



## Principles of Living Happily

Shri Bhikhubhai N. Prajapati

(Ph.D. Scholar), CVM University, V.V.Nagar, Gujarat, India.

**Abstract:** *Life has been an enigma for centuries. Practical application of divine knowledge to conduct man moment by moment in daily life, steady in every situation makes calm and unattached and yet gentle and kind. We all want to be happy. All over efforts in life are aimed at achieving happiness. For this we should keep in mind the comment given below:*

*“Education develops a disciplined mind, ability comes in a disciplined mind, ability brings prosperity and prosperity enables a person to lead a fulfilling life and in the end he attains true happiness.”*

**Key Words:** *Happiness, Spirituality, Moral Values, Treasures, Principle of Karma, Trustee, Inspiration, Nature, Co-Ordination.*

**Article:** Below are five simple comments, they are on the relationship between man and the world or mind and matter. These have been tried and tested in the laboratory of the life. These five simple principles will enable us to fully learn the art of life and increase happiness. It is easy to practice them, constant attention is probably the only requirement.

### Principle no. 1 : Nothing in the world exists for its own sake:

When we look around us, we find that the river does not drink its own water, tree do not eat their own fruits. The chair we sit on, the bed we sleep on, the house in which we live, nothing really exists for itself. The heat of the mighty sun and light, blessings of the mother earth, treasures of the sea, none of these are for themselves. Humans take in oxygen from the air and release carbon dioxide, which plants take inside. We see the interconnection and interdependence of air everywhere. The same is true of everything or things in nature, in which there are mutual transactions. We are also a gift of nature, aren't we! Take inspiration from these, serve others and you will also be served in this process.

Just as the elements of nature like rivers, trees, sun and moon have survived since time immemorial and serving humanity similarly, we must also serve each other. Even when we give selflessly and do not expect anything in return, we still get the reward of such deeds by luck, because the principle of karma is that, every action has an equal and opposite reaction.

### Principle no. 2: you can't really own anything, you can only use it:

A little thought will reveal the lie of a common belief that we cannot become the masters of the material objects of this world. A sense of ownership that gives people the legal right to own things, which is a false satisfaction. When the master (soul) leaves the body, all evidence of the master becomes useless. The things which were owned by the first person are then used by others. Therefore the owner of everything, even the physical body which we call ours is an illusion. Everything we use can never be owned by us, but as a trustee can make the best use of it.

The evil of attachment comes from the perception of owner. People have seen a sense of mastery over objects and relationships and control and manipulate them for their selfish needs. For some people it becomes more of an attachment and then the things or persons we try to get for happiness, the same bondage comes and both the owner and the thing or person who inflict their own injury.

In addition, attachments leads to the fear of the disappearance of something and as a result suffering. In fact, we can only use our things and resources according to our right to be masters under the principle of karma. The false idea of the owner leads us to greed and the evil of wrongdoing to achieve more.

**Principle no. 3 : Mere possession of material things does not bring happiness:**

It is true that the material things can be the means of both happiness and misery. Take your body for example – it can give us happiness and joy and the pain too! Sometimes it gives unbearable pain when we are suffering from some painful disease or physical disorder. If the accumulation of wealth or material things can bring happiness, then rich people, having more of these things should be proportionately happier than his less fortunate brothers, but if we look at it deeply, we will find that the misery of the millionaire is more due to dissatisfied desires than the disease of the body.

**Principle no. 4 : Luck and happiness depends on the deposit account of good deeds:**

Destiny is made by man's own karma. As you sow so you reap. Anything or relationship in this material world whether your house, relationship, prestige or health, may be the cause of your great happiness and joy and of sorrow and anger. It all depends on the deposit account of your good or bad deeds. That is why this world is called the field of action. It is the actions of a person that decide the extent to which he gets the happiness of life. A person's right to happiness depends on how good his actions have been!

**Principle no. 5: Substance is a good servant but also a bad master:**

In order to have a proper relationship between soul and nature, it is important to know that substance can be a good servant but can never be a good master. When the soul becomes the slave of matter, then it would feel sad and when this substance is controlled in the form of matter then it experiences happiness. So true happiness and peace comes from within. When we learn to use our mind in the right direction, then we will automatically be able to use things for the sake of others and our happiness.

**Conclusion:**

Feeling happy in a task can improve the way you do that task. We can learn to be engrossed in a task and from this we can learn to feel pleasure in some work. To get pleasure in doing something, physical

capacity, mental capacity, spiritual capacity, time, material goods and knowledge of law is required. There is statement of the Gita: "Lucky is the person who gets the opportunity to act according to his choice and use of this abilities." Everyone wants to be excellent but very few people take the trouble of walking all the way for this. To achieve this, one must adopt the habit of doing good deeds. Do the right thing all the time. Although the returns may come late, the process itself can teach many things.

So consider the following things and be sure to do it, so that the society can become happy by making mutual coordination and progress towards the true world:

- Reach the end of the task before time.
- When you've got a task, start it right way.
- Learn to talk about things with others.
- Teach others, it will solidify your knowledge.
- Never think that you have reached the peak of your business/profession.
- Keep your mind open to new things.
- Don't follow the thoughts and beliefs of others.
- Respect authority, learn to consider suggestion.
- Treat peers with respect and dignity.
- Fight against procrastination and apathy.
- Business location relations should not become a hindrance in fulfilling work commitments.

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