

This contrasting and
the desire to become
what



**ASSIGN
BUSTER**

This type of satisfaction excludes envy and jealousy.

One should never think ill of the happiness, others, rather one should never think of remaining complacent with what one should have. The habit of comparing and contrasting and the desire to become what others are, often leaves sorrowful heart. If a person can enjoy peace of mind, he gets the happiest life. If we are hankering after the worldly things and desires we remain unhappy.

We should do our duty without thinking of the result. Duty, which God wishes us to perform, should be our aim. Such people will be neither overjoyed by success nor frustrated by defeat. One can enjoy while watching the birds or kicking his heels upon the ground.

One can be happy in catching the butterflies or looking vacantly at the starry sky. In fact one should find every moment quite absorbing and should always think that every moment is the most important one. He should take as much interest in that moment as is possible. Happiness is a state of mind and not a possession. It is a product of imagination and not of labour.

It is to be enjoyed through spirit and not through senses. It can be felt and not seen. Similarly life should not be the ultimate aim of living. This is a preparation for the next life. Such an attitude makes us indifferent to the death of our near and dear ones. Though this attitude needs a great control over our emotions, yet this can afford us happiness.

Happiness cannot be monopolised by saints. It cannot be the exclusive right of the wealthy people. It is not meant only for a child. Happiness can be

enjoyed by a common man. It is around us; we are to discover it. So a man should tune himself up for it and he will get it.