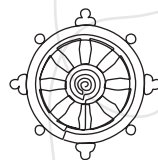


# WHAT IS THE PURPOSE OF HUMAN LIFE?

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## CHAPTER 5



### WHAT IS THE PURPOSE OF HUMAN LIFE?

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If you are born, there should  
be some purpose for this life,  
not to just live and die.

WHAT IS THE PURPOSE OF HUMAN LIFE?

We have seen the process of birth; how karma plays role in our actions; and understood about death. In the process of birth and death, no one has any choice.  
But, if we are born there should be some purpose for our life.

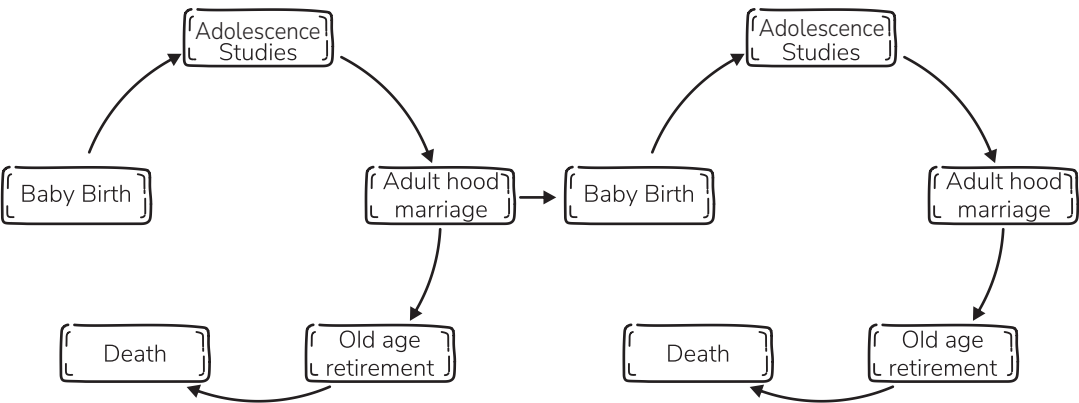
Have you ever asked yourself:

- What is the purpose of 'My' life?
- Why I was born?
- Why I am going through this life experience?

When you ask people these questions, surprisingly there is no answer from many. People who are enjoying their life, wonder “why are you asking the question?”

Some people relate it to their life goals and say “to pursue my life ambitions, to fulfil my dreams”.

Others say “to live and experience is the goal of life”.



Many people's 'purpose of life' is to acquire materialistic objects and enjoy the pleasures.

If you try internet to find answer for 'what is the purpose of life' – You will find mainly spiritual websites.

Most people live almost mechanically, unconscious of any ideal or purpose of life. They are born, struggle for a living, and die.

Is there a purpose for this human life? Why we are born and how we came here? What are our duties ?

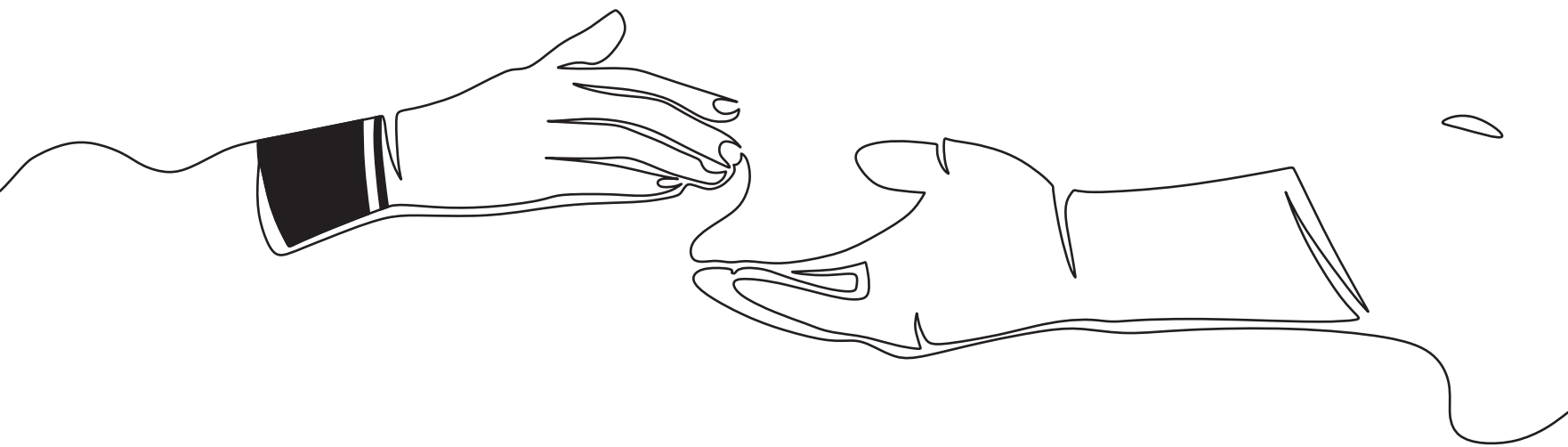
Since, we have landed on this planet knowingly or unknowingly; it is wise to find the purpose and aim towards it.

### **Importance of human being**

Except for human beings, the bodies of all other beings are formed to enable them to secure food only.

The faculty to think and use 'free will' to discriminate and choose between two sets of alternatives is bestowed upon humans only. If not, what is the difference between human beings and other living creatures like plants, insects and animals? They too are born; they too grow up, procreate and die.

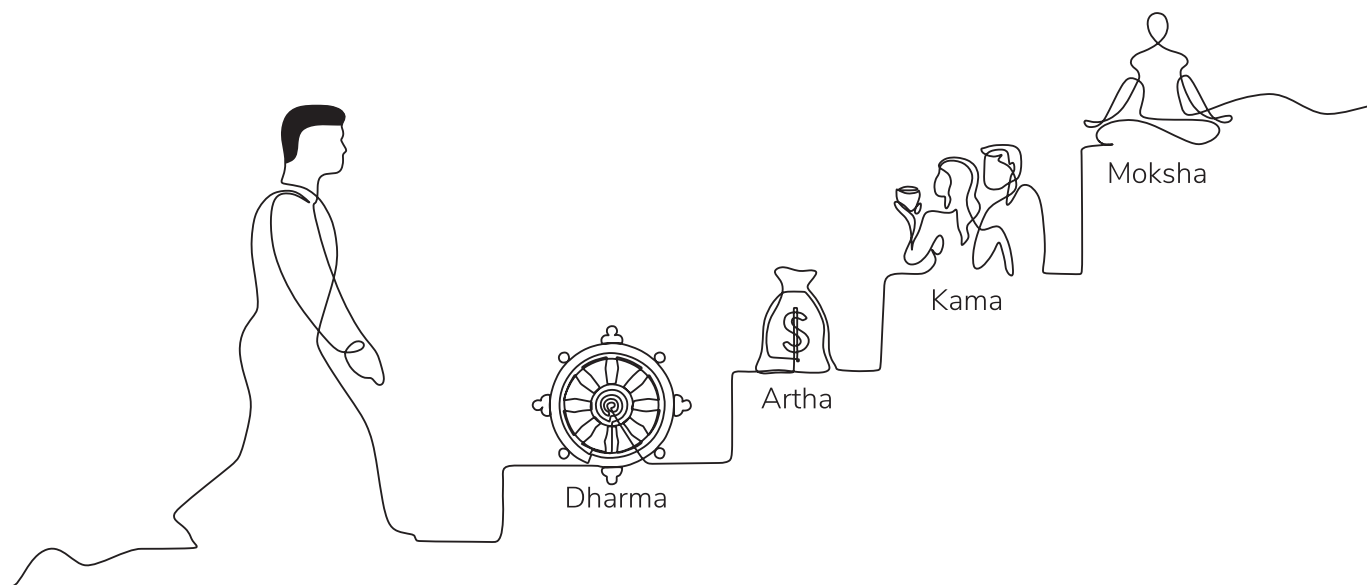
So, there is some importance or purpose for the human life.



## Four Objectives of Human Life

Hinduism attempted to define purpose of human life by setting well-defined objectives or four goals which are:

- 1. Dharma** (Moral Duty) - is the truth and right way or duty of living. Not going against the intentions and motives behind the purpose of Nature and her laws of creation.
- 2. Artha** (Economic Prosperity) - to earn money, honestly for fulfilling one's desires and financial security, to live with basic comforts you need a career, activity etc., in the world and be contented.
- 3. Kāma** (Desire or Pleasure) - is having desires and enjoying pleasures sensibly without lust or attachment, to bring happiness in your life.
- 4. Mokṣa** - is liberation from suffering-the realisation of the Self, is seen as the act of accessing sustainable happiness, and is the ultimate goal of all human beings.



Hindu Scriptures say “The cosmic purpose of a human life is to get rid of the illusory bondage that Consciousness had ignorantly established on itself, through Self- realisation or enlightenment.”

Humans have to follow first three objectives and achieve Moksha - which is the ultimate goal of life. It could be said that the other three are simply stepping stones to this state of heightened awareness.

Many wise men put 'Artha' first on the list of the prescribed four goals, for a simple reason- "If people don't have enough money for food and other basic necessities, they don't feel safe." So they don't think about the other three.

**Out of all four, Dharma is the most important objective.**

**Following Dharma or Living the righteous way is to:**

- Speak truth; and being truthful in thoughts, words and deeds.
- Not to harm any living being, physically or mentally.
- Not to steal other's money or things. Not even to hoard more than what is necessary.
- Not to indulge in any sexual activities before marriage and being faithful to the spouse after marriage.
- Not to consume any type of intoxicants.

Even, Artha- gaining economically and Kāma- fulfilling desires should be under the umbrella of Dharma or else, we can't turn our attention towards Mokṣa. So, following Dharma is upper most to move towards Mokṣa.

Following dharma, the results will be immense. Ultimately truthfulness wins. This brings peacefulness in peoples life. They will get inspiration for Mokṣa. Their mind will be purified for hearing Satsangs and study of books, which will make them understand the subtle meanings of scriptures. A person will get motivated to share his time and wealth to the needy in a subtle way.

Generally, 85% of people in the society follow Dharma by nature; or due to fear. Balance 15 % do not follow Dharma and want to earn money and become successful by hook or crook. They are insensitive.

But if 'Moksha' the final goal of human life is to be achieved, whatever we want to earn should be in righteous way. No excuses or omissions allowed. People think it is tough to do business or running an organisation, following totally as per Dharma, without corruption, cheating in taxes etc...

Guru says “I agree it is tough, but you can still do business in a smaller scale following Dharma. Then instead of running around, you will have time to read and understand scriptures. Temptations will subside, paving way to Mokṣa. If you want to attain Mokṣa, there is no other choice.”

So following Dharma- Artha and Kāma will not only be disciplined, but also never become an obstacle to attain the final goal of 'Mokṣa'.

**Duties of a Human being:**

Hinduism , being a way of life, sets a part specific duties for each stage of life to achieve the goals of a human birth.

STUDENT	HOUSE HOLDER	RETIRED PERSON	RENUNCIATE
<ul style="list-style-type: none"><li>• Austerity</li><li>• Study</li><li>• Practice</li><li>• Service</li></ul>	<ul style="list-style-type: none"><li>• Service to God</li><li>• Family Responsibilities</li><li>• Service to Society</li><li>• Service to Animals</li></ul>	<ul style="list-style-type: none"><li>• Reading Scriptures</li><li>• Contemplate</li><li>• Self Control</li><li>• Service to Guru</li></ul>	<ul style="list-style-type: none"><li>• Only think of God</li><li>• Self Realisation</li></ul>

The first stage is the period of studentship, when one is trained to understand Dharma and perform his duties.

In the second stage, one accomplishes Artha, on the lines of Dharma and perform his duties.

In the third stage, one starts effort for Moksha through Shravana, Manana and perform his duties.

In the fourth stage, one becomes a monk, and strives only for Moksha.

In the present society, many people have forgotten their own duties and purpose of life. After achieving basic financial security(Artha), human beings exert only for fulfilling their desires (Kama). Their never-ending desires made them indulge in sense gratifications, thus making people perform wrong deeds leading to disastrous consequences. People are blindly running after money to fulfil their desires forgetting about Dharma and Moksha.

### How 'Desire' is making people fall into the trap?

The desire is the main kingpin which convinces a person, that once a desire is fulfilled life is 'full of happiness'. Once that desire is fulfilled, it gives the taste of 'Happiness' and makes the person to want again and again for that 'Happiness'.

### What is Happiness?

Absence of sorrow is 'Happiness'.

Happiness is that feeling that comes when a person feels 'life is good'.

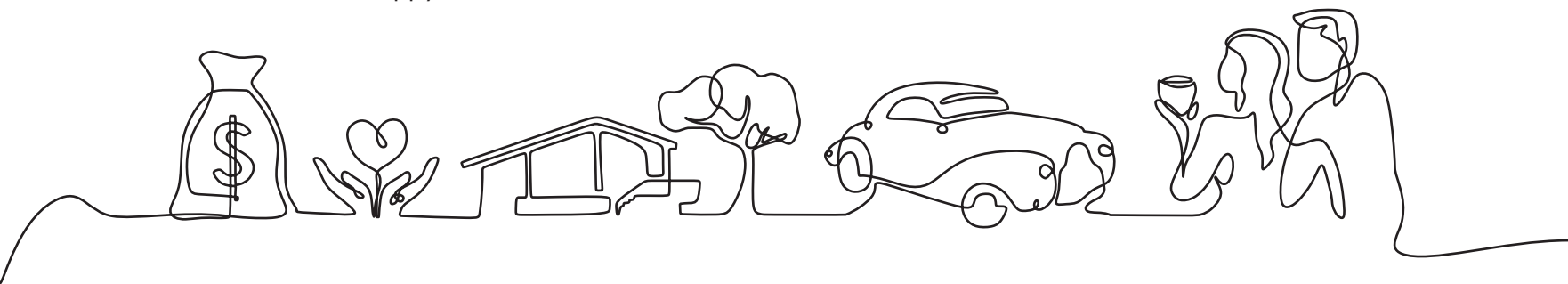
Happiness is a sense of well-being, joy or satisfaction, when people are successful, safe or lucky.

When a person's desire is fulfilled and things are going the way a person wants, he is happy.

People give different reasons on how they can become happy:

For example:

- An unemployed person thinks “If I get a good job, I will be happy.”
- An employed person thinks “If I get a promotion, I will be happy.”
- A business man thinks “If I earn more profits in business, I will be happy.”
- A person having ill health thinks “If my health becomes perfectly all right, I will be happy.”
- An unmarried man thinks, “If I get married, I'll be very happy”; the married man on the other hand thinks, “Oh my God! If I had only remained a bachelor, I would have been happy.”
- “If I buy a house, I will be happy” and after buying, a person feels “If I had purchased a bigger house, I would have been more happy.”



The desire list for worldly objects will be very long and endless. After possessing the desired object, the 'Happiness' which has come from that object starts diminishing. So the person starts running after new objects again and again..

### **Happiness is before and after Sorrow:** (Happiness-sorrow- happiness)

If you watch out very carefully, you will see that, after every bit of happiness, some unhappiness crops up again. Like buy one, get one free.

#### **For example, I have planned a holiday trip with my friends.**

- I took permission from Boss and booked tickets in advance, getting good deal- happy
- Just two days before, one of my closest friend, cancels trip -unhappy
- My tour operator informs that an additional cruise trip is given as complimentary- happy
- My Boss calls one day before the departure and requests to attend urgent work – unhappy
- I was able to complete the work by afternoon to catch flight - happy
- I reach the airport late and found that I am offloaded due to overbooking- unhappy
- But, because of my frequent flyer status, they upgraded me to first class - happy
- Due to delay, my luggage was not loaded in the same flight– unhappy
- I enjoy the journey with friends - happy
- I have to leave for the hotel without luggage- unhappy
- I get a message that my luggage will be delivered at the hotel in an hour- happy
- I reach the hotel to find it will take two hours extra for check in- unhappy
- Finally, I check in and get a good view of the city from the room - happy
- I notice that shower is not working, and upset on hotel maintenance- unhappy
- I am upgraded to a suite room at no additional charge - happy
- But, city view was not available from the suite -unhappy

Though, this is given as an example, we face similar experiences in our life. Happiness followed by unhappiness followed by happiness followed by...  
**“Kabhi-Kushi-Kabhi-Gham”** - ‘Sometimes happy, sometimes sad’



- Every human being seeks comfort and joy without inviting sorrow. Everyone without exception wants to have 'only Happiness'. Yet sorrow occurs even without being desired for it. Nobody wants to experience pain unless one is guaranteed that, by enduring the pain, more 'Happiness' will follow.

Ex: Like, undergoing an operation for removal of tumour.

### **Why sorrow or unhappiness comes in between:**

- When the desire is not fulfilled or not upto expectation-unhappiness will result.  
Ex: A person was not given promotion. Or not posted to his desired city after promotion.
- When a person finds sudden interruption to his 'comfortable' life.  
Ex: A person loses high paid job due to disruption of business.

So the 'Happiness' is lost when the person is not able to get 'tangible' and 'intangible' objects as desired; and when he loses his comfort.

### **Does Money bring Happiness?**

It is universal belief that if one earns money, all desires can be fulfilled and become 'Happy'.

Some people say 'Every thing has a price'- but that it is just arrogance. Yet there are certain things which money cannot buy.

Ex 1: You cannot buy love or by pass any law of the state.

Ex 2: Some people don't sell their property or an object, inspite of a hefty price offering to them.

### **However general feeling is that Money brings 'Happiness'.**

The desire of earning money starts with a belief, that it can overcome suffering, by earning money;  
But continues to suffer later because of worry about losing that wealth.

Ex: A kid feels sad for not having a desired toy -say because lack of money, availability etc. Once the kid gets the object, sorrow will set in because he didn't get the colour of his choice or not working to his expectation or of fear of losing it.

### **Earning money doesn't make all that happy.**

First of all it depends on how ethically it is earned. Because it is said free money never stays long.

Money also brings suffering due to infighting between family or partners.

Earning money is very addictive, because people have the feeling that 'I can buy anything I want'. So they need to earn more money, to buy objects due to non-stop desires.

Some people say that 'My money isn't making me happy,' yet they continue striving hard to earn more and more in the hope of becoming happier one day.

It's easy to say that 'I am tired of earning', but very hard to give up.

On one hand it doesn't make them happy, and on the other hand it doesn't make them content either. It is because, they are not ready to sacrifice their comforts and luxuries to which they became addicts.

People don't realise that once their needs of basic luxury are taken care of, the level of comfort doesn't increase proportionately, but they get deluded and feel that 'I am enjoying more than earlier'.

Let us see how 'comfort' makes us a slave:

We invite a 'guest' to our house.  
Slowly the guest becomes Host.  
After sometime he becomes ghost.  
Later he roasts and ousts us from our house.

**Swami Chinmayananda** calls this guest as “**comfort**”.  
It comes as a guest but makes us slave.

This comfort starts from the continuous gratification of senses due to desires.

Ex: Fire blazes, if it is fuelled. When priests offer ghee, wood etc., in a fire ritual, the flames rise higher and higher. Similarly the five sense organs of perception bring the sense-objects in the form of sense-stimuli to the individual mind. Once a person starts enjoying the objects, the stimuli grows more desires and mind demands their fulfilment of those desires.

Generally, the fire in the altar always comes down, when there is no fuel, but due to the continuous offerings, it continues to blaze. Similarly, the mind is always trying to get back to its original calm state, but is kept a fire because of fulfilment of the temptations of the five sense-organs and five organs of action.

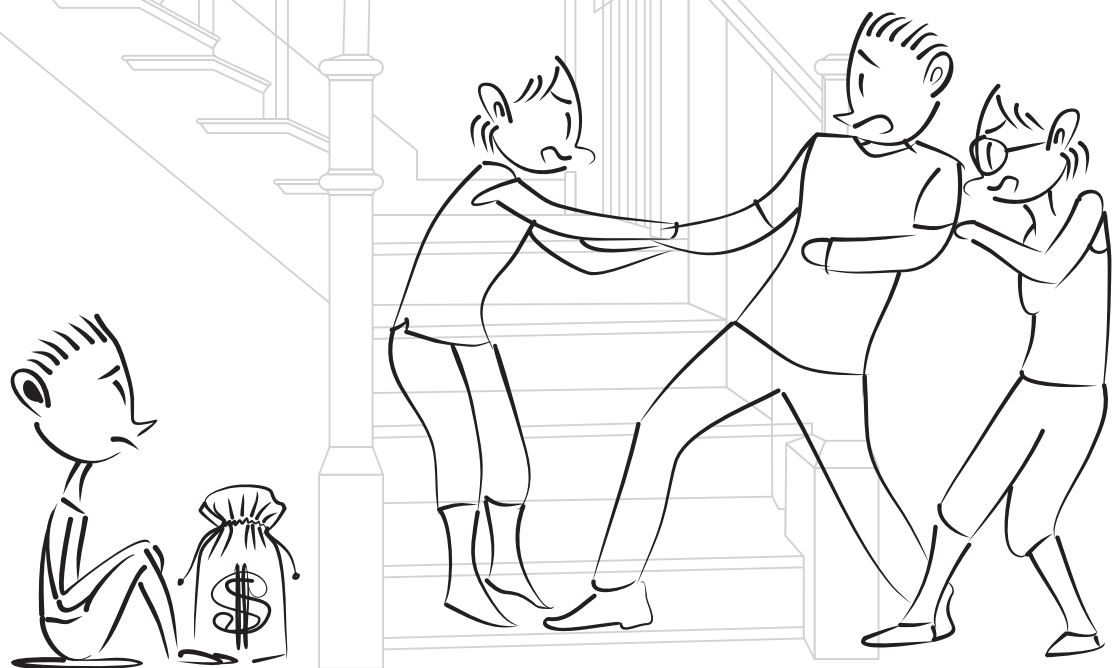


**Let us look at this story:**

A robber entered a house one night and sat in a corner waiting for an opportune moment. The house holder was getting down the steps to meet his second wife, who is in the ground floor. The first wife came and started pulling him up; and, the second wife joined from below, dragging him down. With both wives fighting till dawn, the robber was caught and taken to the court by the police. The robber finally pleaded guilty and requested the judge to give him any punishment except; becoming, the husband of two wives!

when if it is tough to handle even two wives, then think of handling 10 wives (senses) and 1000 plus girl friends (television channels) for a person.

This is the present situation of all the people.



### Is Happiness in gaining desired objects?

People desire objects because they bring them comfort and joy. Let us evaluate if objects derive 'Happiness'

#### Tangible objects:

- A person eats a pizza, he gets happiness. But if he eats 25 pizzas?
- A person buys a Rolls Royce to be happy. But if he owns 25 similar cars?

If happiness is in the object, it should increase with quantity. Isn't it?

#### Intangible objects:

- A person gets a promotion with rank and increment, but posted in a remote place, where he cannot take his family.
- A person likes a movie, but can he see the same one again and again?

The happiness and joy does not last for a long time and but, but considerably diminishes with each repetition.

People may say, 'I enjoy what I want and get happiness, I do not overindulge'.

Even in this case, happiness doesn't just come from objects- but from a combination of three items.

All the three should go together to obtain objective joy. In the absence of any one ingredient, we don't get happiness.

Let us evaluate this from this conversation narrated by **Guru Raparti Ramarao** on 'How do you gain happiness'



**Guru:** To get happiness we need three items

1. A desire
  2. An object
  3. The presence of healthy organ to enjoy the object
- For example tell me when do you feel happy?

**Disciple:** While watching an interesting T.V. programme.

**Guru:** That means in order to be happy

1. There must be a good working T.V. Set
2. Strong desire to watch the programme.
3. Your sense organs like eyes and ears should be in perfect condition.

Suppose on return from office, after tiresome schedule you are inclined to relax in the bed. Then do you feel to watch T.V. Show? Would it induce happiness?

**Disciple:** No, sir! Absolutely not. Even if somebody is watching the T.V. , I will ask him to switch it off.

**Guru:** Suppose now you are having mood to watch TV, but the TV doesn't work due to technical snag- do you feel Happy?

**Disciple:** No sir.

**Guru:** Suppose you are suffering with eye or ear infection then, does T.V. give you happiness?

**Disciple:** It does not give

**Guru:** Hence to get happiness three things must be present

1. Desire 2. Object 3. Organ to enjoy the object

For instance, there is a beggar, who is hungry, (desire to have food) and has ability to eat (presence of organ to eat) but the food is not available (object) then does he get happiness?

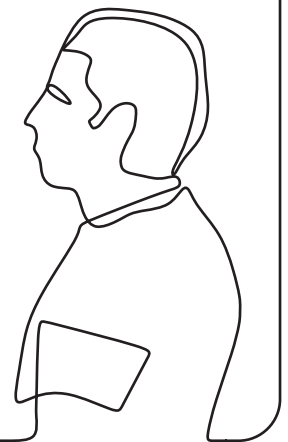
**Disciple :** No. Guruji. He continues to suffer due to hunger.

**Guru:** Consider there is a rich man. 'He is hungry (desire); many food items are available (object); but he has throat cancer (defective organ). He cannot eat. Can he be happy?

**Disciple:** He cannot be.

**Guru:** There is a boy. On his birthday his mother prepared a special cake which he likes very much. In the mean time, he took his friends to a hotel to give them a treat on the occasion of his birthday. As he was forced to eat more by his friends, he returns home with belly filled. Then, can that special cake give him happiness

**Disciple:** It won't give happiness.



So, from this conversation, we understand to get happiness, first the following three factors are to be satisfied.

1. Desire 2. Object 3. Concerned organ to enjoy.

If you ask persons, who met these three requirements 'Whether you felt happy, when you got what you desired'?

They say 'Yes', I enjoyed happiness when I got the desired object, but it was not there after sometime'.

**When asked 'why that happiness is not permanent?', they can't answer.**

**For example:**

Ex 1: A person eats his favourite sweet after a long gap, and once the taste of the first bite is experienced- 'Joy and Happiness' is felt. But that happiness is lost after some time.

Ex 2: When a person purchases a new car, he experiences 'Happiness' while sitting and driving the car, feeling pride of ownership and ecstasy due to fulfilment of his long cherished desire. But the same feeling is not lasting after some days.

Any desire once fulfilled, results in satisfaction by an experience of varying degrees as a joy, happiness, peace, bliss.

That is why, we remember the past experience and wish to repeat the act, with the hope that it will lead to a similar experience. We presuppose the feeling of 'Happiness' from the object, assuming it will provide happiness in the future too. But it vanishes over a period of time.

**So the 'Happiness' from the desired object is not permanent. Why?**

Because none of those objects are permanent.

Ex 1: You eat your favourite food and once digested that 'Happiness' from that object is lost.

Ex 2: You buy a new vehicle, it wears out over a period of time; the colour fades away; meets with an accident etc., which compels us to get disinterested in that object.

It is due to sheer ignorance that we desire to possess these perishable objects, to give us temporary happiness; which, often results in anxiety and stress. Even after the desire is fulfilled and the object is in our hands, unfortunately instead of enjoying the 'Happiness', we again start desiring for a fresh object and run for 'Happiness', forgetting the 'Happiness' that we already have.

It will be an unending search, if a person wants to find infinite peace in finite matter. We are searching for the right thing(Happiness); but, in the wrong place(objects).

### Then what is the real reason for 'Happiness'?

Whenever a desire arises in mind, the mind will be in a disturbed state until that desire is fulfilled.

Let us take the favourite sweet example we discussed earlier:

When the desire of eating a sweet has come, this will cause an emotion to fulfil the desire.

Then it prompts the person to order the sweet and as it is delivered, the urge slowly starts subsiding.

When the person is actually enjoying the sweet, the urge emotion is totally nullified.

At that moment, he experiences 'Happiness'.

But, the real reason for that 'Happiness' is, as soon as a desire is satisfied, the 'urge' which has prompted the desire will vanish. The 'disturbance or agitation' in mind which was being experienced to fulfil the desire, will cease.

When the restless waves of the mind subside, the person will be in a tranquil state. In that 'No- thought moment' a state of bliss will be experienced.

*"This is the true source of delight".*

But when he takes the second, third bite of the sweet -the 'Joy, Happiness, Ecstasy' feeling will slowly start diminishing, as thoughts would have developed in his mind, about some other subject. Notice this aspect, when your desire for any item is fulfilled.

A person goes on a foreign tour, and when he sees a scenic beauty from top of a mountain for the first time, he says 'WoW' and experiences 'Joy and Happiness'. At that time, he was fully immersed in the scene, without any other thoughts. But when he goes for the second time, he doesn't feel the same experience, because he will be remembering some thoughts of his past visit or doesn't give 100% attention like last time.





If happiness really exists in the objects- every *time*, *everybody* must be able to get it from those objects, *everywhere*. In fact, that is not happening.

### Unhappiness is also not in objects:

It is same with unhappiness or sorrow. It is internal worry and fear, that bring thoughts and create agitation in the mind creating 'unhappiness', but unknowingly we relate it to outside objects or circumstances.

**Sadguru Jaggi Vasudev** gives an example

- A person losing 50% value of his 50 million worth of shares in stocks and
- A farmer losing one of his two cows

#### **Both have lost 50% of their wealth.**

The value of shares lost is 25 million and farmer cow value is Rs. 50,000/.

Both wanted to commit suicide, the sorrow felt by both the persons is same.

Similarly, '**Happiness**' of a person getting a profit of 10 million in his business and '**Happiness**' for a person getting Rs. 10,000 profit in a year from his coffee shop is same.

So it is not the amount of loss or gain, which creates havoc, but our internal 'Mind' mechanism which feels the loss or gain.

It is the agitating mind which creates 'unhappiness' and it is the calm mind which brings 'Happiness'.

Happiness is internal, but we are super-imposing and experiencing “Reflective Happiness” in outer objects and circumstances, by attaching credit to them. Relating to earlier examples, we are super-imposing happiness on sweet or car, and conclude that we will get happiness when we eat sweet or buy a new car. So, we are desiring different objects all the time to get the similar experience of 'Happiness' experience.

### **Summary of discussion:**

From the discussions we had till now, it is clear that 'Desires' arise for objects in 'Mind' with a promise of providing 'Happiness' and we concluded that 'Happiness' or 'Unhappiness' is internal and not dependent on external objects or circumstances.

So, to have sustainable happiness, we should overcome the enemy 'Desire' along with his soldiers-anger, attachment, arrogance, greed and jealous.

To pursue the fourth Goal 'Moksha' - we should overcome these six obstacles, we face in day to day life, to progress towards the goal. Or else, we will get stuck in trying to achieve selfish goals of 'my' career, 'my' family, 'my' business etc.

Once a desire is fulfilled, one becomes greedy (Lobha).

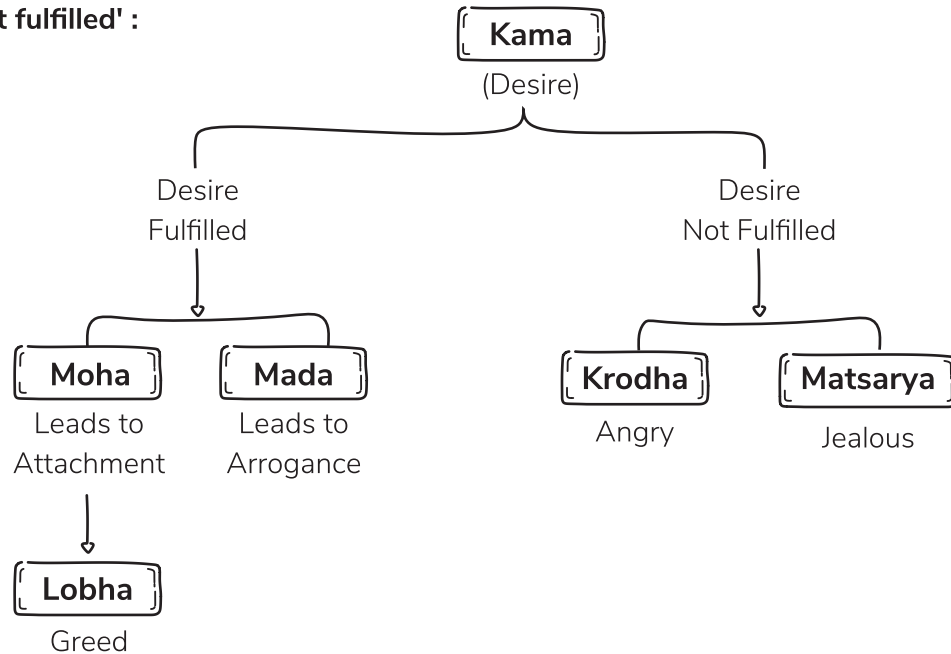
When there is greed, one becomes deluded (Moha) and gets emotionally attached with the object.

If the desire is not fulfilled, anger (Krodha) arises. Anger is like fire which causes agitation and promotes destructive actions, making us face difficult experiences in our lives.

If one is successful in any project or game, one becomes proud (Mada) and arrogant.

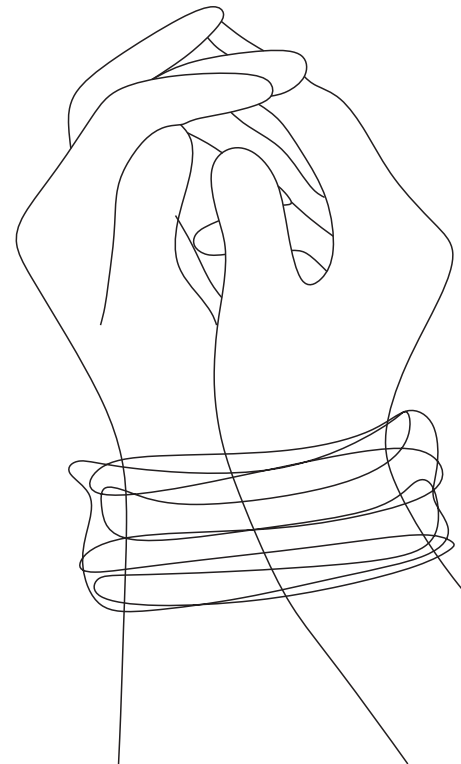
If the other person is successful, it brings envy (Matsarya) and feel jealous of others. Jealousy is like a scorpion and triggers continuous anger which is outcome of pride.

Let us see other repercussions of 'Desires' when they are 'Fulfilled' and 'Not fulfilled' :



These six negative or evil characteristics are intertwined in the mind, which should be clearly understood and controlled.

- > Desire
- > Anger
- > Greed
- > Attachment
- > Arrogance
- > Jealousy



### How to overcome these obstacles:

If **Kama** or **Desire** is conquered, its followers **anger, greed** etc., will be under control. Like when the commander is conquered, the soldiers will become ineffective.

Let us first focus on the commander '**Desire**'

What are the reasons for **Kama** (desires)?

Senses are the main reason for desires.

**The senses once gratified wants to repeat it again forming a habit.**

### How to change old habits:

A habit is formed due to repetitive actions.

*Swami Vivekananda said:*

*You start with a belief*

*Your belief will become thoughts*

*Your thoughts will become actions*

*Your repeated actions will become habits*

*Your habits will become character*

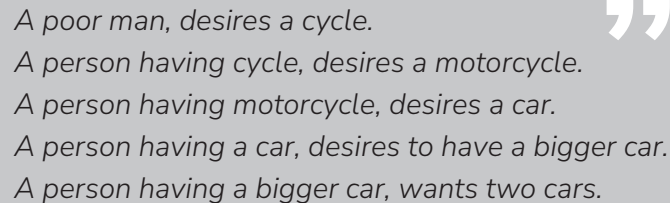
*Your character will become Destiny*

If you change the habit, you can also change your character and change your destiny for good.  
So the only remedy to change bad habits is cultivating and replacing with good habits.

First avoid bad company to avoid bad habits. Just as the pure crystal takes colour from the object which is nearer to it, so the person achieves sameness or identity of bad habits of friends. It is a must, to avoid the bad company, to avoid temptations.

### **Desires have to be controlled :**

Desires cannot be stopped, but they should be accommodated within our means and budget.



*A poor man, desires a cycle.  
A person having cycle, desires a motorcycle.  
A person having motorcycle, desires a car.  
A person having a car, desires to have a bigger car.  
A person having a bigger car, wants two cars.*

It is same with house, clothes, electronic gadgets like TVs, phone etc.

For luxury, sky is the limit. Super rich people, wants to stand out by buying costliest items.

### **Wants vs Needs:**

There is a difference between things that we 'need' and things that we 'want'. Our needs are those things which are absolutely necessary in life. What we 'want' is usually something, which we can get along 'without' it. But desire causes us to think that, we must possess it, to be happy.

No matter what the goal of life is, it is obvious that man is so undermined with 'needs' that he must struggle to satisfy them. The believer and the nonbeliever in God must struggle to meet their basic 'needs'. It is important to differentiate between ***your 'needs' and your 'wants'.***

***Your 'needs' are few, while your 'wants' can be limitless.***

Just focus on 'needs' and maintain good health.

But people try to multiply their earnings beyond 'needs' and go after 'wants'. Therefore, it is very important that a person should draw a line between 'needs' and 'wants'.

## **Growth .... growth .... growth**

In our society, we assess progress only with the measurement of growth.

- A child wants to grow.
- Farmer wants to grow more.
- Small restaurant wants to grow into a bigger one.
- Manufacturers wants to increase more than their last year revenue.
- Employees want their salaries and perks to grow.
- Business men want to grow more profits.
- People want their Gold, personal assets to grow.

Like a cancer cell multiplies by destroying other good cells, unaware that it is destroying the body of which it is a part, the unchecked efforts for growth, is destroying the environment and human relations in the society

The corporate and public limited companies whose main aim is to earn profit to provide value to their shareholders, relate everything to only top and bottom line figures, even at the cost of environment, nature, employees etc. Lot of employees are getting highly stressed inviting health issues, at a very young age.

Economic consultants are so attached to the word 'growth', they refer to recession as a time of **"Degrowth."**

So, to be peaceful in your life, do not suppress desire, but sub-limit to your capacity by developing contentment.

### **Contentment:**

One of the most important lessons a person must learn on Earth is to be content. It is the 'Ego' (it is Me/Mine concept in mind) which makes a person desire more and more. The mind goes far beyond necessary 'needs' and creates (wants) desires. The person then succumbs to those desires and pursue wealth, power and fame. Even after acquiring these, the 'ego' is not satisfied and creates new wants.

As long as the person continues to satisfy those wants, the importance and power of 'ego' increases. But if one is humble, the subconscious mind and voice of conscience will guide him to do what is right and to be content, resulting in peace.

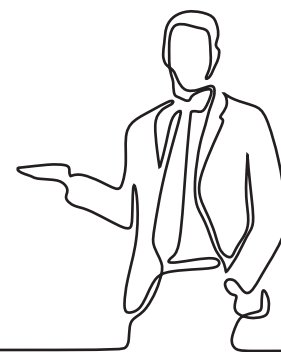
People don't follow peers who are content, but follow luxurious neighbours and want to have something better than them, because 'Identity' has taken over 'Happiness'.

People over stretch their budgets to get comforts or expand business, thinking that their existing revenue source from salary or business, will remain same or increase. We do not accept that nothing is in our hands. We may lose job; or business may slow down or get disrupted due to new technologies. It may go totally out of human control like Covid 19 pandemic virus, bringing lot of stress and insults.

### **Let us look at one of the old favourite story**

#### **Business tycoon and the Fisherman:**

A business tycoon was on a holiday in a little fishing village, wandering on the river side and saw fish which was put up for sale near a small fishing boat. As a businessman , he noticed that quality of the fish was good, and started conversing with the fisher man.



**Businessman:** Fish look good, how long it took to catch the fish

**Fisherman:** Not much time

**Businessman:** why can't you catch more and make more money

**Fisherman:** The money I make out of selling these is good enough to meet my family needs.

**Businessman:** But what do you do for the rest of your time after the sale ?

**Fisherman:** I enjoy eating my fish with family, have an afternoon nap. I meet my friends in the evening, play cards, have some drinks and enjoy food. We enjoy jokes, have dance parties on weekends.

**Businessman:** I am a businessman and can guide you to make more money, spending some extra time for fishing. With that extra money, you can buy more boats and hire people to fish and increase revenue further. You can move to big city and give value addition to fish, by setting up processing plants in city..you can buy a luxury house, travel in a luxury car.

**Fisherman:** How long would that take?

**Businessman:** If luck is with you – may be within ten years or less.

**Fisherman:** what after that?

**Businessman:** you can buy other companies making a huge enterprise and offer your company shares to public and make millions.

**Fisherman:** it is interesting , then what?

**Businessman:** Then like me you can take a holiday once in a while, go to a calm village like this, enjoy eating fish with family at the resort, take an afternoon nap and have drinks with other hotel guests, crack some jokes and dance till night happily.

**Fisherman:** This you are doing once in a while, but now I am doing everyday.

The businessman stared long at the fisherman, and realised what he lost all these years in his life.



### **Actions bring Expectations:**

The 'desire' which is main kingpin in the mind, makes a person to act to fulfil the desire. Once an action is made then it creates expectations. People expect things from themselves, from children, others, and also create a fake way to live up to other people's expectations. The mind gets impatient and creates anxiety till the outcome of expectations is revealed. If the result is as desired, one feels happy and if not, one feels sad and angry.

Please notice from today- that whenever you are feeling happy or sad- it should have been from favourable or unfavourable result respectively from an expectation of an action. Please analyse and find out 'what was that action and expectation' behind this feeling and begin to do actions without expectation.

### **How to do actions without expectation?**

The individuality related 'ego' in us has a fixed agenda. It thinks 'no matter what, this has to be done and in my way'. When its agenda is not fulfilled, it gets impatient and does not understand that timing is not in its hands. This is the true reason of suffering because the 'ego' doesn't accept reality as it is.

Focus more on the process while keeping aim on the goal.

If we work putting our best efforts and leave the result to God and be ready to accept any type of result, you are not affected. Then sorrow will not bother you.

If the result is positive it is OK -Good. If the result is negative- even then it is OK. We can console that we do not deserve positive result now. This shows the way of not getting disturbed of any outcome.

Example: A candidate is writing university exams. Whether he gets rank or not, in that exams is not in his control. It depends on the moods of person setting the question paper or the one evaluating.

The candidate's main focus should be in studying and preparing for the exams well and leave the result to God.

Many people focus on the end result, rather than putting best efforts to achieve the goal.

As per Swami Vivekananda, once we have decided a goal, we should just keep it in back of our mind and then concentrate on the process as if it is the goal. This will automatically bring in the expected results.

That is the reason Japanese and German products are of very high quality, where they aim at the goal and focus more on the manufacturing process to get a 'perfect' end product.

People should try avoiding expectations, but they can always keep their hopes alive. Though everyone wants to expect the best, they should also be prepared for the worst.

Action without expectation has been variously explained as 'Duty for duty's sake' and as 'Detached Involvement'. Then the result whether positive or negative doesn't make difference.

### **Anger:**

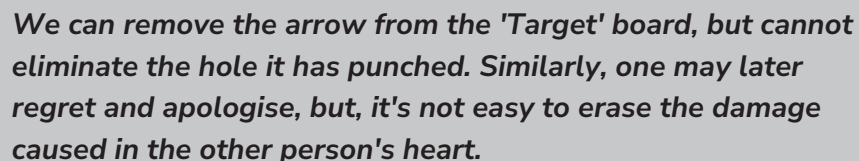
The second main obstacle for Moksha after 'Desire' is 'Anger'. Because if a desire is not fulfilled, the first thing we are overpowered by 'Anger'.

Anger is another common subject, where people suffer either by being angry on others; or subjected to abuse by people who are angry.

We all get angry. It's a natural emotion. But anger has risks, perhaps more than any other emotion.

When we feel angry with someone, it is we who are burning in the flames of anger. Uncontrolled anger can cause social problems; they may also lead into legal risks.

When we speak in anger, the words used can be hurting to others and disturbing good relationships. It is like releasing an arrow, which cannot be taken back.



***We can remove the arrow from the 'Target' board, but cannot eliminate the hole it has punched. Similarly, one may later regret and apologise, but, it's not easy to erase the damage caused in the other person's heart.***

### **Health effects of anger:**

When a person gets angry constant flood toxins are released causing metabolic disorder. At the same time person's heart beat increases, blood pressure rises and rate of breathing increases.

Un-managed anger can eventually cause harm to many different parts of the body.

### **Should we suppress anger:**

Since anger effects our health, should one suppress it or never feel angry again?

Suppressed anger only builds up over time and when something eventually triggers it; one will explode uncontrollably. This creates more bitter differences among people.

It is better to communicate the issues with the other person with whom you are not happy, without suffering inside. This should be done at an appropriate time when the other person is ready to receive it. This will help in maintaining healthy relationship.

Some people pass on their bottled anger at subordinates, children or pets.

### **One management consultant suggested to employees in a seminar**

To keep one soft human type toy bag at the exit gate; and hang a board around the neck-'Management'. Whenever they were angry with their supervisor, engineer or Management- he suggested they should punch the bag as much as they want, and go home; instead of taking the anger home and unleashing it on innocent family members.

### **What and who causes anger?**

'What causes anger' - The main reason is desires unfulfilled or when outcome is not as per expectation.

There are also other external causes which trigger anger like humiliation, peoples behaviour, loss of favourite

things, failure, or by people's words; (Michel J Fox gets angry when he is called 'chicken' in movie Back to Future) and lot more.

If these external causes trigger anger, then all people and at all times should get angry at specific people; or for specific reasons. But that's not happening- so it is individual perception of that particular reason.

People will be surprised to note - when I state that “anger doesn't come due to others but comes from within.”

Let us see an incident at a house narrated by:

Late **Atluri Venkateswararao**: a psychology consultant

A person was enjoying his morning coffee reading news paper.  
He kept the empty cup beside his chair on the floor.

### **Incident 1**

The servant maid came to clean the room and while sweeping the floor, failed to notice the glass cup and damaged it. The house owner, got angry and started shouting at her carelessness for breaking the cup.

In this incident the loss is cup and 'anger' is shown by the person

### **Incident 2**

His young kid came to ask him some money and kicks the glass cup breaking it. Now the house owner, showed all his concern for his son and asks him to come aside so that broken glass pieces may not hurt his bare legs.

In this incident also the loss is same- but 'No anger' - instead he showed 'love and concern'.

### **Incident 3**

Now instead of his kid, his wife comes into the room for some work and kicks the cup damaging it. The person looks at the broken glass cup, but continued to read the newspaper thinking- 'why to start argument early in the morning with his wife.'

In this incident also the loss is same- but he showed 'no reaction'.

What we noticed from these three incidents are - 'glass cup' is broken.  
But the person reacted differently- angry, love and concern, no reaction.

If we analyse this incident, it clearly shows that anger comes from within - not because of external factors; but, due to our different responses to the same situation.

If reason is external- a person's enemy has to do nothing to take revenge - except, just stand in front of a person's house daily in the morning - to make the person angry and spoil mood for the day.

People question how to keep quiet when other person is abusing for no fault of ours.

**Let me suggest few methods.**

1. Suppose, you don't know the language in which the opposite person is abusing- you don't understand the meaning- so you won't get hurt but, you can understand that he is angry.  
Take in the same way- and just watch your opponent face and lips moving.
2. Imagine, you are walking on a road; suddenly one person starts abusing at you. Generally, you get angry and in a fit of rage, you will lift your hand to hit him. Then a passerby, stops you and says "he is mentally challenged person- please leave him". The anger in you, now suddenly changes into pity towards him.
3. If you feel out of control, walk away from the situation temporarily, until you cool down.

Let us see a story from Buddha's life-as narrated by Sukhabodhananda swami-

**When someone expresses his anger towards us, what should we do?**

**The answers to such questions can be found in this incident from the life of the Buddha.**

Once, Buddha went to beg with his disciple Ananda. When they approached a house for food, the lady of the house spoke harshly.' You lazy fellows! You are hale and hearty ... why can't you work for your food?' she yelled and chased them away. The disciple was enraged at the woman that she used such hostile words on his great Guru.

"Please permit me to teach that woman a solid lesson..." he pleaded with Buddha. But Buddha held him back and walked away in silence.

A little later, Buddha handed over his water container to Ananda and went to take rest.

*Having rested for a couple of hours they resumed their journey. On the way, Buddha glanced at the water container and asked, 'Whose is this?' 'It is yours, Guruji!' said Ananda. Buddha took it back.*

*Next day, Buddha gave the container to Ananda saying, 'I am gifting this to you... it is yours.' Ananda was very happy to receive the Guru's container.*

*At night, Buddha pointed to the same water container and asked, 'Whose is this?' Now Ananda said, "Guruji, it is mine!"*

*Hearing this, Buddha said laughingly, 'I asked you the same question yesterday and you said "it was yours" Now you are saying, "it is mine". How can the same container be yours and mine at the same time?'*

*Though Ananda was slightly confused, he replied calmly, "Guruji, you said that you have gifted this container to me and I accepted it. Hence, I said that it was mine. Initially, when you gave it to me I did not consider it as mine, because, even though you had handed over the container to me, it was still yours!"*

*Buddha smiled at Ananda and said, 'Similarly, I did not take the words the lady who spoke harshly- as mine; I did not accept them. So, even though the words were spoken at me, they still belong to the lady alone. That is the reason I said that there was no need to teach her a lesson.'*

*This advice from Buddha to his disciple and all of us all well-elucidates a simple truth.*

### **Anger management:**

First, a person has to become self aware of anger cropping up in mind. It doesn't really matter what triggers that anger, but when anger is felt, it should alert the person to the fact that this is something that must be handled. This encourages person to understand, prevent and regulate anger responses in a more appropriate way. Awareness precedes change. Also, introspection and meditation helps in anger management.

Anger is an emotional reaction that is sometimes appropriate and needed. You have to express anger to bring discipline. Guru says to act 'as if you are angry, without getting angry'.

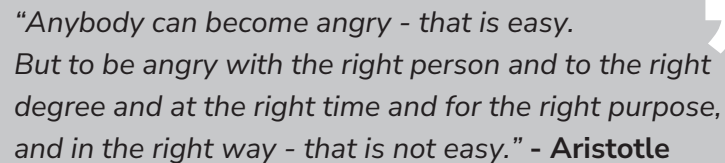
Look at this story. Once, there lived a huge snake, which was deadly poisonous and no one dared to go near its hole. One day, a sage was passing through the village and people gave him food and informed him, on how the snake was killing people; and cautioned not to go near the snake.

The sage decided to help the people and went near the snake. Sage with his mantra powers tamed the snake, and also gave some spiritual advice to the snake. Sage advised the snake not to harm people and lead a noble life; and snake accepted.

After some time, the sage was passing by the village again; and enquired about the snake. People said “we no longer fear the snake as it stopped biting, even if we hurt it with stones. Its body is damaged and unable to move as fast as earlier”

The sage went near the snake again and enquired. The snake said “ Swami, though I stopped harming people, they were hurting me with stones and I am now unable to move fast enough even to catch rats”

The sage said “My dear snake, I advised you not to bite, but did not tell you not to 'hiss', which would have made the people fear you.”



*“Anybody can become angry - that is easy.  
But to be angry with the right person and to the right  
degree and at the right time and for the right purpose,  
and in the right way - that is not easy.” - Aristotle*

And most importantly, people need to be willing to make some changes and adjustments to their lifestyle.

Ex: My friend Chandra Sekhar explained his experience about self car-driving. He used to get irritated with small things after reaching office in the morning hours. Later, he hired a driver and he could notice that irritation was gone. In India, all are aware of the drivers road sense, who make their own way and two wheelers fill in the gaps in a very skilled manner- making us upset. So when he appointed his driver, he was able to spend time reading or make phone calls and avoid the anger and subsequent conflict at office.

- When someone is angry- do not argue or try to explain- which will escalate the problem.
- Non reaction is not weakness but strength. Another word for no reaction, is forgiveness.
- Apologise, if it is your mistake-which is like dousing fire with water. If it is not your mistake, be patient. You can discuss later, when other person is ready to listen to your part of the story.
- Consider that the person who has done the mistake is your brother, sister, son etc and react accordingly.
- Forgive them. To forgive is to overlook, thinking 'To err is human'. Best is to forget.
- You must accept that life is not always going to be fair and people can at times be quite unreasonable. You may not always get, what you want. This is the reality of life.
- So, learn to smile even in difficult times. It's hard to be angry with a smile on your face. Have patience and tolerance.
- Accept the other person's anger, by thinking it is his nature.

#### **Other four obstacles- greed, arrogance, attachment, jealousy**

As we have analysed 'Desire' and 'Anger' which are the first two of the six obstacles, we can conclude that all these six negative and evil characteristics are all generated for the purpose of achieving 'Happiness' or when deprived of 'Happiness'.

**Ex:** Like you 'Desire' to buy a phone and after buying it, you feel 'Happy'. Supposing your parents object for buying the phone, you get 'Angry' because you are deprived of 'Happiness'. Finally, you bought a phone, but you saw another attractive model, you become 'Greedy' to own that phone too.

You feel 'Proud' of being owner of two phones and become 'Arrogant'.

You become so 'Attached' to them, you don't want to share your first phone with your brother. Also you feel 'Unhappy', when you lose your phone. Later, when your parent buys latest model phone for your brother, you feel 'Jealous'.

All these 'six' obstacles will either directly or indirectly affect your 'Happiness'.

Once we understood that 'Happiness' is internal, then we can avoid these six obstacles and their bad results.



People get attracted to the objects, feeling that they will bring happiness. In spite of knowing that happiness is temporary based on the life span of the object, still people try to acquire them at any cost. This will be never ending as people tend to keep buying new things, as technology is making the things in hand, out dated.

From what we have analysed till now, we can conclude that, whenever we fulfil a desire; the 'Happiness' is neither in the object of desire, nor the act of going about acquiring; and indulging in it. But it is in reaching the “no-thought-moment,” that gives rise to the feeling of “Satisfaction, Happiness, Peace and Bliss”- as soon as that desire is fulfilled. Once the next thought crops up, those magic moments are gone.

When the objects are no longer given importance, one is 'Happy' in all outside situations. So it is wrong to say that 'Happiness' is in the outer world. 'Happiness' is within and solely depends upon the acceptance of any situation by the experiencer.

### **How to balance life in society:**

People in society are different-because of their individual software.

In our lives, we see loving people with helping nature. We also encounter persons who prove to be irksome; people who are angry always; jealous; greedy; non sharing etc.

Ex: One neighbour insists on playing his music at full volume; one neighbour dumps garbage on the road; irresponsible boss; nagging spouse; suspicious husband; disobedient kids etc.

### **Why they behave that way?**

The physical body which runs by default on God's Operating System(OS), is made by the Cosmic Programmer; but, the mind software which is responsible for our behaviour, attitude, opinions, feelings and emotions; are programmed by individuals based on impressions created since their childhood. So they behave or respond as per their perceptions and attitudes.

In general, we notice some people go to emotional movies and cry; Some go to horror movies and get terrified at nights- why? Because they like it.

Though God is the cause for this universe, yet He is not responsible for the contents of our mind. What we fill our mind with, is exclusively our choice. In order to handle people having different mentalities, we cannot hope to succeed by using one single formula. No two persons have the same perception, regarding the same external circumstances. So we have to find many different ways to handle them and the situations arising from them. Like one single medication does not solve all our health problems.

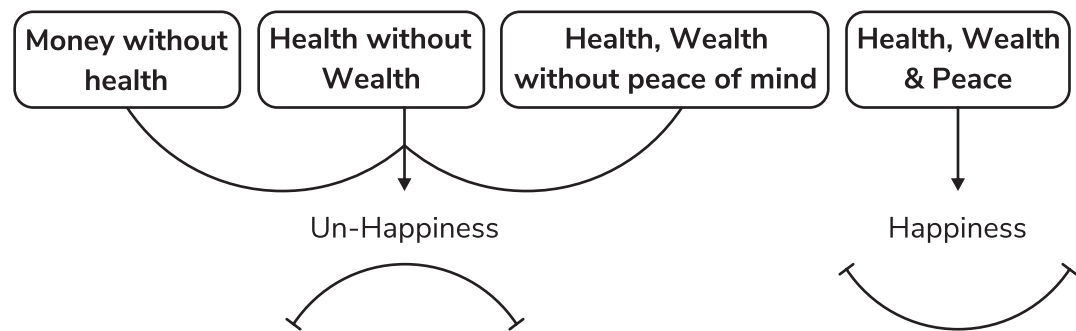
Similarly, life is the most difficult exam, because God has given each individual a different question paper. So each person has to learn from his/her own life and deal with people around him, who are totally different.

It is suggested to understand human psychology to be successful in life. Because we have to deal with humans only for any purpose. If we learn, how to understand other people by putting our feet in their shoes and feel the pain at the same pinch where the other person is feeling, then it is easy to deal with any situation.

Humans are willing to replace their old, outdated software, with latest version, on their Desktop and Laptop; but, when it comes to doing the same with their Head top, they hesitate. They like to be in their old set of beliefs and perceptions; and continue to get enmeshed the 'cycle' of happiness & sorrow. Let us accept this as the reality of life.

**Let us go through other some important topics which affect our 'Happy' life journey.**

**Money and health:**



It is believed that if one acquired enough materialistic wealth, then in the future one could sit back, relax and enjoy the life. But, alas, that day never came to anyone pursuing this path till today, nor will it ever come to anyone. We do not realise that these are all hopeless hopes and will remain as hopes till the end.

Many people spend their entire life in trying to make money, and some succeed in this only to die of heart failure, just when they were about to secure happiness by spending their wealth.

- Having wonderful health and a good appetite-with no money to satisfy that hunger is agonising.
- Having lots of money -without health is pitiable.
- Having health, wealth -but no peace of mind is useless and dissatisfying.

Remember, the things in life, such as money, fame, and friends, are really the most difficult to retain. They may slip away any minute.

People sacrifice health and go after wealth, and when they have earned enough wealth, their health would have failed. So they pay back their wealth to hospitals and try to get back health, and run after money again. They never really enjoy the money.

### **Earning money without health and peace is not success.**

Peace and health without money for necessities do not make a complete or successful life. My dad always used to say 'keep the money under your control'- do not let money play with your life.

A friend, whose father was a big corporate chairman said, “My father was very poor when he was young and had a strong desire to eat those costly chocolate bars. He worked his way up very hard in his life, and now he has money to put up a chocolate factory, but cannot enjoy them due to diabetes”.

Today, we see a lot of rich people following diets like Keto, GM, raw food, vegan, detox etc in the society. So they earn tons of money, but eat in grams. For whom they are earning? They say for kids. While earning, they don't have time to give proper attention to their children's education, character and value for money, resulting in squandering all the money earned, by the next generation.

Our guru jokingly says :

**“The persons you owed money in your past life will be born as your sons and son-in-laws.”**

When wealth is lost, you have lost little;  
when health is lost, you have lost something;  
but when inner peace is lost, all is lost.

Hence, we have to realise the impermanence of ourselves as well as the objects and maintain the balance in the life by earning Money while keeping good Health, to have Peace of Mind.

### How to be happy by giving:

Please note that whatever money we are making is contributed by the society, by way of people buying our goods or services. So when we make money from the society, it is our moral responsibility to share it back with the society. Many people earn money, but do not donate for worthy causes.

A rich person who earned millions, was good enough to donate money every year to the needy. As his earnings increased, the request for donations also increased. One day, he was fed up and asked his Guru “How long I have to keep donating?”

Guru answered – **“As long as 'He' keeps giving you”** pointing his finger to the Sky.

### Happiness lies in making others happy:

We have noted that everyone in the world says “I want Happiness.” For that they feel if they get what they desire they feel Happy. This is common thinking. Do you know that you can get immeasurable Happiness by giving?

Kindly view this advertisement: **Thai Life Insurance**

In this video, the person does simple acts of self less charity. The grace and blessings of others will bring genuine happiness, which money or objects cannot bring.

Scan QR Code  
for the video



**Marriage:**

First it is tough to get a good understanding companion. While dating, people give utmost priority and attention; and make all types of sacrifices to satisfy the partner. But after marriage, they remember the partner's sacrifices, but not their own. When the honeymoon period is over, they take their spouse as granted and try to enforce their individual opinions on the partner.

In marriage, first we should realise both partners are human companions – separate but having equal rights and both need to respect each other. Since no two people think alike, it is partnership of two different (softwares) mind sets. So to avoid conflict and have a happy married life, both have to respect each other's feelings, privacy, listen to others opinions, take collective decisions, honour commitments etc.

Harsh words said in anger to your spouse will not be forgotten. Communication and compromise are the best. You will find happiness and peace, in 'letting go' small issues; in learning what's not worth fighting for.

Simple rule

It is good to forgive - best is to forget

Do not accumulate things in your head and make it burdensome.

In society, everyone expects unconditional love from their partner, but they themselves give conditional love. Please note as one expects appreciation and respect from others, everyone expects to be treated in the same way. Similarly, no one wants to be criticised, ignored, manipulated etc. This is a true fact, applicable within our family, business or society. Only mother's love is said to be unconditional. Because the kid who came through her, is not treated as separate. One should try to benchmark it.

So, before we expect something from others, check if we are satisfying their expectations. It is suggested to think of ways to give love and happiness to our partner first, rather than expecting from them. The more we give, the more will be reciprocated. Let us try.

## **Love, Hate and Criticism:**

When a person is criticised, first he will be hurt. Next, instead of understanding the reason behind it and correcting it, the person tries to find ways to blame others for that situation; and tries indirectly to put the person criticising into trouble. So with action, reaction starts and this leads to a chain reaction. Everyone will be faking their love and relationship for necessities, but counter acting behind the scene.

So, please note that in this world, all acts of love are for one's own benefit only. When ordinary people say they love others, they love them for their own selfish gain. Whether it is wife, son or friend, people love only as long as the relationship is beneficial and derive happiness from them. If they are bringing unhappiness, the love is gone.

Instances where sharing of gifts, money, property etc, are not done properly or as per their satisfaction among family members, partners etc, it will result in unhappiness and all the love and peace prevailing is disturbed.

The love that binds people is often as strong as an elastic band, we have to understand this and remember that the elastic band can be elongated to certain extent, and not beyond its capacity.

So it is just a thin fine layer which separates Love and Hate. We have to understand and solve any situation which may arise among persons and maintain the love.

So through, discussion and compromise, we should play within the elastic limit of the band of Love and be careful not to break relationships. It is better to lose an argument, rather than lose the relationship.

There is a telugu saying 'neither the stick broke nor the snake died' - to relate 'that people argue, but didn't solve the problem'. Here it is suggested to ensure the relationship (stick) should not break, but the problem(snake) should die out.

If everyone starts using the 'Let go' and 'take it easy' policy, all will feel lighter in their minds and be happy always. We can't stop other people, but if we don't react, the chain stops. How to do that? Just react as if they were our children or spouse or family or a mad person, where we adjust and compromise, knowing well that it is their 'nature'.

### **Avoid arguments :**

Do not get involved unnecessarily or unlimitedly in any discussions or arguments, which disturb one's mind.

Many friends or people argue very seriously on unrelated topics to them like sports, politics, movies, policies etc. Sometimes the situations goes to the level of fisticuffs. Or, they are more likely to develop enmity inside.

A person was saying, he generally avoids argument with the other person by saying 'you are right'  
Second person asked- 'how can you accept illogical things?- you should argue and correct it.'  
First person said 'you are right' and closed the conversation.

Arguments simply complicate life.

It is 'wise' to lose an argument rather than spoiling relationships forever.

### **Respect Authority:**

We have to understand and respect the authority of other people, irrespective of our position in society.

- Unless you show a ticket, you will not be allowed into a theatre.
- Unless the priest permits, we cannot go inside the temple.
- We have to follow barber's instructions when we go to hair saloon.
- Unless you pay toll, attendant will not open gate.
- We have to park our car as suggested by the security.

If you are able to catch this point, you will be successful in business and family life- either dealing with boss at office or at your home.

### **Avoid using word “But..”**

We casually use the word 'But' – which can demoralise others.

### **Let us see some examples:**

1. A woman says about her son “my son is very bright, 'But' he scored little less in English than my neighbour's son.”

2. A principal says “Madam is recognised as the best teacher in school, 'But' she comes late to school once in a while”
3. A person says “I agree with your point, 'But' you have not considered...”

Once the word 'but' is used, all the credit given earlier is reduced to 'Zero'. And the other person gets disappointed.

Some mistakes can be overlooked. If still we have to comment it is suggested to replace 'But' with “there is scope for improvement”, “I like to add” or “in addition to” – so that it doesn't hurt others.

So, let us not disappoint others by depriving their 'Happiness'.

### **Perfection:**

#### **Do not look for perfection in an imperfect universe.**

Many people want to play the role of a perfectionist, striving for flawlessness and expecting high performance from others, accompanied by critical evaluations.

**Swami Chinmayananda** says

“Do not become a self appointed  
'Managing director' of the world”

Please note that – no one in this world is 100% perfect, including you. So in a scale 0- 100, if you find someone above 70%, he is good enough.

People always point out the deficiencies of a person, rather than appreciating their strengths.

But if a person is encouraged with his strengths, he will overcome his weaknesses.

If you see successful companies, their management identifies and uses a person's positive and constructive resources where it is needed, to make the organisation successful - i.e., Putting the 'right person' in 'right place' for the 'right job' to get the 'right result.'



If you put a square peg in a round hole, it will be a misfit.

People criticise their subordinates on their performance, but do not realise that it is for their inefficiency they are working as subordinates or else they would have been their Boss!

The acceptance of the available perfection in all, including our spouse, children, neighbours, colleagues, customers etc will bring peace of mind. Or else, people end up getting frustrated.

### Disputes:

People earn more and more money, believing that money can buy anything; can fulfil all their desires and be happy.

But money and property are the main reasons for disputes world wide, between friends, family members or business partners. Lot of people go to courts for dispute resolution, without trying to resolve with mutual communication because of egoism and arrogance. Finally they waste time and money at the end.

In September 2019, a news came that a person was fined in UK for 100 pounds for traffic violation, and he spent 30,000 pounds contesting it in court.

On business collections, Mr.Jain, an accountant used to guide me to be careful on selection of my customers in the first instance itself. **And to never put Good money to recover Bad debts.**

Think twice, and avoid going to court or drawn to court.



## Problems Bring Worry



## Problems bring Worry:

There is a general saying- 'Don't worry, Be Happy'. People think it is easier said than done.

If you analyse, most of the problems are self made, like going after ambitious goals or targets. Creating more wants than necessary, by comparing with others and finally worry with the problems for not being able to own the desired objects or repay the loans taken for them. Keep goals, wants and expectations under control, to keep the 'worry' at bay.

## We fear for everything.

### Career

Will I get a job?  
Will I get good salary in a good  
organisation ? Will I get promoted?

### Money

Will I earn sufficient money for my survival?  
Will I earn more for house, car, holiday etc?  
Will my investments be safe?

### Weight

Will I get thin / fat?  
If succeeded – then,  
worry again about - will it sustain?.

### Health

why is this pain? Is it heartache?  
Is it cancer? will I survive?  
How to bear hospital cost?

Fear brings worry. If there is any doubt about your health, get it checked up and be clear in your mind, instead of fearing that it 'may be' a serious problem and start worrying about it unnecessarily.

**Guru says:**

If happiness comes like 2+2+2  
fear brings worry like 2x2x2

Another main reason for worry, is thinking of past and future- without enjoying the present.

Past mistakes may have resulted in present bad situation.

Ex: If I steal money or cheat government, I have to face consequences when caught; which is inevitable. I have to face the consequence, with repentance and avoid such mistakes in future.

The next biggest worry is worrying about the results of future. The uncertainty of the future, causes worry. When people start worrying about a thing that has not happened yet; please note that they are creating problems for themselves. Just leave the future result to providence; and face it when it comes. Isn't it like dying before death comes?

People either live in the past digging old graves or in the future building castles in the air, without enjoying the happiness in the dynamic present. They don't even enjoy the results of hard work done in the past nor will enjoy in future, as they always keep dreaming about the future. They are as good as dead, since they are not 'alive' to the present moment.

**Swami Vivekananda** once said, 'Yesterday is dead, forget it! Tomorrow has not come, don't worry! Today is here, use it!'

**So it is said:**

Don't think of past - it brings tears  
Don't think of future - it brings fears  
Live in the present - it brings Cheers

So “worry is a total waste of time. It doesn't change anything. All it does is, steal your joy and keep you busy doing nothing”

### **How big is your problem?**

We live in a city and have issues, problems -within our community. Just compare our city range compared to our state, country, continent, world, planet earth, solar system, galaxy etc. Our planet is like a tiny speck of sand on a beach, when compared to our Universe.

We worry about issues on one small land, small job, small business- compared to our countrywide and worldwide problems. So, kick off all worries, treating our personal worry as very small compared to all the worries in the world.

Once we start understanding that we are temporary visitors on this temporary planet, it will change our attitude.

Many people think the facilities they are enjoying are permanent and wish to retain them, but it is impossible.

A person may be President or Officer in any organisation, he will be forced to move out after his tenure is over. In private organisations where some people like to retain their power after retirement will be forced to leave by DEATH.

All living beings are temporarily living in the body given by the Nature; and have to leave after their term is over. But people fight to own everything which does not belong to them at all. In spite of the knowledge that nothing can be taken at death, still people want to earn more and own more.

### **Vastu :**

Another important aspect in our life is vastu. Whenever people are facing obstacles in their life or business they check, if vastu is correct for their premises.

## **Does sticking to Vastu solve problems?**

Vastu shastra is the 'science of architecture' that describes principles of design, layout, measurements, space arrangement, and spatial geometry etc., for any construction. Vastu science suggests to ensure sufficient sun light and cross air movement, since they are important for health. Vastu suggests to ensure your Northeast corner is down so that rain water is collected and harvested. That is the reason bore is suggested to be put at NE corner.

Nowadays, Vastu has overtaken the scientific angle and has become a superstition that if we construct or modify as per Vastu, then all problems will be solved. Many Vastu consultants have cropped up in the society.

My father never used to believe Vastu, but all his business ventures were successful.

In my personal experience, I was forced to make some changes like closing South west gate, when I introduced new technology in factory. In another place, where we were operating with South west gate, we constructed a new gate in North east, to facilitate new business opportunity. In both the cases, tremendous change happened in profitability. But in another two places, where it was having perfect Vastu, huge losses were seen and ultimately I had to close those businesses. So, my experience was that we cannot rely on Vastu totally.

Later I met an elderly gentleman who was well versed in Vastu and he explained a logic.

He said “When you try to turn a round wheel having holes, we put fingers in the holes and turn the wheel using all the fingers. The fingers denote

1. *Fate/Destiny – Thumb finger*
2. *Dharma/Discipline -pointing or index finger*
3. *Vastu -middle finger*
4. *knowledge/technology -ring finger*
5. *Present action – little finger.*



Thumb finger acts as the strength based on prarabdha karma (karma brought from earlier life).



Index finger acts as strength based on Moral values and discipline, you follow in life.



Middle finger acts as strength of following Vastu science.

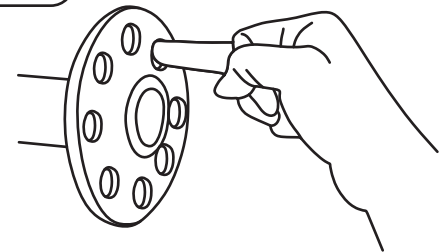


Ring finger acts as strength based on knowledge and technology, you deploy in your profession.



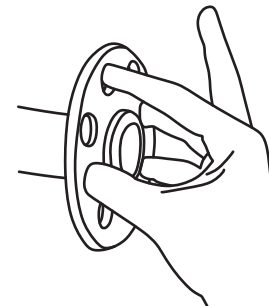
Little finger acts as strength based on present actions.

If you just follow Vastu, without considering others, it is like turning the wheel with just the middle finger.



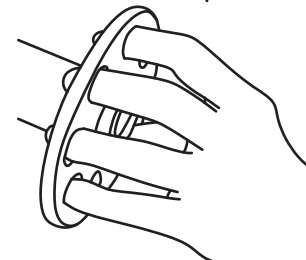
Similarly, if you try to turn any other finger alone, it is hard to turn the wheel.

Now, if you use all four fingers without middle finger, you may turn the wheel which will not be smooth, but also, lot of effort should be kept.



But when the middle finger support is added to all the four fingers, the wheel not only accelerates smooth, but also very fast.

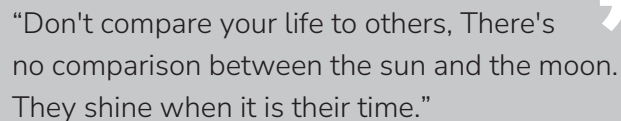
So, to turn the wheel of success in profession, all the factors have to be taken into account.



This explanation gave clarity on Vastu and gave perfect sense to me.

### **Don't compare yourself with others:**

**Dr. APJ Abdul Kalam** said



“Don't compare your life to others, There's no comparison between the sun and the moon. They shine when it is their time.”

Zen monks also say 'A flower, a lake, a snow mountain have their own beauty. You can't compare anything in this nature with others, as each have their own strength and beauty'.

Love others as you love yourself.

If a person knows the secret of finding this balance, one becomes totally independent of the outer world for one's inner happiness.

### **So what is the purpose of Human life?:**

- The purpose of human life is to access “Sustainable Happiness”.
- This is achieved by pursuing ‘Artha’, ‘Kama’ within the ambit of ‘Dharma’, with the aim of ‘Moksha’.
- Following duties at four stages of life as a means for progressing towards goal.
- To understand the repercussions of desire by
  - Prioritising needs over wants.
  - Understanding containment.
  - Overcoming anger.
  - Doing actions without expectations.

Then people will be able to live peacefully and achieve the fourth goal of human life- 'Moksha' or 'Self realisation' which will liberate them from the cycle of 'Happiness and Sorrow' with the help of God's grace.

To obtain God's grace, there will be quest to find about God.

Let us find out “who is God ?” in the next chapter.