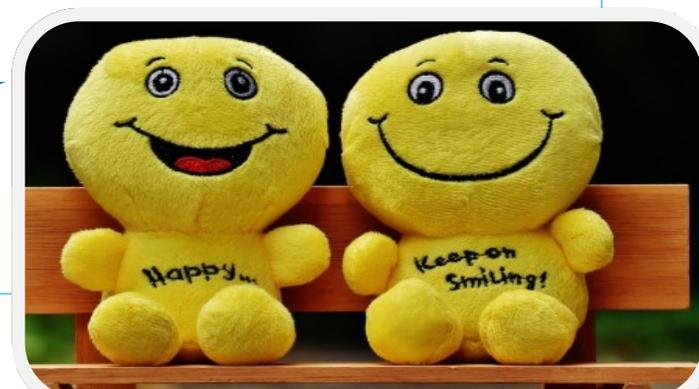
- \* What is their motivation?
- \* How should you explain them so that your job is done at the same time they are also satisfied?

Pinku be careful that you do not try to put your own flavor while working with them, they might not like it. Ask as many questions to them as you can to ensure:

1. To exactly understand what they want?
2. It satisfies their ego that you are continuously seeking guidance.

Pinku: The above seems more strategically correct dealing with self-centered people. But, do you know Dadaji how to deal with illogical and unreasonable people?

Dadaji: Well! There is only one way to explain them i.e. talking to them on consequences if certain things are not done at all or not done properly.



## Reward brings in happiness

Pinku: Well said Dadaji. Is there any Mantra (chant/hymn) for happiness Dadaji?

Dadaji: Well yes and here it goes:

“For every minute you are sad you lose sixty seconds of happiness.”

Pinku: Oh! You're Smart Dadaji. But, true, if we are not sad naturally, we are the other way round i.e. happy...Hmm... the other day I heard about world happiness index what is that Dadaji?

Dadaji: Yes Pinku, the UN General Assembly adopted resolution 65/309 Happiness: Towards a Holistic Definition of Development inviting member countries to measure the happiness of their people and to use the data to help guide public policy called “Happiness Index”. In the reports, experts in fields including economics, psychology, survey analysis, and national statistics, describe how measurements of well-being can be used effectively to assess the progress of nations, and other topics. And, you will be surprised to know that our neighboring country Bhutan has adopted gross national happiness instead of gross domestic product as their main development indicator.

Pinku: Oh! That's great Dadaji. I have a doubt

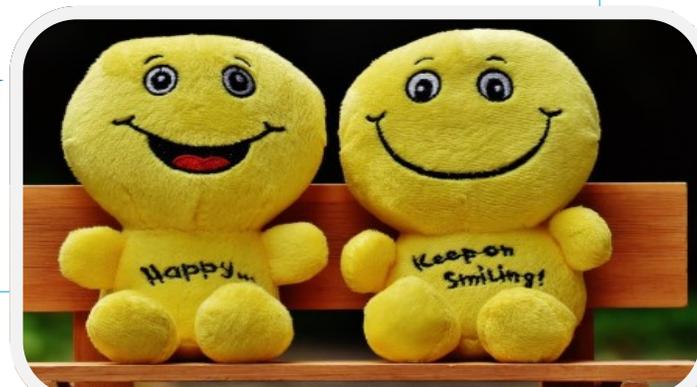
Happiness comes through accomplishments which are rewarded suitably

Dadaji does anybody count happiness?

Dadaji: Hmm. Not sure but there is a concept related to your question called happy Jar.

Pinku: Hmm... interesting... go on Dadaji.

Dadaji: Well! The idea is you note down your happy moments in a day in a piece of paper and fill in your happy jar. Happy jar is meant to be used daily but life can get busy and events intervene, so if even if you missed don't be worried; just pick it up from where you left off. And you collect nice memories of yourself every day. It is suggested to read each of the pieces of paper that you put in the jar at the end of the week and empty the jar. Some people even fill in multiple jars and read as and when they wish to read. It rejuvenates your life. It's a simple way of reminding yourself the good that came out in your life on that day, even if the day was a challenge then.



## Happiness kills negativity

Do not forget to put date on the pieces of paper Pinku.

Pinku: Ah! Nice concept Dadaji. I heard there are workshops and clubs for happiness is that true Dadaji?

Dadaji: Yes Pinku. Before I talk about what you asked, you should know some background of it. We are all hardwired with negative biases, something designed by evolution to keep us safe and alive by readily picking up on potential threats and embedding learning from bad experiences. For many of us this tendency can end up feeling more like a permanent state, leaving us suffering from things like over-reactivity, excessive worrying, perpetual pessimism, and interpersonal conflicts. The good news is the brain is an organ that learns and changes dependent on our experiences. In essence, whatever we repeatedly sense and feel is sculpting our neural structure and pathways, and if we can learn to focus on positive experiences, we can overcome this tilt in our brains towards negativity. Taking this as inspiration many NGO's and organizations have come up with workshops and even established workshops for happiness.

Happiness helps in thinking broadly and creatively

Pinku: Dadaji the old saying say's "money can't buy happiness" and modern teaching say's more money equals more freedom equals more happiness. Which is true? Which one should I believe?

Dadaji: Well Pinku one thing is sure money may not buy happiness however, it's also true that money may or may not bring happiness in life, but the lack of money can certainly bring unhappiness and misery. While happiness and income are correlated over short-term periods, the relationship disappears over the long run. Indian thinking in terms of correlation between money and happiness is "When we are able to meet our daily expenses manage entertainment and still we are able to save some money at the end of month, we are happy souls".

Pinku: All your experiences are spilling out. So great to hear!



## Accomplishments brings Happiness

You did mention that the relationship between money and happiness disappears over long term and why is that Dadaji?

Dadaji: It's very simple Pinku... You slowly get accustomed to the new more money and your expenses get adjusted to the new more money accordingly. As expenses move up further, you once again strive for more money and the loop continues.

Pinku: Hmm... got it Dadaji. What is the relation between patting the back and happiness?

Dadaji: Too often you fear being proud of yourselves for the concern that others will see you as arrogant or boastful. But there is nothing wrong with giving yourselves a pat on the back or hearty congratulations when you have accomplished something big or small. After all it's you who has achieved that accomplishment and you deserve self-accolades.

Pinku: That's a good way to be happy correct Dadaji?

Dadaji: Yes Pinku. Do you know who the main enemy for your own happiness is?

Pinku: Well! It's those people who want to see

Happiness is the key  
to well being

you down or those who want you to see cry and take pleasure in it. My enemy of my happiness is others who envy me.

Dadaji: Hmm... Tell me Pinku who tells you that the other person wants to see you down? Who tells you that other person takes pleasure in your being sad?

Pinku: Well it's my own my mind.

Dadaji: Now let me tell you where the problem is... You think hindrance to happiness lie with others; actually it lies within you, the way you think. Unhappiness is created when the mind:

- ◆ Over thinks everything
- ◆ Unnecessarily holds to past
- ◆ Creates anxiety about the future
- ◆ Attaches to various unnecessary fears



## Criticism has the power to kill happiness

Remember Pinku an open joyous heart and a balanced mind is a key to happiness. Balancing or changing your mind is very difficult. The mind is like a many headed hydra. Often when you attempt to cut off one head two heads grow back. When you attempt to squash negative thinking the same occurs again and again.

Pinku: Then, how to bring in changes in the mind Dadaji?

Dadaji: Its' so simple you have to manage your mind, you have to manage your emotions, you have to manage your sentiments, you have to manage your beliefs and manage your opinions.

Pinku: I don't agree to this Dadaji... you are asking me to manage everything how that will bring changes in the mind Dadaji.

Dadaji: Pinku, that's exactly how brain functions. It will not readily accept whatever you want it to accept. The brain wanders and wanders and get stabilized to a point which has already been hard-wired due to your up-bringing and past experiences. However, when you try to manage things in new ways the brain unlearns the hard-wiring and adapt to the new learning while trying

Happiness is the key  
to well being

to manage.

Pinku: On a positive note let me try the method you suggested. Let me ask you another question does criticism a hindrance to happiness?

Dadaji: Well! While criticism affects emotions, and a sense of tension sparks in your brain, however, it is not always negative if there are really any positive aspects, it will help you to improve yourself. But! Always remember, when you start self-criticizing that's the stage where you lose all your happiness. Avoid doing that.

Pinku: What is the remedy for self-criticism?

Dadaji: Where self-criticism leaves us powerless and distraught, self-compassion is at the root of empowerment, learning, and ``inner strength.



## Healthy thoughts bring in happiness

Self-compassion is being kind and understanding toward oneself in instances of pain or failure rather than being harshly self-critical, perceiving one's experiences to be normal as part of the larger human experience rather than seeing them as isolating, and holding painful thoughts and feelings as a process of self-awareness rather than over-identifying ourselves with them.

Pinku: That's a good way to understand... nice explanation Dadaji. I heard that researchers have developed some good techniques to affect our happiness through positive thinking. How far that is correct Dadaji?

Dadaji: Pinku, there are several advances that have happened in the field neuroscience that have revealed fascinating details about the workings of the brain. I would not go into the details as i know the least. What I know Pinku is that there is a biochemical interaction between the limbic system and the frontal lobes. The left side of the frontal lobe known as the left prefrontal cortex is more active when people feel happy. In contrast the right side of the frontal lobe the right prefrontal cortex is more active when people feel sad. Thus, by learning the

### Happiness leads to healthy behaviors

stimuli's of the left prefrontal cortex we can encourage or even train people to be happier. Similarly, by learning what calms the activity in the right prefrontal cortex we can train people to reduce sadness. We can change the way we think through repeated exposures to thinking healthy thoughts, avoidance of unhealthy thoughts, and engagement in healthy behaviors. Doing these things strengthens the left prefrontal cortex the feel good center of the brain.

Pinku: I think the gist of what you explained is more important to be happy. Lot of Indians started using Japanese and Chinese "Kanji" handmade wall scrolls for happiness what is that Dadaji?

Dadaji: Hmm. That's a good topic Pinku. Let's first understand what Kanji is all about and then I will talk about happiness Kanji.



## Comparison can destroy happiness

Way back we're talking 2000BC or around 4000 years ago people in China needed to ask questions to the heavens. How did they ask questions? Not by shouting at the sky. Instead, they'd take turtle shells or animal bones and burn them. Now, when a turtle shell or animal bone gets burned, cracks form. From there, they'd analyze these cracks and write them down (i.e. copy them down), pulling meaning from them by comparing the cracks to real life things (i.e. if the cracks looked like something, they'd attribute some meaning to it). The above turtle-shell burnings were the base and foundation of the Chinese and Japanese writing system called Kanji. Now days the symbol 幸 which mean happiness is used as wall scrolls for good fortune or good luck.

Pinku: That was a great teaching Dadaji.

Dadaji: Thank you Pinku. Now let me tell you a secret behind kids and their happiness:

- ⇒ A Kid smiles at everybody and everything that he finds around.
- ⇒ There is no reason, cause, before the kid to be happy.

Release all your burdens  
to stay happy

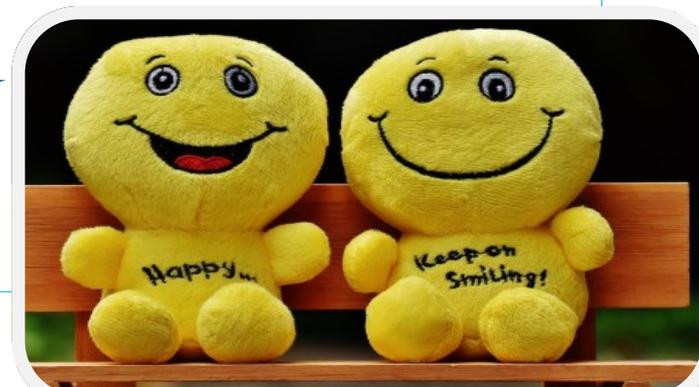
- ⇒ The Kid does not seek anything that will make him happy, he/she is happy by himself/herself.
  - ⇒ The Kid does not wait to be happy
  - ⇒ The kid does not look forward to get an appreciation, and then becomes happy.
  - ⇒ The kid just moves around so happily
- So, what you understand Pinku?

Pinku: Well said Dadaji we as adults why do we seek a reason to be happy? Why if someone else appreciates then only we are happy? I think we should change the way we think and just be happy flawlessly.

Dadaji: Good Pinku. You understood that correctly. Do you know what happiness sutra is?

Pinku: No Dadaji... I never heard such words.

Dadaji: As per the happiness Sutra, every being in this world is governed by his/her own thoughts.



## Happiness is nothing to do with fate

Thoughts are governed by Karma (action), the journey of Karma is what you experience, experience leads to knowledge and knowledge leads to wisdom, wisdom makes you wise and being wise you have a clarity in your thought and clarity of thought leads to happiness. The whole loop is called a sutra meaning a path for happiness.

Pinku: Great Dadaji. The path of happiness is impressive. Then what is happiness footpath Dadaji?

Dadaji: Do you know the meaning of footpath Pinku?

Pinku: Footpath is a path for people to walk along.

Dadaji: It's not all Pinku. It's a safety path where you are secure. Similarly, there is a happiness footpath.

Pinku: JJJ What are you talking Dadaji?

Dadaji: Yes! There is...this is the safest path where fear transforms into freedom, the lane is made up of persistence, the path of least resistance, the track which gives ability to generate ideas, the way to pursue your goals, the trajectory to act with all your combined strengths, the path where heart wins over mind, the way

Spread happiness  
to gain happiness

where we are meant to make mistakes, recognize them, and move onto become unlimited.

Pinku: Dadaji... this footpath is only possible in dreams.

Dadaji: No Pinku. It's difficult to build this happiness footpath but this is not impossible.

Pinku: Please give me the simplest path to happiness Dadaji.

Dadaji: There isn't any such path Pinku. But let me explain you some of the views which mahatma's (Knowledge person) have given in different periods. Some Mahatma's give example of wind and fire to explain happiness "A wind can be both supportive as well as destructive. When the fire is small, the winds destroys it however, when the fire is large the winds support's it to spread further. Similarly, happiness is wind which if you think relates to "you" only will destroy you.



## Sow Happiness to reap happiness

If you want to spread happiness, you spread the happiness so much around you that the happiness wind will support you to be happier.

Overall I like the below thought which originates from what Lord Shri Krishna has taught us “Do your karma (Work) and never expect the results as this is not in your hands”. “Only, 100% effort you put whatever you are doing will bring in happiness. Someone else might not appreciate your work or might bring in changes to what you have done but still you have self-satisfaction that I have put my 100% effort in what I did. Finally, my shortest tip for happiness ***“When the mind is free of past impressions and future cravings, happiness is there”***.”

Pinku: Wonderful thought Dadaji. Thanks for the great gyan that you have given as always. Thank You!

Dadaji: No problem Pinku. Have a nice day ahead.

Free your mind  
Happiness will find you

If you want to be  
happy,  
Be Happy

Thank You

