



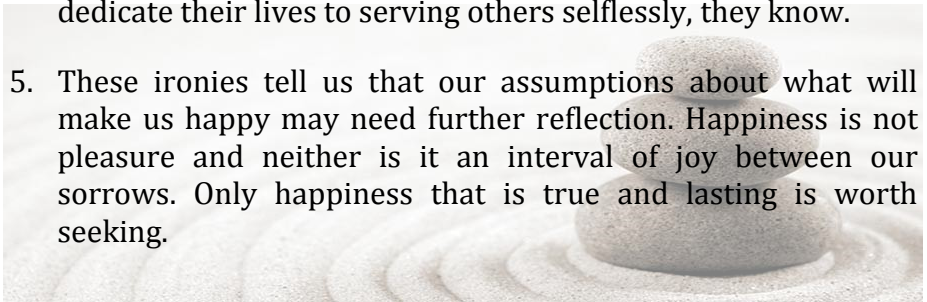
Sathya Sai International
Organisation

Be Happy

“BE HAPPY”

Seeking Happiness – the Ironies

1. We seek happy lives in which our physical, mental and emotional needs are satisfied and we are relatively free from negative emotions that destroy happiness, like anger, jealousy, worry and fear. Most of our actions are motivated by this desire to be happy. Sometimes, our happiness is dependent on the happiness of others, like our spouses, or on conditions we pursue that we believe will make us happy if they are satisfied, like financial security, etc.
2. Yet, this search for happiness is filled with ironies. Permanent happiness eludes even those who appear to ‘have it all’; sometimes, people who have few material things are happy because their hearts are filled with love for themselves and for others.
3. Secondly, things that are supposed to give us happiness may end up being the very cause of our unhappiness, for example, children not living up to our expectations; whereas circumstances that we think will cause us sorrow might end up teaching us many valuable life lessons in how to be happy, e.g. learning to ‘let go’.
4. The greatest irony is that *“When you seek happiness for yourself, it will always elude you. When you seek happiness for others, you will find it yourself”* – Wayne Dyer. Ask those people who dedicate their lives to serving others selflessly, they know.
5. These ironies tell us that our assumptions about what will make us happy may need further reflection. Happiness is not pleasure and neither is it an interval of joy between our sorrows. Only happiness that is true and lasting is worth seeking.



What is the Source of Happiness?

6. *"Happiness depends upon ourselves,"* Aristotle counselled. Dale Carnegie said happiness does not depend on any external conditions but is governed by our mental attitude. The Dalai Lama said the same and Kahlil Gibran wrote: *"Happiness is a vine that takes root and grows within the heart, never outside it."* Put simply, your happiness depends on you.
7. Beyond that, Sathya Sai Baba said: *"Within you is the real happiness... Seek it within you; feel it."*

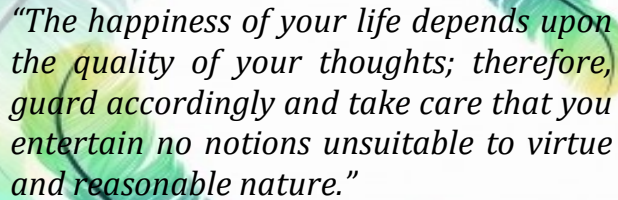
Happiness, like other virtues, is latent within each of us – it is the natural state of our Higher Self.

8. So, happiness is not to be sought outside. It does not come to us from what we possess, our relationships or from the successes in our vocation; rather, it comes from within us, from the peace and tranquillity that enables us to be happy even when our circumstances are not as perfect as we think they should be.

Discovering Happiness Within

9. Fulfilling our material desires may grant temporary pleasures and apparent security, but it does not lead to self-satisfaction. The proof? Lasting happiness always seems to elude us whatever our material pursuits – that is why what we have never seems enough and we always want more to be happy. Perhaps, this is why some people give up their regular material pursuits to dedicate themselves to noble causes.
10. Leo Tolstoy once said: *"If you want to be happy, be."* In other words, transform your thoughts and your life so that you live

at higher level of consciousness, where you are naturally happy and do not need to seek happiness outside. In this state, life's problems do not go away but our attitude towards them changes.



"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."

Marcus Aurelius

11. But this transformation requires a pathway. The Bhagavad Gita tells us that man is made by his beliefs, and that as he believes so he is.

Do Our Thoughts Matter?

12. Khalil Gibran wrote *"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as the way your mind looks at what happens."*
13. Your thoughts determine your actions. Sathya Sai Baba said happiness comes of its own accord as a result of one's good deeds.
14. Therefore, happiness is not to be pursued in the outer world – it is the by-product of the purity of our thoughts, words and deeds. In Matthew 5:8 it is said, *"Blessed are the pure in heart, for they shall see God."* The Bhagavad Gita explains that happiness results from the purity of mind that comes from constant effort at self-control and self-discipline.

How to Make Happiness a Habit?

Change your thoughts:

15. Live in the present: the past is dead and the future is imaginary. *"Be happy for this moment. This moment is your life,"* Omar Khayyam once said.
16. Sathya Sai Baba urged us to give up material pursuits and to realise the divinity that sustains everything. Because our desires are born in the mind, keep a limit on desires and engage the mind in noble thoughts and deeds that will purify the mind and heart. Practice selfless service, offer prayers and study uplifting and sacred texts.
17. Swami Vivekananda once said, *"The great secret of true happiness is this: The man or woman who asks for no return, the perfectly unselfish person, is the most successful."*
18. The Dalai Lama said, *"A disciplined mind leads to happiness, and an undisciplined mind leads to suffering."* He added that if one wants to be happy, and he wants others to be happy too, then one must practice compassion.

*"If a man speaks or acts
with a pure thought,
happiness follows him
like a shadow that
never leaves him."*

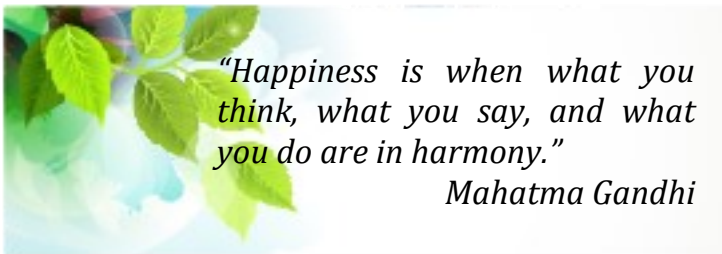
Buddha



19. Learn acceptance and give up your notions and expectations of how people or things should be. Reduce your ego.

Change your actions and reactions:

20. In the Bible, Galatians VI, it is said, *"Whatsoever a man soweth, that shall he also reap."* The simple truth is that goodness begets goodness.
21. Bear the wrongs done to you and return love and forgiveness. Your silent response without reacting will cultivate greater peace in your heart and mind, and will bring you happiness.



22. Peter Drucker, the renowned writer and management consultant, said: *"Never mind your happiness; do your duty."* Sathya Sai Baba put it this way, *"The secret of happiness is not in doing what one likes to do but in liking what one has to do."*

Nurture your relationship with God:

23. In Christianity, it is said that knowing your origin, purpose and destiny is requisite to happiness. Nurture your relationship with God – it is believed that happiness is a state of blessedness that derives from this relationship.

24. Silence is the only language of the realised. Silence quietens the senses and calms the mind; it stills the restlessness of the heart. Constant practice will bring lasting inner happiness. Practice silence for half-an-hour each day. Contact your Reality in this silence.

Conclusion

25. Only you can decide that you will be happy – choose happiness.



“Happiness is Union with God”

Sathya Sai Baba

