

## P02-267 - HOW TO HOLD HAPPINESS & INCREASE EFFICIENCY IN LIFE

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**Introduction:** Quest of happiness in life is time immortal. Meaning of happiness do differ from region or country & culture to culture. Still the search for happiness in life is universal & a goal that can be achieved easily, specially in the outlook of eastern philosophical doctrine.

**Objectives:** Happiness and peace of mind is out of out an inner thing, contained in each person. Only it's expression or realisation needs a practice, positive thinking attitude & positive lifestyles.

Happiness as such cannot be imported from any outside agency, or a person, that beautiful women, or a nice hanging decorating balcony on the opposite pavement.

**Aims:** Through rays on the path that can increase output & efficiency in life.

**Methods:** 3 practical way may bring happiness readily;

1. Good thoughts, encouraging thoughts, positive thoughts, positive attitude & life doctrine.
2. Good works--meaning works that supports or serve others, that please others. & not irks others, not violate their rights rather works that brings joys in other life sphere.
3. Good behavior. Any moment it will not be a unpleasant behavior or a behavior that will not bring us close.

Satisfaction with the little we have achieved.

What are the obstacles to the path of happiness?

"attachment is the root of all evils" was said by lord budha.

Any attachment to property, to person, or even to self will destroy happiness, by imparting expectations & unfulfillment of desires borne out of expectation.

Dispassionate ("Vairagya") and non-attachment will make us free.

**Results:** A selfless vision, works not done by me rather by thou.

**Conclusions:** Non-attachment & passionless living means happiness.