



Power of Happiness



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What is Happiness?

Happiness is not a matter of intensity but of balance, order, rhythm and harmony. Happiness is when what you think, what you say, and what you do are in harmony. The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

Our happiness depends on wisdom all the way. Happiness doesn't depend on any external conditions, it is governed by our mental attitude. Happiness is found in doing, not merely possessing. It is neither wealth nor splendor; but tranquility and occupation which give you happiness. Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable.

Achievement of your happiness is the only moral purpose of your life, and that happiness, not pain or mindless self-indulgence, is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values. Happiness comes from your own attitude and your own actions. Happiness is a way of life. It is not a destination but a way of life itself.

True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose. Helen Keller

Power of Happiness

“He that is of a merry heart hath a continual feast.” (The Book of Proverbs)

Power of Happiness : A merry heart produces happiness. Happy people are like fragrances. They spread the fragrance of their happiness all around them. We tend to believe that happy people are friendly, warm, selfless, and attractive. Happy people lighten our hearts with their smiles.

As Thich Nhat Hanh , renowned Buddhist monk says, *“Sometimes your joy is the source of your smile; but sometimes your smile can be the source of your joy”*.

The source of a true smile is an awakened mind. In our daily life we can smile if we can be peaceful and happy, and not only we, but everyone will profit from it. According to group of psychologists, smiling produces the neurotransmitter serotonin, a vital component that regulates our mood, sleep and appetite. Laughter also produces endorphins, body’s natural pain killers.

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.
Thomas Jefferson

A smile is a smile, a true indicator of happiness. Smile is contagious. Smile is a universal language of love. Smiling helps us form healthy social relationships by creating positive first impressions. Smiling and friendly people convey the message that they are open, friendly, approachable and trustworthy. A person who is genuinely happy only gives a genuine smile. A genuine smile is reflected in the eyes of the person.

We all need to smile and laugh often. The law of smile and laughter is the law of happiness and joy. A smiling face conveys the message of pleasure and happiness. People with humor sense bring with them a lot of positive spirit. It is said that laughter is the medicine of soul and humor is the highest form of intelligence.

The happiest person is the one who constantly brings forth and practices what is best in her/him. Happiness and virtue complement each other. Not only are the best the happiest, but the happiest are usually the best at the art of perfect living. Happiness comes from a quiet mind. Meditating on peace, poise, security, and divine guidance brings happiness and joy.

A human lifetime is sufficient to experience true happiness. If we can achieve true happiness in this human life itself, then why can't we find it? We can begin this pursuit of happiness with our own family. Let us begin to love our spouse unconditionally, without any conditions or strings attached and feel the difference. Yes, we experience true happiness in our unconditional love. This true happiness enables us spread love throughout our family.

When our family is an abode of happiness, then every member of our family carries this happiness wherever they go. Now let us sit and silently watch this happiness spreading around. Remember, true happiness is birthright of every human being. True happiness begins when we realize that our happiness is not dependent on outer circumstances rather dependent on our inner goodness and greatness.

5 Laws of Joy and Happiness

1. Ability to tackle life's negative circumstances
2. Ability to handle frustration and rejection
3. Ability to handle relationships demands and financial pressure
4. Ability to tackle with life's disappointments and consequent
complacent attitude
5. Ability to define life purpose and work towards it persistently

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