

## **HAPPINESS IN LIFE**

### ***TO WHOMEVER TO BE BENEFITED***

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The whole purpose of life is

- to have a happy life
- to see near and dear ones to be happy

This purpose becomes selfish, if one has only that purpose, whereas if one can go beyond this, extend this purpose to others also, then the above purpose becomes unselfish. Not only that, one gets the dividend of being more and more happy.

But, how can the purposes get fulfilled?

The whole world is striving to find that.

- Some think that it can be done by material advancements alone;
- Some think that it should be done both materially and spiritually, and
- some think that it should be done totally spiritually.

To me the way seem to be "to enjoy the life in this material world by being part of it but at the same time not being slave to it".

To attain this stage,

- one has to look not only what are seen, but also those unseen,
- not only open our eyes outwardly, but also inwardly.

Material facilities should be only to the extent that it should increase/facilitate our peaceful coexistence.

Unhappiness results often as the result of the perception that events do not occur the way "I" want. In other words, outside world does not react the way I think it should. This perception can change once one realises that "I am the one to be changed" not others.

Before pointing fingers to others, look oneself, ask if "I am free of errors". Is "right" in my opinion is "really right"? As and when one finds something is wrong in others, take that occasion to cleanse oneself

- take woe to be devoid of such wrong things in oneself!

Have you decided to be happy?

***M. Thamban Nair (IIT Madras)***