



Discovering Art of Happiness

Inspiring Lessons from Indian Wisdom

Narayana



17th AMA Week on All-round Grooming
Mamata AMA-Centre for
Indian Wisdom for Management

Mukesh Patel-AMA Academy for
Public Speaking & Personality Development



08-09-2009

DAY OF UNITY & BLISS



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DEDICATED
TO
YOU
WHO IS ALWAYS
IN
BLISSFUL UNITY

FORWARD

“Life of great men all remind us
That we can make our life sublime”

In case of Guruji, Shri.G.Narayana not only his life,also his works sublimate the readers to transcend by transforming their ideas into work, work into actions, and action into results.

Managing men, managing organization,managing work,managing self have always been hot topics of discussions in all circles, but what is primordial is managing values. Managing value-based ideas,work,actions and results result in ‘happiness’-the key ingredient/ the end to any means, quests, revelations or successes.

The search for happiness begins right from the embryonic stage to the stage of ‘nothingness’ or ‘oneness’-as a fetus, as a child , as a youth, as a parent, as a teacher, as a master, as a leader, etc.,-the resultant of any role played and work accelerated or forced is ‘happiness’. Isn’t it ironic, that which is within, we search for it out, that which exists and is known has to be discovered?

Guruji’s concept of ‘dis’ ‘covering’ the wrapper to unfold the most treasured gift is indeed a marvel in itself. The diamond presented after various stages of processing and cutting with references to Upanishads, Bhagavat Gita is ultimate. It offers scope and opportunity to readers like me to understand the ethos that constitute the ethical eloquence of rich Indian Culture and Tradition.

It is the need of the hour to 'Discover The Art Of Happiness'. It is everybody's need too, more so in the present millennium where advent and revolution in all sectors have chained, twined, entangled the body, mind, intellect and consciousness of the young with modernity, desires, status and wealth.

Every age has its beauty, but 'happiness' remains the core concept of all. Hence, I'm delighted this book comes handy at a time when we need it the most. It helps in discovering ourselves, and discovering ourselves is rediscovering happiness. It is happiness that leads us from

Darkness	to	light
Untruth	to	truth
Uncertainties	to	certainties
Failures	to	Successes
Enmity	to	fraternity

Knowing Guruji is a blessing from above, and being a part of the chromatosphere of the SUN is indeed an honour.

Hope this book shall help many to transform, transcend, 'dis cover', and be eternally happy. Come lets discover through

Discipline
Insight
Systematisation
Concordance
Optimism
Vision
Evolution
Regulation

All in one **R**eveberating **T**heory which is

Highly
Affectionate
Perfect
Practical
Inspiring
Novel
Efficient
Successful

and is a **S**upernova to happiness.

— With Reverence

Hyderabad, 31.8.2009

N.V.PADMA

Smt. N.V. Padma Jagan is a Master in Philosophy and English language. She is the Principal of a reputed Educational Institute at graduate and postgraduate levels. She has been the source of happiness and delight for students, parents and colleagues through her excellent and creative contributions in the field of Education, Human Relations and Caring for elders.

PREFACE

‘Discovering the Art of Happiness’ – Inspiring lessons from Indian wisdom is one of the topics offered as part of ‘All round grooming – Inspiring lessons from Indian Wisdom’ to be conducted during the 17th AMA week.

Daddy, known as Guruji to many, has been an inspirational factor to each and everyone. He has been like a magnet that has attracted many by his simplicity, knowledge, wisdom, enthusiasm and generosity, for whom everybody is either ‘beta’ or ‘beti’. He has showered unconditional love on everybody and has been a great source of love and light.

By his encouragement and blessings, I gather courage to pen down a few words.

We, at home, have always been fortunate to be the first audience to be delighted to listen to the many countless writings, which have been read out with great enthusiasm.

Happiness is the most important ingredient for a soul fulfilling and contented life. What more can be asked when a book on Discovering the Art of Happiness has to come from a person who is himself at bliss within.

Guruji, has slowly and gradually unveiled the meaning of each and every word in the phrase ‘Discovering the Art of Happiness’.

We have come across the word ‘Art’ many times but have rarely understood the deep meaning of the word Art. Guruji, has described the word Art as a superior skill to do things

which results into a superior results. Hence, it is the means to refresh minds at all four levels.

The famous sloka “Asato maasadgamaya” from Brihad Upanishad has been explained very practically as to how truth can be perceived. Practical steps to discover the Truth has been slated which are thoughtfulness, concentration, meditation, discussions, research and study as these remove falsehood.

Discovering the trust is destroying the curtains of falsehood, illusion and biases.

The lamp of knowledge can eliminate the darkness of ignorance for which self-learning and grace of Guru are instrumental.

Death is not at the physical level only, but selfishness is death and love is amrita or immortality. Selflessness and unconditional love makes one immortal.

I would like to quote from Daddy’s ‘Humanity to Divinity’
– Highways to Happiness,

Extend Friendship to one and all
Distribute love to one and all
Love is the essence of life
Love and live excellent life
Enjoy life, a moment don’t miss
Be in harmony, be in bliss

The fourth sentence has been added to the sloka, which emphasises to proceed from Egoness to Egolessness.

Leave your Ego love whole world
Within you will shine the lights of the world.

Emphasis has been laid to move forward from I-ness to We-ness. Shedding of Ego leads to experience oneness in every aspect of life.

The Illustration from Ashtavakra Gita that describes Ego as the poisonous serpent killing the soul is a great insight.

Righteousness is the cause of happiness as per Chanakyasutras.

Guruji has picked up illustration from Taitiryopanishad, which interlinks love, and happiness, which says that love creates happiness; love is acceptance in totality without any ifs or buts.

The levels of happiness have been stated which are pleasure to bliss. Guruji has explained how one has to raise oneself from pleasure to bliss.

Happiness is interlinked to one's mind frame, how one perceives a situation, danger or opportunity. The examples of cash in chaos, learn in cleaning is very unique to show perception.

It is stated that the person who is debtless, who has no pending jobs, which is inculcating new good practices and eliminating existing incorrect practices, is happy.

The extracts from Four-way truth and eight way path from teachings of Gautam Buddha is stated wherein Righteousness in each phase leads to ultimate realization.

How one has to raise oneself from give & take, to samarpan sweekar has been emphasized.

It is further stated that Happiness is the state of mind. The 'song of bliss' translation of nirvanashatkam by Shri Adi Shankaracharya which probes the question who am I?, explains the elevation from physicality to experiencing the ultimate happiness or chidananda.

Personally, it has been a great experience for me to pen down this Preface. Hope all of 'you' enjoy this great message of Discovering the Art of Happiness and make our times worth living.

Mumbai, 1.9.2009

SHAILAJA SUVARNA

Smt.Shailaja Suvarna is an expert on Pyra Vaastu Shastra based on spirituality and contributed immensely for the happiness of many individuals, families and companies

Pranams and Respects to all elders
Good will and friendship to all Colleagues
Love and best wishes to all young ones,

MANAGEMENT WEEK

It is a great occasion of happiness for me to be with you all for this Management week on All round grooming – Inspiring lessons from Indian Wisdom.

This is 17th AMA Week during which AMA connects more than a thousand and five seekers of excellence for a celebration of shining love and light. For this process let us give our admiration and thanks to AMA, MAMTA – AMA – CENTER FOR INDIAN WISDOM FOR MANAGEMENT, MUKESH PATEL – AMA – CENTER FOR PUBLIC SPEAKING & PERSONALITY DEVELOPMENT, Shri Mukeshbhai Patel, Shri Janak Parekh, Shri K. K. Nair and the members of Management Committee and members of Ahmedabad Management Association.

“Management Week” of AMA is a festival of knowledge, wisdom and inspiration. Our beloved Mukeshbhai is the visionary for this programme and our beloved Shri K. K. Nair is the missionary. Let us deeply thank, acknowledge, appreciate and admire both of them.

INDIAN WISDOM – DISCOVERING ART

It is joy to notice that each year this team of visionary and missionary come out with more and more wonderful themes. This year in the theme of “All-round grooming – inspiring lessons from Indian wisdom” five excellently

interesting and useful subjects of
“Learning Engineering of Goals”,
“Discovering the Art of Happiness”,
“Practising the Management of Relationships”,
“Studying the Science of attitude” and
“Mastering the laws of success” are offered to us.
Great !

Learning, Discovering, Practising, Studying and Mastering are the processes of attaining excellence at transformational level. Engineering, Art, Management, Science and Law will enable this Management Week to transcend to all-round approach of Building, Refining, Achieving, Knowing and Implementing with the help of inspiring lessons of Indian Wisdom.

For me it is matter of great happiness to share ideas on the subject of “Discovering the Art of Happiness – Inspiring lessons from Indian Wisdom”.

Art is creation of excellence. Art is the subtle skillfulness to do things for a superior result. Art touches the heart, refreshes the mind, appeals to the intellect and inspires the core of our being. Art is a soul fulfilling process. Art is a practiced accomplishment. Art itself creates happiness. Thus Art is an all-round beauty at Physical, Emotional, Intellectual and Spiritual levels.

Discovering is Dis-Covering.

Removing the covers of Ignorance, to see the reality beyond is Dis-Covering. Destroying the covers of Ignorance is Discovering.

UN-COVERING

Upanishads are beam lights of Indian Wisdom. They uncover and dis-cover many eternal secrets to re-cover the eternal truths of life and creation. There is a wonderful passage in Brihad-Aranyaka-Upanishad.

*“ASATOMA SADGAMAYA
TAMSOMA JYOTIR GAMAYA
MRITYORMA AMRITAM GAMAYA’*

— *B.U – I. 3.28*

From Untruth to Truth , lead me
From Darkness to Light, lead me
From Death to Immortality, lead me”.

Thus untruth covers truth, darkness covers light and death covers immortality.

Dis-covering means pushing aside covers of falsehood, illusion, non-reality, exaggerations of colourings, biases and seeing the truth in the form of Fact, Reality, Certainty and Eternity as-it-is.

Thought-full-ness, concentration, meditation, discussions, research and study can dis-cover the falsehood of all shades to enable one to see the truth.

Lamp of knowledge can remove the darkness of ignorance. To ignite the lamp a match box or another lamp is required.

Self-learning is the matchbox and Guru, the teacher, is another lamp.

Selfishness is death and love is immortality. Selfish ones are forgotten and loving ones are remembered again and again and they live in our hearts eternally.

Thus to dis-cover, think and find the truth, learn and find the light and love and experience deathlessness.

It was a great happiness to add the fourth line to the three great sentences.

*“ASATOMA SADGAMAYA
TAMSOMA JYOTIR GAMAYA
MRITYORMA AMRITAM GAMAYA’
AHAMOMA ATMA GAMAYA*

The 4th sentence means
“From Ego to self lead me”

EGOLESS NESS

Ego is the thickest cover that envelops our self, spirit, soul or consciousness. Actually Ego is untruth, Ego is Darkness, Ego is Death.

Remove the curtain of Ego.

Ego is “I”.

To Dis-cover and Destroy this Ego move from “I” to “We” to “you” to “All”.

“I” leads to unhappiness and “you”, “we” and “all” lead to happiness. When we discover the illusion of ego we recover the illumination of oneness of Team, Family, Company, Society and Humanity.

ASHTAVAKRA GITA (I-8) says :-

*“AHAM KATRETI AHAM MANA
MAHA KRISHNAA HI DANSHITA
NAAHAM KARTETI VISHWAASA
AMRITAM PITVAA SUKHIBHAVA”*

“Feeling of ‘I am doing, I am great’
is the serpent which has bitten you, mate !
‘I am not doing’ Believing in this way
Enjoy the nectar of happiness way! ”

Ego expressing as “I”, “I”, “I” and “I” is the poisonous serpent which kills the spirit of soul. Not “I” but “You”, “We” and “All” is the nectar which makes us happy and super happy.

Dis-cover the Ego and Discover happiness. Go beyond the interest of own to take care of all and be happy. Go from selfishness to all fulfilment and be happy.

To move from I to WE is the simple, easy and practical way of attaining Happiness.

I to WE

UNHAPPINESS TO HAPPINESS

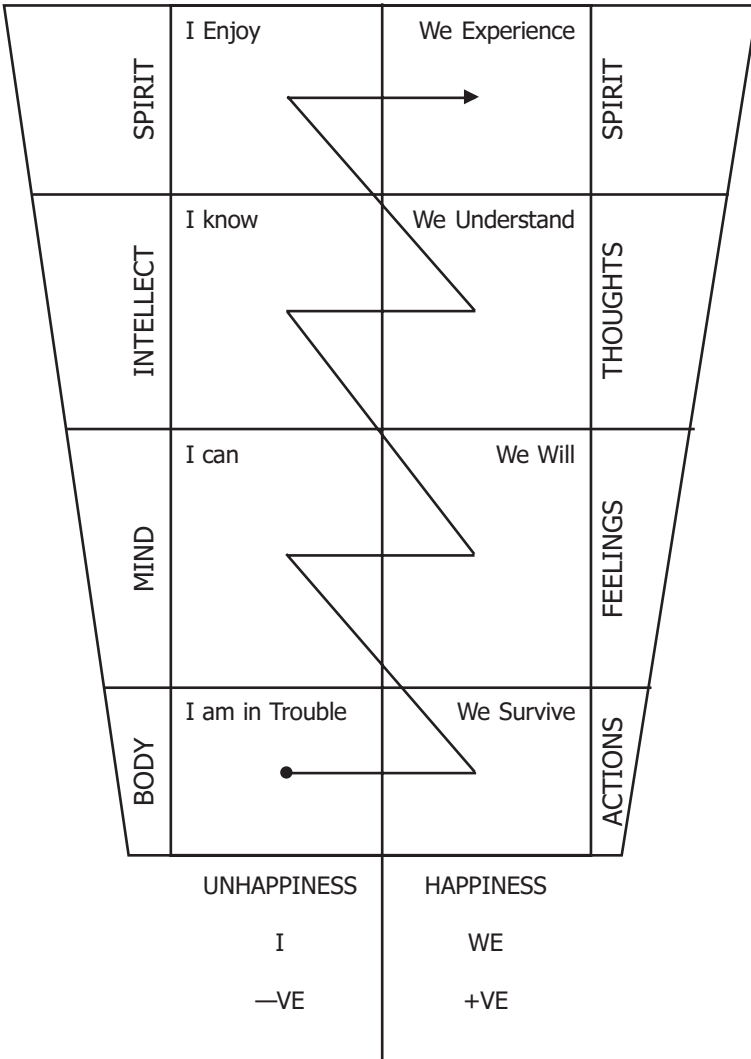


Fig. 1

Highest happiness occurs at spiritual level. But when trouble comes, like floods or fire, the man falls down to body level and becomes "I" oriented. "I am in Trouble" is the thought. Then when he meets another person immediately discussion starts and the attitude change to "we survive!"

Then when they overcome the trouble, immediately I return in the attitude of "I can" " We will" arises when "I" moves to "we" again.

Similarly in the stages of " I know" to "we understand" and "I enjoy" to "we experience" are the wonderful happiness levels.

Mitigate "I" ness and Be happy.

Let us now think what is the purpose of all human activities.

Q. Why AMA is conducting these Management Programmes?

A. To share the spirit and ideas of Indian Wisdom.

Q. What happens when Indian Wisdom is spread?

A. People will learn from our culture.

Q. What will happen? If Indian wisdom is spread?

A. It will help to improve their quality of life.

Q. So what if quality of life improves?

A. People will be happy.

That is it, you take any human activity and ask What? Why? and Why? At the root of all the whys will be happiness. Happiness is purpose, Goal and meaning of life.

Happiness is a feeling of well being, contentment and goodness. Happiness is being glad beyond mad, bad and sad. Happiness is a mind frame including pleasure, happiness, joy and bliss. Chanakya knew that happiness is the purpose of human life. Thus the first sutra of Chanakya Neeti Sutras is about happiness.

“SUKHASYA MOOLAM DHARMA” (C.S.1)

Cause of happiness is doing right. Thus doing right thing, in right way, at right time, in right place to right measure is happiness.

At the end of the day you will have sound sleep not because of how much you have earned but because of the right things you did.

LOVE AND HAPPINESS

Taittiriyanopanishad says (II-5-2)

*“TASMAADVAA ETASMAD VIGNAANA MAYAAD
ANYONTARA AATMANANDA MAYA:
TASYA PRIYAMEVA SHIRAH
MODO DAKSHINA PAKSHA :
PRAMODA UTTARA PAKSHA:
ANANDA AATMAA”*

“To that consciousness of wisdom love is the head, happiness is the right side delight the left side, and bliss is the soul”

Thus love creates happiness, delight, and bliss.

Love is the key for happiness. Love is not just a feeling. Love

is accepting people as they are and then helping them to improve and become better and better.

Love is the universal emotion of friendship and closeness, sympathy and empathy, compassion and consideration and soothing and healing.

True love is beyond like and dislike, love is forgiving and giving and in love minds are cemented.

Love is the feeling of healing. Love is beyond language and speech. Love is not possessing but surrendering. Love is not scaring. Love is caring and sharing. Extend love to one and all and be happy.

PLEASURE TO BLISS:

Indian spirituality has identified four levels of happiness.

These are: Sukha, Santosha, Pramoda and Ananda.

At Body level "Sukha" is pleasure. At mind level "Santosha" is happiness. At Intellect level "Pramoda" is Joy. At spirit level "Ananda" is Bliss.

Man wants pleasures, Man needs happiness

Man requires Joy, Man recharges with Bliss.

Pleasure occurs at Instinct. Happiness occurs at intuition.

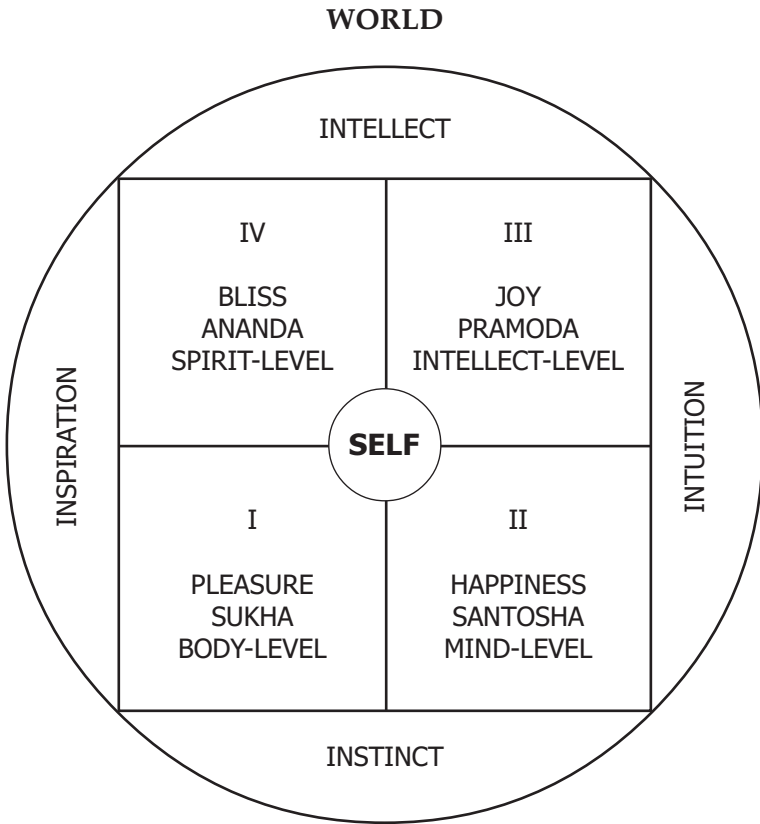
Joy occurs at Intellect. Bliss occurs with Inspiration.

Body experiences pleasures. Mind experiences happiness

Intellect experiences joy. Self experiences Bliss.

Avoid Craving for pleasures. Assure Spreading happiness.

Ensure sharing joy. Experience being in Bliss.



MINDFRAME AND HAPPINESS

Bhagavad Gita clearly contrasts a person with happiness orientation with a person with unhappy orientation.

What is the situation of Krishna and Arjuna when they faced mammoth army of Kauravas. We must notice that Bhishma, Duryodhana and all Kauravas are not only the relatives and friends of Arjuna but also Krishna. Krishna and Arjuna are the sons of brother and sister, Vasudeva and Kunti.

While Arjuna was in terrific tension and grief Krishna was calm, stable, steady and smiling.

Arjuna's situation is :-

*EVAMUKTVA HRISHIKESHAM
GUDAKESHA: PARANTAPA
NAYOTSYA ITI GOVINDAM
UKTVA TUSHNEEM BABHUVAAHA. (B.G. II.9)*

Having said so to lord of sense
winner of dark, who was tense
said "oh"! Govind ! I won't fight"
Terror of Enemies, then kept quiet.

Arjuna, the greatest of warriors, was in intense tension and refused to do the duty of warrior, to do the war.

Krishna on the other hand was not at all disturbed. Let us see the picture of both of them on the field.

*TAMUVAACHA HRISHEEKESHAH
PRAHASANNIVA BHAARATA
SENYORUBHAYORMADHYE
VISHEEDANTAM IDAM VACHAH B.G.II-9*

With smiling face hence
Bharata ! said lord of sense
to grieving one following lines
In the middle of battle lines.

Arjuna was crying and Krishna was smiling. What is the reason? The reason is their worldview and approaches, which we can see in the following lines.

*“YADDRUCHHAYA CHA UPAPANNAM
SWARGA DWAARAM APAVRUTAM
SUKHINA KSHATRIYA: PARTHA
LABHANTE YUDDHAM EEDRUSHAM” – B.G.II – 32*

“War like this, an un sought one
Is heaven’s door, unclosed one
Partha comes, war like this one
For warrior who is deserving one”

The same war, which Arjuna saw as a terrible sad event, Krishna saw as heaven’s door and rare opportunity.

Krishna saw opportunity in apparent danger and Arjuna saw the danger and completely missed the opportunity. Every situation can be considered as either danger or opportunity.

People with positive, pre-active and proactive approach spot the opportunity and people with negative approach will be paralysed by the possibility of the Risk.

Actually no situation is fully a risk or opportunity. How one deals with that situation makes it risk or opportunity. The wise people see “cash” in “chaos”, Exit in “complexity”, Red in “Order” and “learn” in “clearing”

HAPPY PERSON

Yudhishtira was one such wise person who having seen his four brothers dead near the lake of Yaksha was ready to answer the questions of Yaksha.

The most intricate question the Yaksha asked relates to different aspects of happiness.

Yaksha said

*“KO MODATE KIM ASCHARYAM
KA PANTA AH KAA CHA VAARTIKAA
MAMAITAAN CHATURAH PRASNAAN
KATHAYITVA JALAM PIBA*

(M.B.III-313-114)

“Who is happy? What is surprising? What is the Paath? What are the news?”

DEBTLESSNESS IS HAPPINESS

Yudhishtara replied each of these questions in the following manner

*“PANCHAMAAHNE SHASHTEVA
SHAKAM PACCHHAT SWEGRUHE
NAANRUNI APPAUAASEE CHA
VAARICHARA SA MODATE”* *(M.B.III-313-115)*

“That person is happy who is debtless, but stays in his own house and does not become homesick though he eats only once a day!”

What a wonderful way to happiness!

Be without any debts, stay in own house, do not be away from home for long and be happy even though you may not be too rich. So pay your dues, installments and loans in time.

Person without loans and debts is a happy person. “Debts” does not mean monetary debts alone. Be without any kind of debts. Let your credit be more than your debit. That is possible when you give more than what you get on each transaction and situation.

Add value and be happy.

PENDING IS ENDING

For the second question about what is surprising in this world Yudhishtara answers:

*“AHANYAHANI BHOOTHANI
GACCHANTEEHA YARNALAYAM
SHESHA STHAAVAR MICCHANTI
KIM AASCHARYAM ATA PENAH (M.B. 313-116)*

Though every day man watches that some or other is going to cremation ground, he himself wants to live forever! One can see that death may strike at any time without notice. Therefore we should be ready to leave this world on any day at any time.

Are you ready to leave now? What does that mean? It means that you should have no pending works. Pending is ending.

Complete all the jobs, assignments and obligations at the end of each day so that you are happily ready to pack and leave this world.

That person is happy who has no pending works. Be prompt and be happy.

RIGHT PATH FOR HAPPINESS

The third question is about the right path. The answer is :-

*“TARKO APRATISHTAH SHRUTAYO VIBHINNA
NAIKO RISHIRYASYA MATAM PRAMAANAM
DHARMASYA TATTVAM NIHITAA GUHAAYAAM
MAHAA JANO YENA GATAH SAH PANTAANAH”*

(M.B.III-313-117)

“Logic and arguments have no finality,
Vedas are telling different things at different places,
There is no seer whose view is accepted by others,
The secret of right path is a hidden secret, so the path
demonstrated in practice by noble people is the real path”.

So select your idea, your model, your mentor and your
example and follow the path actually practiced and liked
by him or her.

So follow the noble and be happy.

HAPPY NEWS

The answer to the fourth question is very interesting.

*“ASMIN MOHA MAYE KATAAHE
SURYAAGNINA RATRI DIVONDHANENA
MASARTU DARVI PARI GHATTANAENA
BHOOTAANI KAALA PACHATI ITI VAARTAA”*

(M.B.III-313-118)

In the cooking vessel of world filled with oil of delusion by
the heat of sun feeding the wooden fuel pieces of day and

night with the long spoons of months and season, the time is cooking all beings and objectives. This is news”

When cooking is occurring in a vessel by fire there is a big heated churning of things and new things appear on the surface and existing things disappear.

Whenever new appears and existing disappears it is NEWS!

So create NEWS by creating and inculcating new good things and good habits and eliminate not good things and not good habits.

Acquire new good practices and avoid existing not good practices and be happy.

So from Yudhishtira’s wisdom we can be happy by being debtless, by not keeping anything pending, by practising the path of noble people and by acquiring non-existing good qualities and by eliminating existing not good qualities.

This excellent path of improvement.

FOURTH DIMENSION OF HAPPINESS

The divine sage Naarada wanted to find out who were all happy in this universe. He thought Gods were happy. He went to heaven and found that Gods were unhappy among themselves with envy and jealousy. Then he went to see whether Rishis and Munis were happy. He found that they too were unhappy because their quest for knowledge was not satisfied and they were in tapasya and struggle to acquire more knowledge to understand experience THAT ULTIMATE.

He also found that kings were unhappy and were engaged in plotting to conquer more kingdoms.

The rich and businessmen were unhappy and were losing sleep on how to acquire more money.

Naarada went to Lord Vishnu and reported that he could not find even one happy person in this world. Lord Vishnu smiled and advised Naarada to visit the Ashram of Maitreya Maharshi.

Naarada went to Maitreya's Ashram and was surprised to find that all the Rishis, all the guests and all the learners were fully happy.

Naarada asked Maitreya Maharshi who himself was personification of joy and bliss "Sir ! it seems the impossible is achieved here. Every one is very very happy. Sir ! will you please tell me what have you done ?" Maitreya smiled and said "Dear Naaradji. It is simple. I ensure that each one of them gets sufficient food, clothes and shelter. But that is not sufficient. They also need self respect and dignity. So I offer food, shelter, clothing and also honour and dignity to each one of them. They all are happy ? " So dear friends roti, kapada aur makaan are not sufficient; Roti, Kapada, Makaan aur Izzat are required. Respect and dignity are keys for happiness door to open. Can we assure these four necessities to all our family members, colleagues and all stake holders and be extremely happy? !

FOUR WAY TRUTH AND EIGHTWAY PATH

Bhagvaan Gautama Buddha has guided mankind towards grieflessness and towards joyfulness.

*“AROGYA PARAMAA LABHA
SANTUTTI PARAMA DHANAM
VISSASA PARAMAA GNAATI
NIBBANAM PARAMAM SUKHAM”*

Dhammapada – XV-8.

Health is wealth, Supreme one
Contentment is treasure, supreme one
Trusted one is a friend, supreme one
Nirvaana is joy, all is won.

Contentment is a great happiness and treasure. Being contented with what one is blessed with and not craving for what one has not is the real happiness.

Health is wealth. Be healthy and be wealthy, Be healthy and Be happy.

Gain and maintain the friendship of a trusted one. A trusted friend is the source of support and happiness.

Liberation is the ultimate joy.

Buddha has realised the path of liberation, which is elimination of grief and ensuring happiness, Joy and Bliss.

Buddha had found the middle path, which is the source of happiness. Middle path is avoiding two extremes of indulgence in sensual pleasures and self-fortune. Middle path is the avoiding craving and hating. Middle path is choosing optimality.

Middle path is being right without too much or too less.
Excess is not Excellence and deficiency is not efficiency.

Right is that which harms no one and helps all, some or even one.

Buddha has discovered the four truths for the path of grieflessness and sufferinglessness.

The four truths are truth of suffering, truth of cause of suffering, truth of elimination of cause of suffering and the truth of 8-way path towards grief-less-ness, happiness and liberation.

Three stages of eight-way path are conduct (sheela), concentration (samadhi) and consciousness (Pragna).

The eight way path is

I. CONDUCT (SHEELA)

1. Right Speech (Samma Vaacha)
2. Right Action (Samma Kammanta)
3. Right Livelihood (Samma Ajiva)

II. CONCENTRATION (SAMADHI)

1. Right effort (Samma Vaayama)
2. Right mindfulness (Samma Safi)
3. Right concentration (Samma Samadhi)

III. CONSCIOUSNESS (PRAGNA)

1. Right view (Samma Ditti)
2. Right Intention (Samma Sankalpo)

In this manner truthful and pleasant speech, useful actions in service of all, untainted earnings for life support, correct practices and exercises for improvement, being awake, alert and aware with compassionate perspective and world view and with positive intentions for well being of all is the eight way path to ensure happiness and suffering-less-ness.

OFFER AND RECEIVE

Actually each one of us is a package of joy, an ananda swarupa and our basic nature is joy.

This joy can be expressed in the way we relate and transact with people. Take and take is terrorism, Take and give is Government, Give and take is business and offer and receive is divinity.

Take and take and take and give create unhappiness and dissatisfaction.

Give and take and offer and receive create satisfaction and happiness.

What is to be offered and what is to be recieved ? Offer love and receive dedication, offer recognition and receive work, offer knowledge and receive learning, offer trust and receive responsibility.

Also offer dedication and receive love, offer work and receive recognition, offer learning and receive knowledge, offer responsibility and receive trust.

Dedication and love, work and recognition, learning and knowledge and responsibility and trust create tremendous happiness.

Responsible leadership creates all round happiness through love, recognition, knowledge and trust.

LEADER AND HAPPINESS

Chanakya clearly states what is happiness for leaders.

*“PRAJAA SUKHE SUKHAM RAGNA
PRAJAANAAM CHA HITE HITAM
NAATAMA PRIYAM HITAM RAGNA
PRAJAANAAM CH TU PRIYAM HITAM”*

Kautilya Artha Shaashtra 1.19.34)

In the happiness of his people lies the happiness of the leader. In their welfare is his welfare. He shall not consider good only that which pleases him but treat as beneficial to him whatever causes happiness to all.

STABLE MIND AND HAPPINESS

Happiness is the state of mind.

Stable mind creates happiness and unstable mind creates unhappiness

Positive mind is happy mind and negative mind is unhappy mind

Bhagvad Gita informs us about the happiness of highest order.

*YUNJANNEVAM SADAATMAANAM
YOGI VIGATAKALMASHA :
SUKHENA BRAHMA SAMSPARSHAM
ATYANTA SUKHAM ASHONOTE*

(B.G. VI-28)

Constantly engaging mind in stable way with full concentration the yogi attains with ease the infinite bliss of contact with the ultimate.

BE HAPPY – BE DIVINE

1. **GIST OF HUMAN NATURE:** The ideas presented in this short work are the gist of human nature. This is the essence of all philosophies, all religions, all psychological theories, all management approaches and all self-improvement methods. The reader is invited to become partner in this bouquet of concepts and practices and to contemplate and contribute by thought and experience.
2. **FOUR FACES:** Man can be what he chooses to be. This freedom to choose opens the door of immense potential within each of us. Basically any person can be a happy person or an unhappy person or divine person or devilish person.

Divinity, happiness, unhappiness and devility are the four faces of man and four facets of life. You can choose and be that.

3. **FOUR STATES:** The four states are Divinity, Happiness, Unhappiness and Devility.

No other person can make you happy or unhappy. You become happy or unhappy.

No other person can make you divine or devil. You become divine or devil.

You are the key. We name or blame others just for the satisfaction of our minds. Basically, one has to take responsibility for him. Others can assist in the process.

4. **FOUR KEYS**

1. Positiveness is happiness
2. Negativeness is unhappiness
3. Helping others is divinity
4. Hurting others is devility

When you are positive you are happy within yourself. Your positive outlook towards the world generates happy in-feeling within you.

Your negative outlook towards the world generates unhappy in-feeling within you.

When you help others divinity shines in and around you.

When you hurt others devility dances around you.

5. **JOURNEY:** Journey of self fulfilment and self realisation in simple words is nothing but moving from negativeness to positiveness and from hurting to helping.

You realise your full potential when you are totally positive inside and when you are always helpful to all outside.

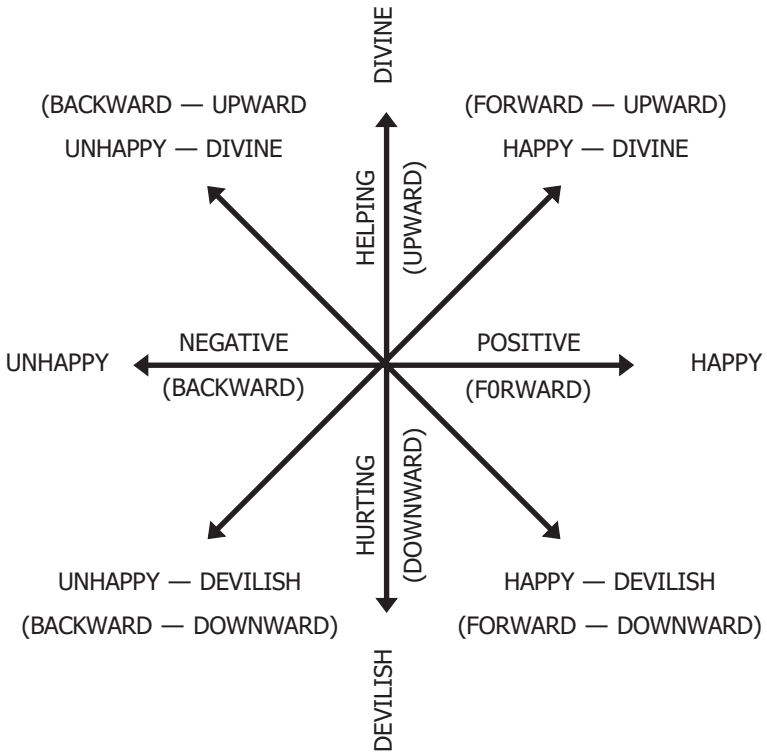
6. **NEGATIVE:** Being negative is denying the joy of self. Aspects of negativeness are criticising, finding faults, doubting, jealousy, neglecting, non-responding, anger, blaming, insincerity, dishonesty, carelessness, laziness, falsity, roughness and insulting.
7. **POSITIVE:** Being positive is accepting the joy of self. Aspects of positiveness are appreciating, finding strengths, trusting, accepting, attending, responding, love, recognising, sincerity, carefulness, alertness, truth, pleasantness and respecting.
8. **HURTING :** Hurting others is destroying the light of self. Aspects of hurting are obstructing, restricting, rigidity, spoiling team work, creating disorder, discouraging the learning, taking without sharing, inconveniencing, opposing, snatching, misguiding, demotivating, imposing and dictating.
9. **HELPING :** Helping others is extending the light of self. Aspects of helping are co-operation, accommodation, adjusting, teamwork, co-ordinating, training, sharing, facilitating, supporting, giving, guiding, motivating, inspiring, assisting and participating.
10. **MEASURING:** Now measure your four-tune, which is your real fortune. Evaluate yourself both as a judge and jury.

A. Positive = _____%
 Negative = _____%
 TOTAL = 100%

B. Helping = _____%
 Hurting = _____%
 TOTAL = 100%

Your Name: _____ Date _____

BE HAPPY — BE DEVINE



11. **FOUR SIGHTS**

POSITIVE PERSON IS HAPPY PERSON

NEGATIVE PERSON IS UNHAPPY PERSON

HELPING PERSON IS DIVINE

HURTING PERSON IS DEVILISH

12. **PLAN FOR PROGRESS**

13. **BE POSITIVE - HELP OTHERS**

Let us now see the essence of the Discovering the art of happiness.

1. Let us discover the art of happiness
Be happy and be in delight, joy and bliss.
2. Discovering is Dis-covering you see
Uncover the curtains and joyful, be
3. Untruth covers truth falsehood is on rise
Search for truth beyond the biases and be wise.
4. Darkness covers light, it is all ignorance
Lighten the lamp of knowledge through learning,
Guru's grace.
5. Mortality covers the immortality and it is Dead End
Beyond selfishness extend love for Lively Trend.
6. Leave you ego love whole world
Within you will shine lights of world.
7. Ego creates grief let ego go
"I" to "U", "V" and "All" is happiness flow.

8. "I am doing" is unhappiness way
"I am the means" is happiness highway.
9. Cause of happiness is doing right.
Do right things in right way be happily right.
10. Love is accepting people as they are see
Then serving them to become better delighted be
11. Pleasure is heaven at beginning hell at the end
Real happiness is with difficulties at beginning, heaven
at the end.
12. Bodily pleasures are cause of pain
With non-craving is mind happiness gain.
13. Thought purity is the source of joy
With positive thoughts please ever enjoy.
14. Serve others with empathy, experience bliss
With healing others worthy is life : this
15. Happiness is as per mind frame
Mind plays the like, dislike game.
16. Beyond the like, dislike is the right way
Whether you like or not go the right way.
17. Some see the opportunity and danger see not
Some see the danger and opportunity see not.
18. See the danger and the opportunity too
Crossing the danger utilize opportunity you

19. Accept the reality as it is
Attempt for best whatever it is.
20. Happiness is in facing the challenge, you see
Delight is being winner, that you be
21. See the “cash” in “chaos” and enjoy
See the “exit” in “complexity” be in Joy.
22. See “Red” in “order”, avoid that you
See “learn”ing in “clearing,” please learn too.
23. Be debtless, self reliant and happy you be
With nothing pending, to leave this world happily
ready, be
24. Happily follow the path of noble who did good
Follow their example, become example being very good.
25. Generate happiness by creating better now
Avoid unhappiness avoiding avoidable now.
26. Ensure food, cloths, shelter for all
Also ensure respect, dignity for all.
27. Be satisfied with whatever you got
Do not crave for all whole lot.
28. With Right speech, Right action, Right livelihood too
Generate happiness with own conduct you
29. With Right effort, Right mindfulness too
And with right concentration happily progress you.

30. With Right view, Right vision see much far
With Right intention plan go much more far.
31. Take and Take, Take and Give is unhappiness
Give and Take and Offer and Receive are great
happiness.
32. Peoples' happiness is leader's happiness
That is the way to total happiness.
33. Be stable in mind on happiness way
Feelings with thoughtfulness is joyful way.
34. When you are positive inside happy you are
When you are negative inside unhappy you are.
35. When you are helpful divine you are
When you are hurting others devilish you are.
36. Be positive and helpful you sure be
In that way happy divine you be.
37. With love & light be joyful one
Serve and deserve to be unified one.
38. Enjoy the In-Joy of being Responsible self
Being noble in this way just be Blissful self.

JOY AND BLISS

Ashtaavakra Gita tells us about our basic nature:

ANANDA PARAMAANANDA

SA BODHA STVAM SUKHAM CHARA

(A.G. I-10)

“You are verily bliss and super bliss know that fully and be happy”

Once we understand that our nature is bliss we can express and spread the universal happiness.

THE SONG OF BLISS

Our true nature is Joy and Bliss.

Sri Adishankaracharya has described the undescrivable state of ultimate happiness in his Immortal poem “NIRVAANASHATKAM” which is the SONG OF BLISS.

Come! Let us enjoy the in joy of the Unity of Bliss.

NIRVAANA SHATKAM THE SONG OF BLISS

1. *MANO BUDDHI AHANKARA CHITTANI NAAHAM
NA CHA SHROTRA JIHVE NA CHA GHRANA NETRE
NA CHA VYOMA BHOOMI NA TEJO NA VAAYUH
CHIDANANDA ROOPA SHIVOHAM SHIVOHAM*
2. *NA CHA PRAANA SANGNE NA VAI PANCHA VAAYUH
NAVAA SAPTA DHAATU NA VAA PANCHA KOSHAAH
NA VAAKPAANI PAADAM NA CHOPASTA PAAYU
CHIDANANDA ROOPAH SHIVOHAM SHIVOHAM*
3. *NA ME DVESHA RAGAU NA ME LOBHA MOHAU
MADO NAIVA ME NAIVA MAATSARYA BHAAVAH
NA DHARMO NA CHAARTHO NAKAAMO NA MOKSHAA
CHIDANANDA ROOPAH SHIVOHAM SHIVOHAM*

4. *NA PUNYAM NA PAPAM NA SAUKHYAM NA DUKHAM
NA MANTRO NA THEETRHAM NA VEDA NA YAGNAAH
AHAM BHOJANAM NAIVA BHOJYAM NA BHOKTAA
CHIDANANDA ROOPAH SHIVOHAM SHIVOHAM*

5. *NA ME MRITYU SANKAA NA ME JAATI BHEDAH
PITAA NAIVA ME NAIVA MATAA NA JANMA
NA BANDHUR NA MITRAM GURURNAIVA SHISHYA
CHIDANANDA ROOPAH SHIVOHAM SHIVOHAM*

6. *AHAM NIRVIKALPO NIRAAKARA RUPO
VIBHUTVAACCHA SARVATRA SARVENDRIYANAAM
NA CHA SANGATAM NAIVA MUKTIRNA MEYAH
CHIDANANDA ROOPAH SHIVOHAM SHIVOHAM*

SONG OF BLISS

1. Mind, intellect, ego, memory are not me
Hearing, taste, smell, touch, seeing, not me
Space, earth, water, fire, air are not me
Consciousness-Bliss, pure pure is sure me.

2. Pulse-of-life and five breaths are not me
Seven compounds and five layers are not me
Speech, hands, feet and organs are not me
Consciousness-Bliss, pure pure is sure me.

3. Hate, attachment, greed, delusion are not me
Intoxication, aggressive-intention are not me
Right, wealth, desire, freedom are not me
Consciousness-Bliss, pure pure is sure me.

4. Merit, sin, pleasure, pain are not me
Mind-instrument and pilgrim place are not me
Knowledge, endeavour, enjoyable, enjoyer is not me.
Consciousness-Bliss, pure pure is sure me.

5. Fear of death, race difference are not for me
Father, mother, birth are not there for me
Relative, friend, student, teacher is not me
Consciousness-Bliss, pure pure is sure me.

6. Deformless, formless, form is me
Lord of all organs everywhere is me
Equal to all, unconcerned about binding, freedom is me
Consciousness-Bliss, pure pure is sure me.

Transcending from material consideration and experiencing spirituality of oneness is ultimate happiness.

With feelings of togetherness with love and light and with best wishes to you for an experience of Blissfull unity.

Namaste.

THIS IS THAT

THIS (HAPPINESS) IS THAT (HIGHEST)



Guruji Shri G. Narayana (65), is Chairman Emeritus of Excel Industries Limited, Chairman and Director of several companies and a Mentor, Contributor, Educator and Trainer in Management.

He is a mentor to several chief executives, executives, lecturers, students, corporations, management institutions, universities, colleges, schools and social, spiritual and voluntary organizations.

He has adopted a missionary life of contributing and assisting several people to experience their own inner light and potential and for peace and harmony amongst different people and groups.

Guruji is recognized and respectfully called as "Arsha Vidya Vibhushana", "Soujanya Premeshraya", "Sarva Vedanta Daksha", "Vedodharaika Diksha", "Pitamaha", "Mahatma", and "Brahmiparayana" by Industry, Laureates, Yogis, Acharyas and Seers.