

INTERNATIONAL DAY OF HAPPINESS

Be Mindful | Be Grateful | Be Kind & Compassionate

Jain Way of Life promotes happiness. If I am compassionate toward others around me, they will also be compassionate toward me and my family, my community, and the world will be a much happier place.

“if You begin your day with love in your heart, have pure thoughts, peace in your mind, you not only benefit by their presence, but also bring them to your family, friends, and also, to those whose destiny draws across your path that day”

"Sarve Janaha Sukhino Bhavanthu"

May all living things cherish and live happily.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way

Happiness is mindfulness in the Now.

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." – *Melody Beattie*

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." – *The Dalai Lama*

Jain scriptures state that true happiness is achieved through rational conduct, which entails limiting one's desires and passions, and avoiding violence of the self and of all other living beings through Maan (mind); Vachan (speech) and Kaya(body)

True happiness is found within
STOP searching for it and start living.

Jainism is the religious system for independent, intelligent, and rational people of all times. This rational approach towards life is called rationalism (Samyaktv) Our experience is that anger, pride, intrigue, greed, hurting others' feelings, telling a lie, possessiveness, delusion etc lead to unhappy feelings. This is true of all people, rich or poor. Thus, happiness consists of avoiding physical and mental violence. In fact anger, greed, pride, intrigue etc hurt our conscience. Thus, they constitute mental violence and are the root cause of misery in life. They cause the influx of undesirable karma which adversely influence our present and future. In sum, **to attain true happiness in life**, we have to rise above materialism, we have to think beyond our selfish interests, we have to look at things from others' viewpoint also, we have to foster the feeling of selfless sacrifice and help humanity at large.

By Dali C Jain - Professor of Physics & Jain Scholar



Happiness & Jainism

Sense gratifications provide momentary pleasures but yield pain for long time.

Uttaradhyayana Sutra 14/13

Night after the day and day after the night or light after the darkness and darkness after the light; similarly, unhappiness after happiness and happiness after unhappiness continue to appear in life. Sometimes, we smile at favourable conditions, and cry at unfavourable condition.

That pleasure which comes and goes is transitory and is obtained due to the enjoyment of sensual objects. For short time, they make us joyful, give us satisfaction but for long time they hurt us.

Wise men say that there is one more type of happiness – spiritual happiness, which is attained from within, without outside aid, and is permanent. That is attainable by realizing the self and reflecting on that. With endeavour, everyone can acquire that. We have to strive for that only, not for momentary happiness dependent on sense gratification.

(Source:tatvagyan)



SEARCH FOR HAPPINESS

Happiness is usually termed as absence of unhappiness. But this definition merely shifts our search to the concept of unhappiness. The worldly life is beset with various types of misery, distress and affliction that give the feeling of unhappiness. The factors that lead to unhappiness can be divided in three categories of Adhi, Vyadhi and Upadhi. The first relates to mental unhappiness, the second relates to physical unhappiness and the last pertains to problems arising from the extraneous factors. To get free from all three aspects is Samadhi, the state of true happiness.

But most people are not much concerned about true happiness. They are more interested in getting worldly happiness which can be termed as pleasure. The pleasure is defined as the agreeable sensation arising from expectation, acquisition, or possession of something desirable. This definition implies that it has to be free from vexation, annoyance, anger, affliction, distress, sorrow, trouble etc. Our activities are generally motivated by the desire to gain such pleasure.

One has to realize that the lasting happiness lies within and cannot be found by searching without. Outward happiness gives a semblance of pleasure, while inward happiness is the state

of lasting beatitude and bliss. The ancient seers have explored this aspect and have come to the conclusion that true happiness can be gained by the absence of desire. Desire is the antithesis of satisfaction. Happiness can therefore be termed as the desireless state of mind.

Desirelessness can emerge from contentment. Contentment is thus the inalienable part of happiness. All the spiritual entities have therefore laid down to overcome the desire. Jainism has particularly laid emphasis on that aspect and has exhorted the spiritual aspirants to stay away from all sorts of desire. Therefore, if one wants to be really happy, he needs to cultivate the sense of contentment that comes from within. The contentment is actually, an attribute of the soul and can be experienced by self-realization.

Worldly happiness emanates from accepting the situations that arise from time to time. It should be firmly set in mind that we need not look for any golden time when we could be happy. Actually, this is the time to be happy and this is the place to be happy. **The way of being happy is to make others happy.** The spiritual happiness, on the other hand, is inherent within and can be realized only during human life. Our endeavour should therefore be to manifest the same in this very life.

Extract from an article by Manubhai Doshi



Happiness & Jainism

In life, sometimes, circumstances are favourable, sometimes unfavourable. Those who lose their cool or whose mental equilibrium is lost in adverse conditions, they cannot be happy. Those are also restless who pay their attention on collection the objects of senses that give only momentary satisfaction. Fire of craving burns the mental peace and reduces it to ashes. Because of longing, a millionaire wants to be a billionaire and a billionaire wants to be a man of trillion and the supreme man of the country. The supreme man of one nation wants to have his authority on the world. Thus, craving never lets a man peaceful.

Acharyas, monks, sadhus, saints do not become restless under adverse conditions – they do not lose their mental balance - instead of applying their mind in the procurement of sense-objects, they employ it for improving good qualities and always keep away from desires. In this way, there being no reason to make them restless and disturb their peace, they always remain cheerful – happy.

- *Uttaradhyayana Sutra 12/31*

HAPPINESS IS IN THE JOURNEY

Happiness, as viewed by most people, is a sought destination. It is something to be. It is something to become. To this unfortunate lot, happiness is the end of the rainbow, the pot of gold. They spend out a lifetime chasing rainbows. They might as well chase the shadows for they shall never find in the external that which only resides within.

Happiness is in the journey, not in the destination. Happy is he who has found self. Happy is he who knows God. Happy is he who has lofty and noble aspirations. Happy is he who is rising in the world, climbing higher and higher. Happy is he who is enriching the lives of all those about him. Happy is he who is contributing something to make this world a better place in which to live. Happy is he whose work, whose chores, whose daily tasks, are labours of love. Happy is he who loves love. Happy is he who loves life.

One who is disinterested in material comforts, being devoid of passions of anger, pride, intrigue, and greed, avoids vices like violence & mental, verbal and physical, practices ,rational conduct, and enjoys supreme happiness.

Happy is he who is happy. Happiness is every day. Happiness is now. Happiness is in the journey.

Happiness is a state of mind. It can never be found in the material things about us, in such things as wealth, position or power. Disillusioned and disappointed are they who spend a lifetime harvesting and accumulating more wealth than they need, only to discover, too late, that all the money in the world won't buy a grain of happiness.

Happiness is an expression of appreciation for the things which we have now.

Happiness is today. Happiness is now. Each new dawn signals the birth of a glorious new day wherein we can both give and find love, contentment, cheerfulness and unselfish service.

- **Abraham Lincoln**

SADHUS ARE ALWAYS HAPPY



INTERNATIONAL DAY OF HAPPINESS



"When I was 5 years old, my mother always told me that happiness was the key to life.

When I went to school, they asked me what I wanted to be when I grew up, I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life"

John Lennon

"True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not."

— Seneca, A Stoic Philosopher.

"The key to happiness lies in "giving". Look at the example of Mother Nature which is constantly giving to all of us. And at the same time, it wants all of us also to have the same approach and attitude for giving."

"A happy life is nothing more than a succession of happy moments, but most of us cannot see the happy moments because we are too busy trying to have a happy life"

Cleanse and
nourish your

Body

Quiet and
focus your

Mind

Renew and
awaken your

Spirit

Happiness can be divided into three types:

Physical happiness, which arises from comforts of life, sensual enjoyment, and bodily pleasures.

Mental happiness, which arises from a sense of fulfilment and freedom from worries, afflictions, and anxieties.

Spiritual happiness, which arises from freedom from the cycle of births and deaths, and union with the Self.

