



Dec 27, 2006 Wed
Parthiba - Margazhi

- [Cricket](#)
- [Education](#)
- [Forum](#)
- [Friendship](#)
- [Health](#)
- [Hotels](#)
- [Jobs](#)
- [Matrimonial](#)
- [Movies](#)
- [Music](#)
- [Property Bazaar](#)
- [Panorama](#)
- [Tamil Songs](#)



- :: [News](#)
- :: [Events](#)
- :: [Search for Doctors](#)
- :: [Health - Management](#)
- :: [Heart](#)
- :: [Yoga](#)
- :: [Emergency](#)
- :: [ENT Corner](#)
- :: [Hospitals](#)
- :: [What You Eat](#)
- :: [Insurance](#)
- :: [Homeopathy](#)

[Deep Web Medical Search](#)

Yoga

♦ [Happiness in Society](#)

You deal with people and situations effectively only when you are happy. If you are concerned about [society](#) and you want to deal with it intelligently and effectively, the fundamental need is for you to be happy, isn't it? Otherwise, in your unhappiness, it won't matter what good intentions you have, you will only spread misery in the world. Once you are miserable, knowingly or unknowingly, you only spread misery. You cannot help it. Being happy or unhappy is actually your choice.



[Heart Attack-
Knowledge is
Protection](#)

[krishcricket.com](#)

[egames](#)



[RSS / XML](#)

[COL Instant
Messenger](#)

[Finance](#)

[Get Marriage
Proposal by Email
for FREE!](#)

[Horoscope with 10
Year's Prediction](#)

Consult online our
Homeopath,
Dr S
Chidambaranathan

➤ Astro Services NEW!
<u>Dreams Analysis</u>
➤ Film Songs Downloads (MP3) NEW!
<u>Download Instrumental MP 3 Music</u>
➤ COL Classifieds NEW!
<u>12 Months (Text+1 photo)=Rs. 3,500/-</u>

[Donate to Sri Lakshmikubera Trust](#)

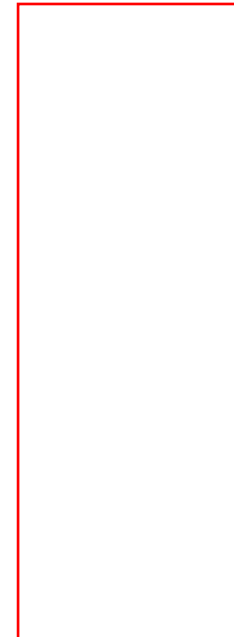
[Wedding Planner](#)

www.raza.com

www.razacomm.com

[Chennai Yellow Pages](#)

[India in South Africa](#)



People have chosen to be unhappy because they think that by being unhappy they will get something. It is being taught that if you suffer, you will go to heaven. If you are a suffering human being, what will you do in heaven anyway? Hell will be more of a home for you. Once you are unhappy, whatever you get, what does it matter? If you are happy, if you don't get anything, what does it matter? This is not a philosophy; this is your true [nature](#). By nature you want to be happy. This is not a teaching I am trying to give you, "Be happy, be happy." Every creature wants to be happy. Everything that you are doing, every single act you are performing is in pursuit of happiness in some way.

For example, why would you want to [serve people](#)? Serving people gives you happiness; that is why. Somebody wants to wear good clothes; somebody wants to make a lot of money, because that gives them happiness. Whatever every human being is doing on this planet, it does not matter what, even if he is giving away his life to somebody, he is doing it because it gives him happiness. So happiness is the fundamental goal of life. Why do you want to go to heaven? Only because somebody has told you that if you go to heaven, you will be happy.

After doing all that you are doing, if happiness is not happening, somewhere you have missed the ABCs of life. Somewhere, the fundamentals of life have been missed. When you were a child, you were simply happy. Without doing anything, you were happy. Then somewhere along the way, you lost this. Why did you lose it? You got deeply identified with many things around you, your body, your mind.

What you call your mind is actually just the stuff you have picked up from social situations around you. Depending upon what kind of society you have been exposed to, that is the kind of mind you have acquired. Everything in your mind

right now is something you picked up from outside. This nonsense did not come with you; you picked it up and got identified with it. You got so identified with it, now it is causing you misery. You can collect any kind of garbage you want. It is okay. As long as you are not identified with it, there is no problem.

This body is not yours; you have picked it up from the earth. You were born with a tiny body, which your parents gave you. After that, you ate plants and animals and grew. You borrowed it from the earth; it is not yours. For a while you have to use it, so enjoy it and go. But you have become so deeply identified with it, you think this is you. No wonder you suffer. The basis of all this misery is, you have established yourself in untruth. You are deeply identified with that which you are not. That is why the suffering.

The whole process of [spirituality](#) is only to dis-identify with that which you are not. When you don't know what you really are, can you search for it? If you search, only your imagination will run wild. If you start thinking, "Who am I?" somebody will tell you that you are God's child. Somebody else will tell you that you are the devil's [child](#). Somebody might tell you something else, endless beliefs...

Imagination runs wild. So, the only thing that you can do is, whatever you are not, start discounting that. When everything is discounted there is something, which cannot be discounted. When you arrive at that, you will see, there is no reason for misery in this world.

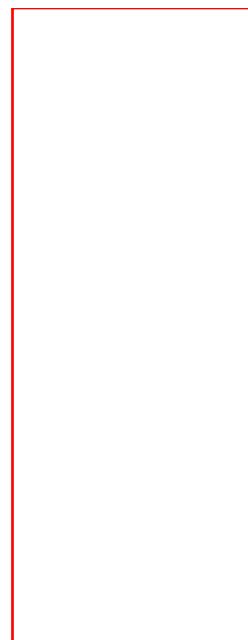


Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - '[Mystics Musings](#)' - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on



உடனடி பணம்
ரூ.5 லட்சம்*
வரை
பெற்றிடுங்கள்
[Apply now >>](#)

**Over 2,00,000
Jobs!
Register FREE @
naukri.com**

[CIOSA](#)
**[Connecting the
Concerned](#)**
"A place where
NGOs, corporates
and volunteers
work together for
social causes"

**[Exclusive
Tamil Matrimonials](#)**

50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore, India.

For More details, contact:

Isha Yoga Center,
Velliangiri Foothills, Semmedu (PO)
Coimbatore - 641 114, India
Phone: 91-422-2615345
Email: yogacentre@ishafoundation.org
Website: www.ishafoundation.org

Exclusive profiles
match.

Fropper

More Articles

Published on Sept 28th, 2004

Recommend this page

Mail us your feedback

Post your Comment

View Comments

Over 2,00,000 Jobs! Register FREE @ naukri.com

Copyright © 2006, Chennai Interactive Business Services (P) Ltd. All rights reserved. cibs@chennaionline.com - [Copyright and Disclaimer](#) - [Privacy Policy](#)
2, North Crescent Road, T.Nagar, Chennai-600017. [Click here for more](#)