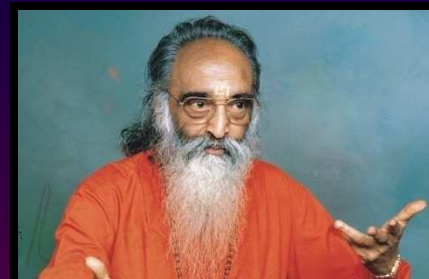


**GOVT COLLEGE OF EDUCATION AKOLA**

**State Level Workshop on**

**-Understanding the Self**

**“WE MUST”**



**“HAPPINESS ”**

**BY**

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**Coordinators**

**With the Collaboration**

**H.H.SWAMI CHINMAYANANDA STUDIES CENTRE**

**29/04/2021**

# HAPPINESS

- EDUCATION
- JOB
- HOUSE
- MARRIAGE
- EARN MONEY
- RELATIONSHIP
- HEALTH
- OBJECT
- FEELING
- **WANTINGS**

WE GET PLEASURE..BUT ARE WE HAPPY?

THOUGH WE GET ALL.. WE LOOSE ALL

PLEASURE IS TEMPORARY

# HAPPINESS

- We generally believe that the joy we experience through our sense organs lies in the sense objects our sense organs pursue; for example:
  - • In beautiful music for our ears
  - • In soothing creams for our skin
  - • In exciting shapes for our eyes & so on...

# HAPPINESS

- Deer is attached to Sound (Ear)
- Moth is attached to Form (Eye)
- Bee is attached to Smell (Nose)
- Elephant is attached to Touch (Skin)
- Fish is attached to Taste (Tongue)
- What about man who is attached to all the Ten Senses?

# HAPPINESS

Happiness is not to be found in the sense objects  
If Happiness is not in the sense objects, then  
where exactly is it located?

Where is happiness?

# HAPPINESS

In fact, the Sutra goes like this:

Praptasya upekshaayam,  
Apraptasya Apekshaayam,

# HAPPINESS

Infinite Happiness – Myth or Reality?

where happiness is located.

Happiness is the goal of all our efforts in life.

Do we have a choice to live life as we want to?

# HAPPINESS

- WE WANT HAPPINESS
- HERE
- (WE SEARCH HAPPINESS IN NOT REACHABLE DESTINATION (ANYWHERE))
- NOW  
( WE SEARCH HAPPINESS IN PAST FUTURE)



# HAPPINESS

- RESULT ?
- SORROW
  
- CAN WE AVOIDE SORROW?
- REMOVE THE REASON OF SORROW
  
- DUKHHAPASUN NIVRUTTI
- PAMANANDACHI PRAPTI

# HAPPINESS

These questions were the basis upon which the ancient masters made thorough investigations into the human personality. They discovered that Happiness is a state of mind.

**HAPPINESS IS NOT IN EXTERNAL THINGS**

# HAPPINESS

BECAUSE OF...???

IN SPITE OFF ....???

HAPPINESS IS NOT DEPEND APON EXTERNAL  
THINGS

# HAPPINESS

When the mind is agitated we feel sorrow and anxiety.

When the mind is PEACEFUL ... BECAME HAPPY.

Thus **Happiness is measured by the PEACE of our mind.**

TRAINED YOUR MIND

REMOVE SIX IMPURITIES OF MIND

SURRENDER MIND TO INTELLECT

NOT CAME FROM EXTERNAL WORLD

# HAPPINESS

- REMOVE IMPURITIES OF INTELLECT
- MAL,VIKSHEP,AVARANA,
- REMOVE ALL BAD REMEMBARENCE IN CHITTAS
- REMOVE EGO
- MASTRY YOUR SELF MASTER THE WORLD  
...SELF MASTRY....THIS IS EMOTIONAL  
EMPOWERMENT

# HAPPINESS

- REHABILITATION OF PERSONALITY
- READJUSTMENT OF PERSONALITY
- REARRANGEMENT OF PERSONALITY
- REBUILDING OF PERSONALITY

# HAPPINESS

- TWO PATH
- PREYAS (PATH OF PLEASURE WHICH IS IMPERMENTENT)
- SHEYAS (PATH OF HAPPINESS,WHICH IS PERMENTENT )
- CHOICE IS YOURS

# HAPPINESS

- REFUSE TO BE MISERABLE
- REFUSE TO BE SORROWFULL
- FIND OCCASION TO BE HAPPY
- RIGHT CONTACT WITH LIFE
- NEVER LOOS YOUR FAITH MIND
- PAIN ONLY COME TO THOSE WHO ARE CAPABLE TO BARE



# HAPPINESS

- CHALLENGES FACE BY ONLY THOSE PEOPLE WHO ARE COURAGIOUS
- TAKE CHALLENGES AS OPPORTUNITY RATHER THAN PROBLEM
- LIVE THE LIFE OF INSPIRATION
- PUT ALL ATTENTION IN ACTION
- BRING YOUR MIND WHERE YOUR HAND IS

# HAPPINESS

- DON'T EXPECT REACTION ON YOUR EACH ACTION
- ENJOY YOUR PRESENT
- ENJOY ACTION ..RESULT WILL BE ENJOYABLE
- DON DEPEND YOUR HAPPINESS ON OTHERS
- ACCEPT EXITENCE OF GOD
- ACCEPT LIFE AS IT IS.
- SELECT PATH OF LIGHT

# HAPPINESS

- KNOW THE PURPOSE OF LIFE .
- AREA OF EXPECTATION...AREA OF EXCELLENCE

# HAPPINESS

- “Don’t work without resting, don’t rest without working!”
- “Don’t act without thinking, don’t think without acting!”
- “Change the things that you can, accept the things that you can’t...and move ahead!”
- “Clearly distinguish between needs and desires, fulfill only the former!”
- “Thoughtful Life alone is Happiness, Thoughtless life is Sorrow!”
- “Selfish desires bring sorrow, Selfless desire brings progress!”

# HAPPINESS

- **Beginners:**
- 1. Everytime you enjoy anything, observe how the
  - a. Senses enjoy the temporary pleasure
  - b. Desire is fulfilled & mind is calm
  - c. Calm mind is a happy mind.
- 2. Tell yourself that the happiness I'm experiencing is my nature, its not coming from outside.
- 3. Observe how the mind gets disturbed again with the next desire. Stay as far as possible in the state of calmness of the mind.

# HAPPINESS

- **Advanced:**
- 1. Understand that the happiness reflected in a quiet mind is the Happiness of the Self. It is Ananda. Its our Infinite Nature or Brahman.
- 2. Suggest to yourself everytime you experience happiness through any sense-object/person/situation, that im experiencing the happiness that's my nature as Brahman

-

# CHINMAYA WINDOW

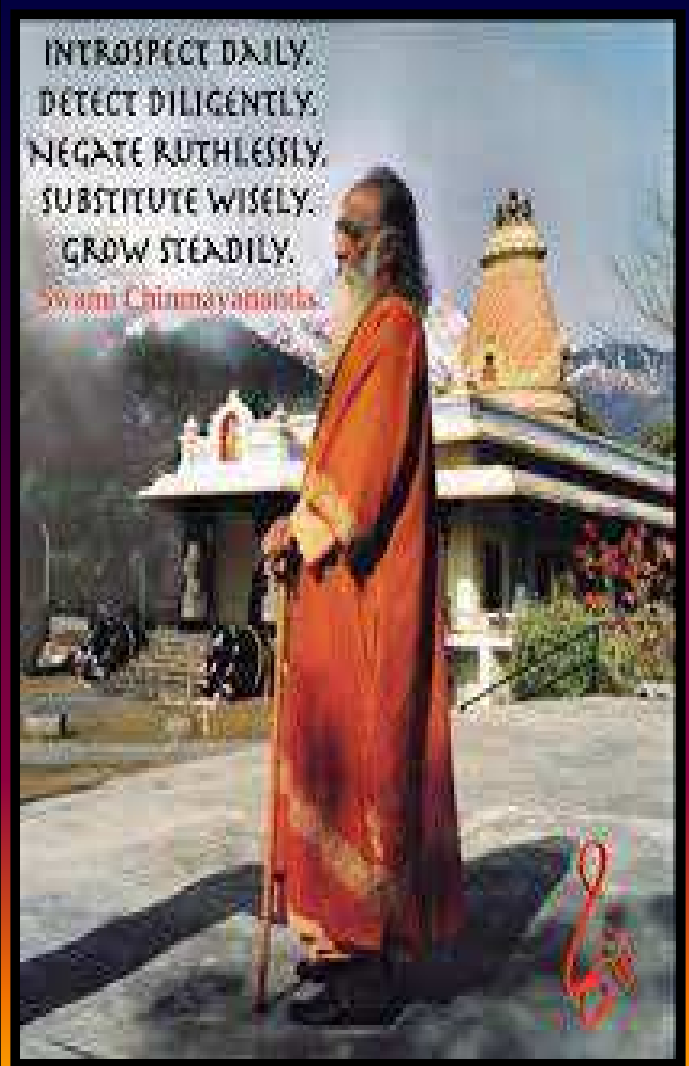
**INTROSPECT  
DAILY**

**DETECT  
DILIGENTLY**

**NEGATE  
RUTHLESSLY**

**SUBSTITUTE  
WISELY  
AND GROW  
STEADILY**

INTROSPECT DAILY.  
DETECT DILIGENTLY.  
NEGATE RUTHLESSLY.  
SUBSTITUTE WISELY.  
GROW STEADILY.  
*Swami Chinmayananda*



# HAPPINESS

- **Benefits:**
- 1. Freedom from dependency on sense objects
- 2. Tuning up with the Happiness within
- 3. Contemplation on Brahman as One's true nature.



# HAPPINESS

“Knowledge alone can bring Happiness!”

Happiness depends on what you can give, Not  
on what you can get.

—[Swami Chinmayananda](#)

**HAPPINESS**

**THANKS**

