Happiness: The power within

The journey of life is all about relationships. When we consider our- selves as a microcosm of the Divine, we understand how much we contribute to the world. The giving can happen in many different ways. The giving can happen to others, the return of that energy, the respect we receive, the respect we show to others, the return of that respect, the respect we receive, the respect we show to the environment, the respect we show to the Earth with minimal re- siduals, the respect we show to the Earth with minimal re- siduals. The giving can happen to others, the return of that re- sidual, the respect we receive, the respect we show to others, the return of that respect, the respect we receive, the respect we show to the environment, the respect we show to the Earth with minimal re- siduals. The giving can happen in many different ways.

PERCEPTION IS EVERYTHING

It is the way we perceive people responding differently to the same stimulus. We perceive it differently, and understand and interpret what is different because we are different. We respond to the same stimulus in different ways because we are different. We perceive it differently, and understand and interpret what is different because we are different. We respond to the same stimulus in different ways because we are different.

CATASTROPHE IS BLINDING

We never die of the snake bite that we assume is deadly. A deep snake bite can be ‘lifethreatening’. It is the way we perceive people responding differently to the same stimulus. We perceive it differently, and understand and interpret what is different because we are different. We respond to the same stimulus in different ways because we are different. We perceive it differently, and understand and interpret what is different because we are different. We respond to the same stimulus in different ways because we are different.

ACCEPTANCE AND APPRECIATION CREATE MAGIC

When people and relationships are going through difficult times, I choose to under- stand, empathise and accept them. Withholding criticism and unkind words allow me to share words of empowerment, encouragement and encour- agement. Our words cre- ate a huge impact on oth- ers, and also on ourselves. When we uplift others with our words, we also uplift ourselves. Giving benefit to others with our words, we receive their blessings and support. An atmosphere created by good feelings and pure words is one in which I experience happi- nesses but also share happiness with others.

There are five ways in which we can generate happiness within the self. 1. Firstly, it is important to be with the acquisition of personal property, finances, and facilities, or even material needs. It is clear that we may have all of these and still not be happy. When we go on an inner journey, we begin to understand that our own thoughts and feelings are the key to being able to generate happiness and peace in our lives. It is impor- tant that I can be the master of my mind, and move my thoughts in the direction that I desire. 2. Familiarity and a true love of one’s own inner state of happi- ness. I then no longer wait for people or situations to change but create my own. Thoughts and feelings. I am able to make a conscious choice as to how I respond and react to people and situations. 3. Begin with thoughts and feelings but, of course, this leads to words and ac- tions. Pure, positive feel- ings generated by good

A guest is honoured, respected, loved and taken care of in such a way that he/she feels valued. This is but one sample of the rich heritage that India beholds the world, where it is said, ‘Treat your guest as God’. Certain rituals, that are still practised in India, demonstrate the kind of respect and honour shown to guests to make sure they feel valued.

• The creation of a gentle fragrance through the light- ing of an incense stick.
• The welcome of an earth- toned, fragrant flower and light and happiness prayers.
• The serving of the finest food and sometimes the best food.
• The offering of flowers to the God or goddess.
• The creation of a gentle modulating mood and atmosphere.
• The offering of words of empowerment, encouragement and encour- agement. Our words cre- ate a huge impact on oth- ers, and also on ourselves. When we uplift others with our words, we also uplift ourselves. Giving benefit to others with our words, we receive their blessings and support. An atmosphere created by good feelings and pure words is one in which I experience happiness but also share happiness with others.

India is a land in which we believe in the power of karma. When we have karma in life, we carry them with us to others, the return of that respect, the respect we receive, the respect we show to others, the return of that respect, the respect we receive, the respect we show to the environment, the respect we show to the Earth with minimal re- siduals. The giving can happen in many different ways.

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