



# Art of Happy Living

Brahmakumaries

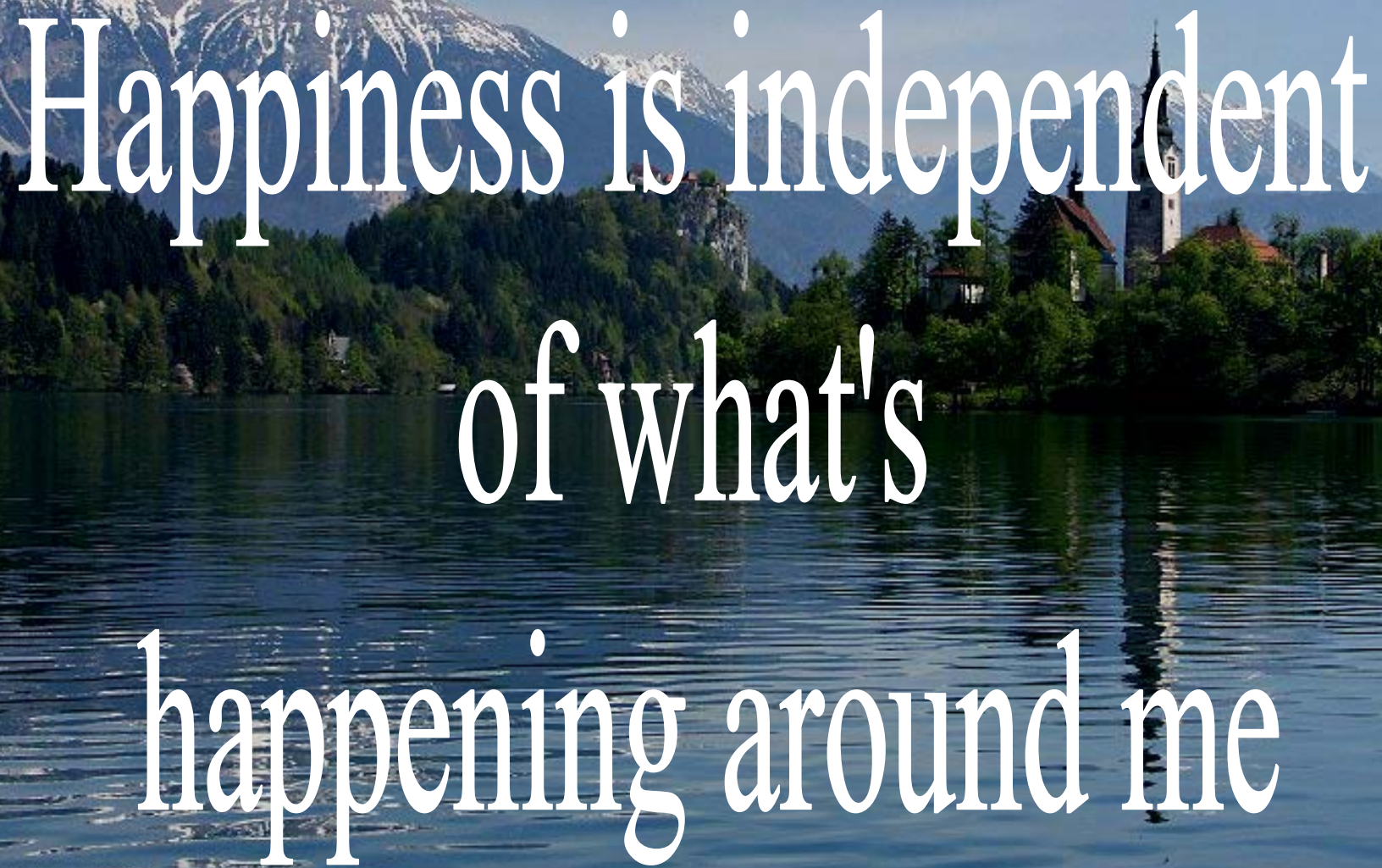
# Happiness

**It is an ability to create thoughts that  
sustain energy and spirit  
to see things and people in a  
positive way**





I am responsible  
for  
my happiness

A scenic landscape featuring a calm blue lake in the foreground. In the middle ground, a small village with a prominent church spire is nestled among green trees. The background is dominated by large, rugged mountains with patches of snow under a clear blue sky. The text is overlaid in a white, serif font, centered across the image.

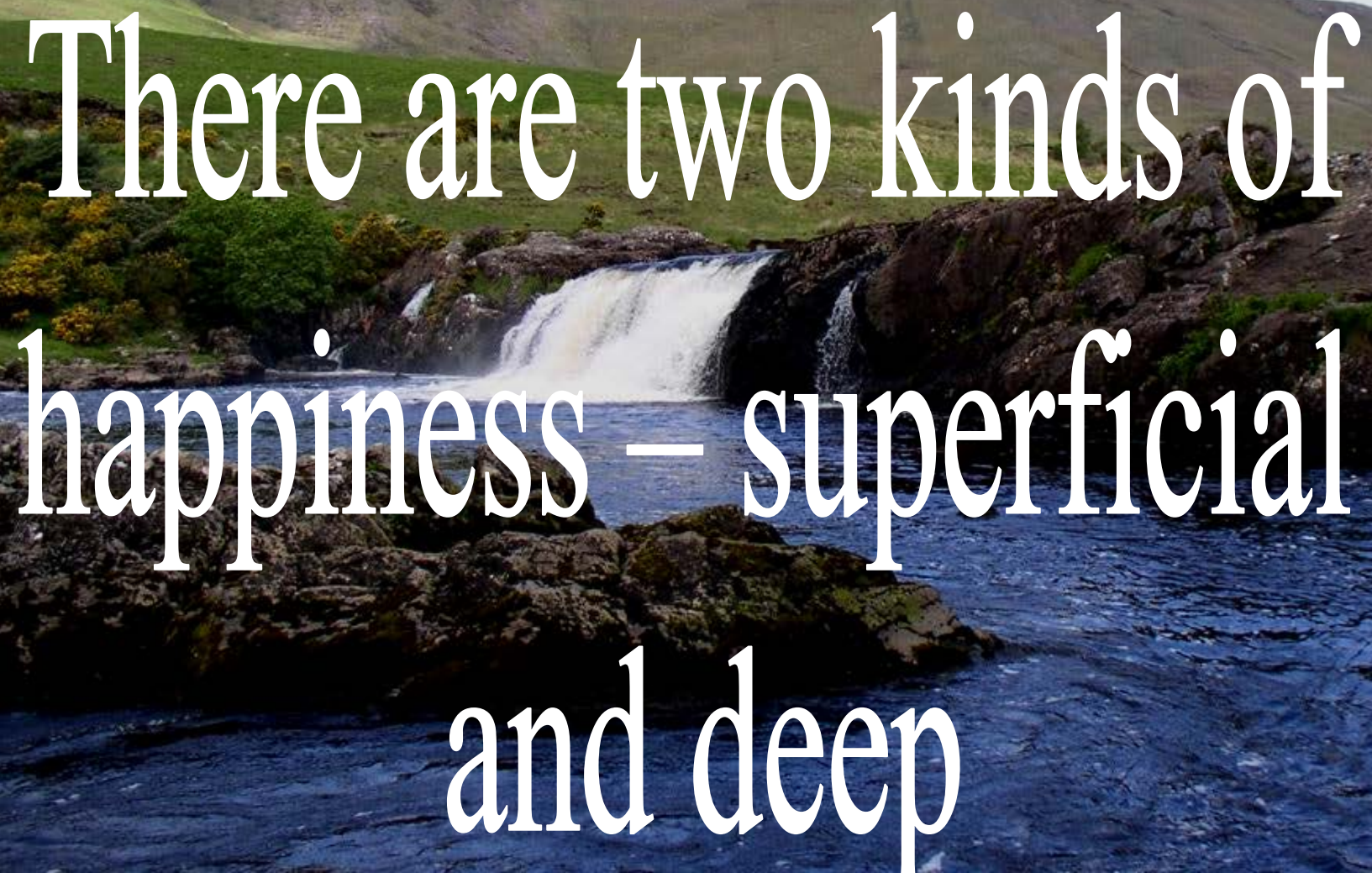
Happiness is independent  
of what's  
happening around me




Happiness is my nature

and

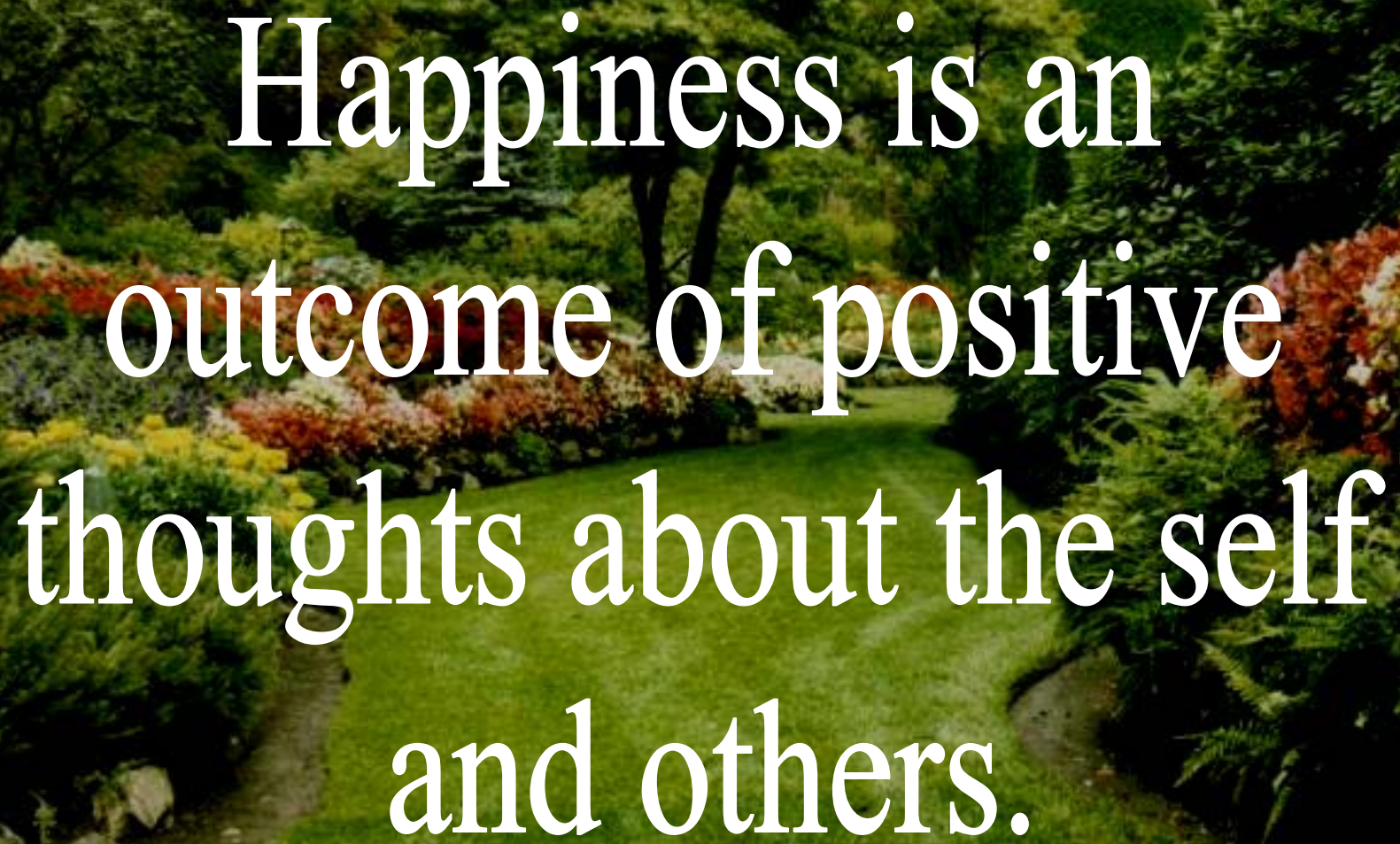
it cannot be learnt



There are two kinds of  
happiness – superficial  
and deep

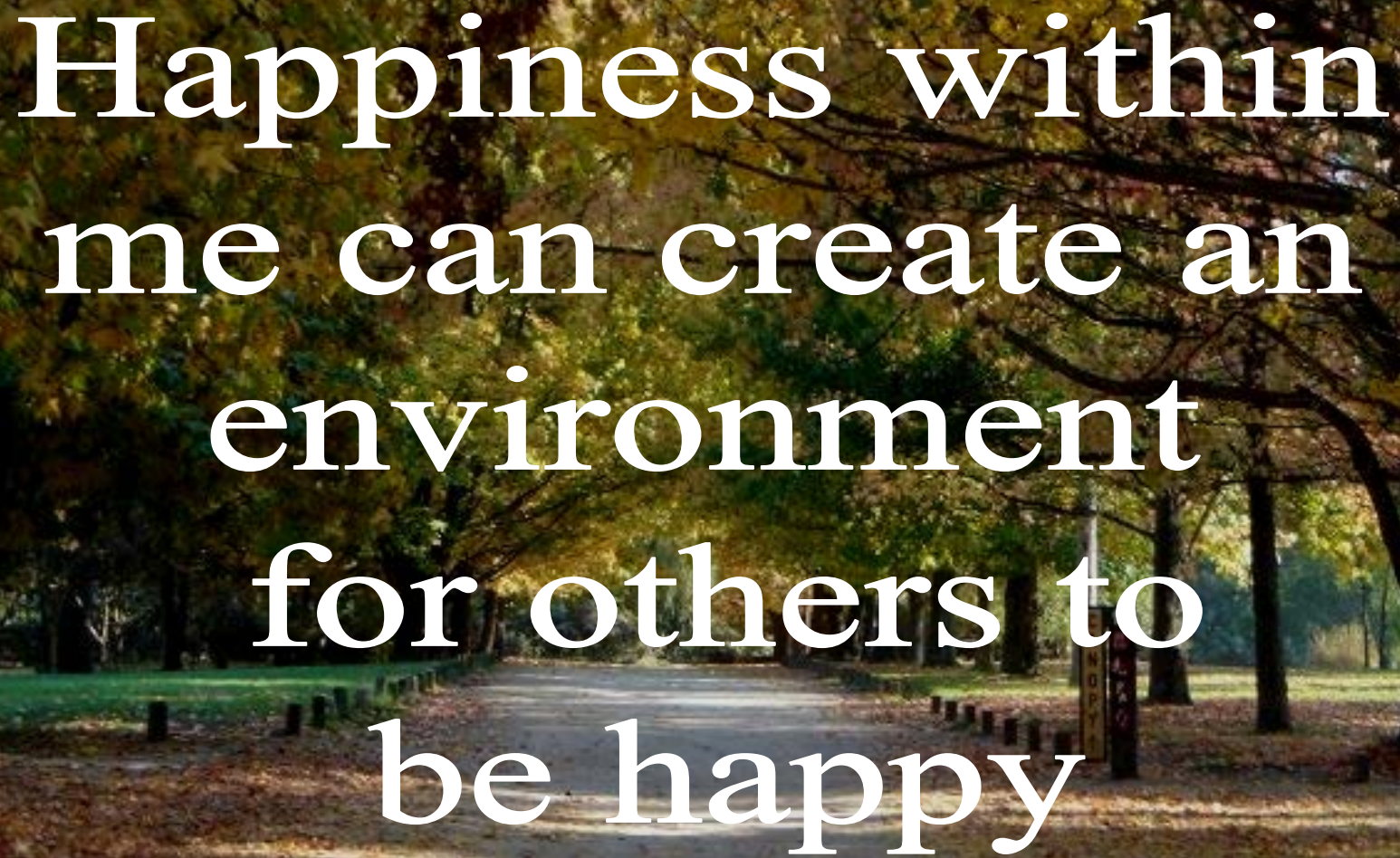


Nobody can take  
away my happiness

A lush garden scene with a winding path, green trees, and colorful flowers. The text is overlaid in white serif font.

Happiness is an  
outcome of positive  
thoughts about the self  
and others.



A scenic view of a paved path lined with trees in autumn. The trees have yellow and orange leaves, and fallen leaves are scattered on the ground. The path leads into the distance, flanked by a low wooden fence. The sky is visible through the branches of the trees.

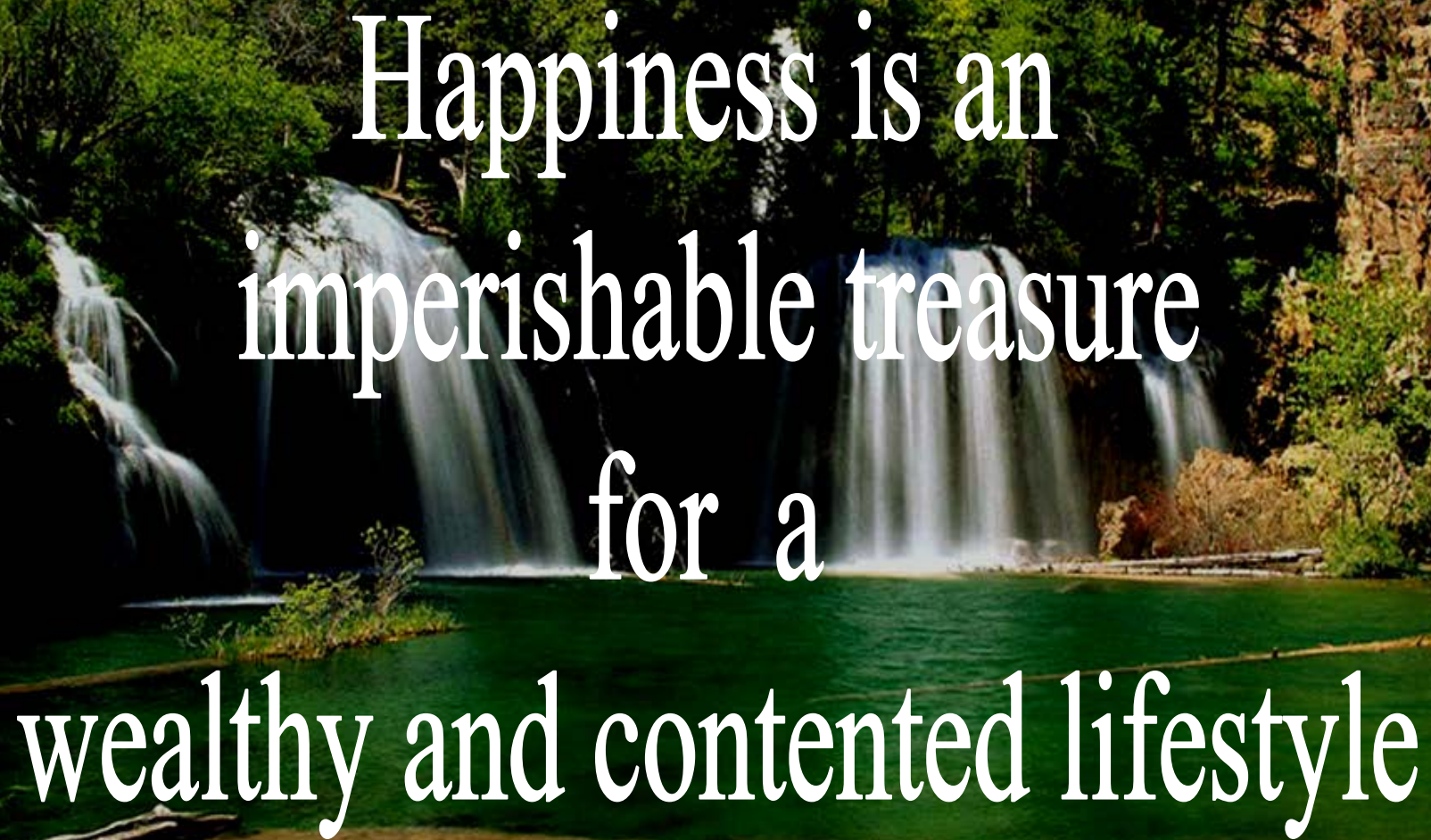
Happiness within  
me can create an  
environment  
for others to  
be happy

A photograph of a forest path during autumn. The trees are tall and thin, with leaves in shades of green, yellow, and orange. The path is a dirt road that curves through the trees. The lighting is soft, suggesting a slightly overcast day.

The sign of true  
happiness is  
enthusiasm  
and  
cheerfulness



Happiness is the true  
nourishment for  
a healthy mind



Happiness is an  
imperishable treasure  
for a  
wealthy and contented lifestyle





## Practical Tips for Happy Living

- **S**implicity
- **M**erciful
- **I**nspiring
- **L**ight
- **E**ncouragement



# *Positivity & Negativity*

- **What you should do if done is positive**

$$( + \quad \times \quad + \quad = \quad + )$$

- **What you should not do if not done is also +ve**

$$( - \quad \times \quad - \quad = \quad + )$$

- **What you should not do, if done, results -ve**

$$( - \quad \times \quad + \quad = \quad - )$$

- **What you should do, if not done, results -ve**

$$( + \quad \times \quad - \quad = \quad - )$$

# Tips for Happy Living

- **Do not regret about the past mistakes nor worry about the future. Be creative today and you will forget the past mistakes and get benefited in the future.**
- **One who defames you is your friend. He draws your attention towards your mistakes like a free psychiatrist. Forgive and forget.**
- **Try to help others whenever possible. You will forget your problems by helping others.**
- **Do not try to change the situations that you cannot change. Remember - Time is a best healer.**
- **Every event in your life is beneficial. Whatever is happening is good, whatever happens will be very good.**



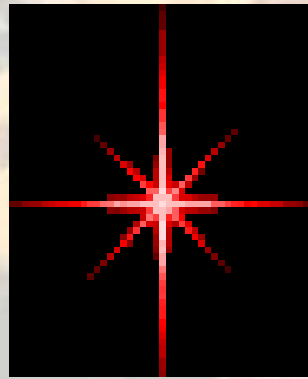
# Tips for Happy Living

- **Do not take revenge, but change yourself. By having the aim of transforming the self, one progresses in life.**
- **Always think of giving happiness to others. Never think of giving unhappiness.**
- **Subtle ego within the self creates imbalance. Remember - You had come empty handed and will have to return empty handed.**
- **Give all your burden of sorrow to God.**
- **Whenever you face a problem, just think that you are settling your past accounts.**

# Tips for Happy Living

- **You are a unique person in this world. Don't compare yourself with others.**
- **Have a positive attitude towards day to day events. Solve one problem at a time.**
- **Check your mental traffic by observing your mind. It will stop producing unwanted thoughts**
- **Laughter is an antidote of stress. Laugh on your mistakes, but not on other's ... please...**
- **Practice silence for 15 minutes daily. It will bring peace, bliss and relaxation of mind and body**

The original quality of our innate being is  
Happiness



The soul is an eternal point of divine light





***Thank you***

**For your active participation**

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**We hope you will contemplate over  
the various points shared**

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