

Happiness

Happiness is a state of mind. As we are happy at this moment we can be unhappy at other moment & vice versa. It solely **depend on us** to remain in happy state of mind or unhappy state of mind. It requires practice to keep our mind in happy **state**.

Generally we co-relate happiness with money or wealth we have. More wealthy person will be more happy. But it is not like that, money or wealth is part of life which is important but it is not all life. It will not give you happiness.

Happiness is something contagious. If you are in group of person who are keeping their state of mind in happiness then there are chances that your mind will also tend to remain in happy state of mind.

Awareness that happiness is a state of mind will help to keep us happy.

If your mind decide to remain happy then no one can steal your happiness, no one can make you unhappy. Once you put yourself in the state of happiness then automatically your stress level comes down, you feel full of energy & your efficiency improves. This will bring a good change in your life & problems which looked like rocks before you will no longer exists or will be looking like a small stones.

As told above that happiness is a state of mind & it require practice (like meditation require) to our mind to remain in this state.

Knowledge

When any information available is understood with awareness then it turns into a knowledge. Information is available to everybody but few can turn that information into knowledge. There is a process of accepting information to convert the same into knowledge.

1. Please understand (with awareness) basic or foundation information about anything. Once foundation information is understood properly then believe me any complicated technology can be understood
2. Try & write information available or main points of information with your own hands & then read it. This process will ensure complete absorption of information to your brain cells.
3. In your calm state of mind (generally early in morning) think on this information, read it so that your mind can come up with some exclusive ideas on the same.

Knowledge converted with above process is long lasting & really useful. This will also improve our wisdom level. Knowledge applied to practical use with wisdom turns into technology.

The process of conversion of information to knowledge also depends on experience level (practical) of person. When we read any new information our mind (at background) try to correlate information with similar one faced or experience by us in past. If our mind finds this correlation then we understand that information very easily & effectively.

Want & Need

Generally a person is confused himself between his want & need which gives rise for unhappiness & dis-satisfaction.

Prime difference between Need & want is

Once your need is satisfied you feel that inner satisfaction & then you proceed to further needs down the line (Maslow's need hierarchy).

But with want satisfaction you will not get inner satisfaction. As soon as one want get satisfied then another rises & this cycle give rise to a process of total unhappiness.

There is one good saying that "You have a right to satisfy your need but not want".

If person's needs are satisfied then that person can live a happy life.

If person's wants are satisfied then that person can never stay happy for long time.

Hence bottom line is that we should aim to satisfy our NEEDS first

These 3 articles written with self realization about these things

Uday Deo
Sydney, Australia
Mobile 0420758035
E mail udaydeo@ymail.com