



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

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## We are the cornerstone of our Happiness

*"When there is a problem, there is not something to do, there is something to know."*

(Louis Hay)

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In the last five years almost all industries have witnessed loss of many valuable lives due to suicide and banking industry is not an exception to it. In most of the cases the major reason behind this was depression or unhappiness. High ambition, early growth in career, craving for attention and numerous desires to be fulfilled, we are hankering after all these. It is an endless race. Life is fleeing fast with its own pace. It becomes pathetic, when we couldn't match with the pace and succumb to a miserable end.

As per the United Nation's World Happiness report 2020, India has ranked 144<sup>th</sup> among 156 nations (under survey). Even with the growing GDP and economic stability India's rank on this index is continuously declining since 2015. It was 133<sup>rd</sup> and 140<sup>th</sup> in the year 2018 and 2019 respectively. One may find out one thousand reasons for this decline. We are also not going to dig out the reason for the unhappiness but we need to know something very important.

Here the question arises what to know? Ask yourself whether you are happy with your life or not? If the answer is not positive, ask another question, who or what is responsible for this? Is it our job, our boss, our spouse or some circumstances which is responsible for our unhappiness? Wait, if the answer for this question is **YES**, it needs a couple of visits and revisits to our thoughts.

Every thought we think and every word we speak create our experiences. Unaware of this we create messy situation and blame something else for our frustration. We try hard and put our best efforts to change others to fix the problems created by ourselves. Does it sound practical and rational? This is for sure that blaming others will never solve any of our problems. It simply moves us away from the solution. When we fix something else responsible for our suffering and miseries, we give away the power to control our situation to others. It is obvious to feel helpless when we don't have any control over the situation as we carry the thought that things will improve when something changes outside.

We are the only thinkers in our mind, nothing in our life has any power over us. **Be it the best or the worst, it is none else but we are responsible for everything in our lives.** Understanding our responsibility for the situation enables us to rise above the issue and take charge of our life. Whatever is the problem, it originates from our thoughts. Good thing about this is, a thought can always be changed and it has to be done by us only.

A simple thought can initiate the change in life. Make a conscious decision to be willing to change and stick to that. Just we have to change the way of thinking and speaking, the way of expressing ourselves. We have the power to recreate and redefine our situations and circumstance. We can bring the desired change in our lives. The big concern is what to do and how to do. Surprisingly the answer is simpler than the question. Yes, **stay happy, stay healthy, take charge of life, life will start changing.** We have to take care of three basic things i.e. our **Mind, Body** and our **surroundings**. Here are a few initiating steps, which will direct us to the path of our choice. First we have to deal with our mind and thoughts as we know a thought can change one's life.

When we start rearranging things in our life for improvement, first we have to clear the garbage, the unwanted thoughts and painful memories to make space for new productive ideas. Issues about ourselves and things in our lives which we have always disliked are still with us. Actually the more we dwell on what we didn't like the more of it we create. Normally we recreate our past. We carry so much in our mind. Sarcastic words or a critical statement of someone makes a long lasting impression in our mind. The longer it stays in our mind the harder it becomes. These statements convert into beliefs for ourselves. We start thinking that we are like that only. We borrow other's opinion and keep reconfirming it time and again in our mind.

**What happened doesn't matter, what matters is how we react to it.**

The past we are holding is hurting us. It is over and done with. It cannot be changed. Let it be washed away. We should stay away from painful thoughts and memories that create problems. Whatever be the situation in the past we can always shape our future as per our wish. The only thing we can control is our current thought. The point of power is always in the present moment where the change begins.

The key to unlock the shackles and to be free from unwanted past is **"to let go"**. Let go and release, it is panacea to all pains. The moment we are willing to release it becomes easier for us to make changes. We should not cling to the memories which hurt and create pain. **Forgiveness** of self and others releases us from the ailing past. It sets us free to move ahead in the desired direction in our lives.

Our mind is only a tool. We can choose to use it anyway we wish. In spite of dwelling on what **"we don't want"** we can use our mind to create what **"we do want"**. Simple it is, what goes out, comes back. Our thoughts are seeds and subconscious mind is soil for it. What we put attention on grows. So feeling good about ourselves is very much required. For this, we should find out good things about ourselves, love, appreciate, respect and care for self. When we create balance in our mind we will find it in our lives too.

Initially we start with the enthusiasm of soda water bubble and it sinks in/fizzes out very soon/in a short span of time. At times we start working upon the traits like lackadaisical approach, relationship or any habit and most of the time we fail in the beginning itself. Even with strong willpower and determination we frequently slip into those traits again and again. Instead of analysing we start criticizing ourselves which never helps. Self criticism makes the situation worse. We shouldn't lose our heart. Think of a child who starts walking for the first time. A child never gives up whenever he falls, he stands and starts again.

In the same way we need to encourage and support ourselves as a child. We should appreciate the efforts but never give up.

After cleaning up the undesired one, we start building/placing new desired thought patterns. Whenever we start a new thing, the laws and rules should be learnt and followed to the letter. Consistent effort with commitment always helps. Once we learn it, we always need to reinforce it.

Our **body** is an embodiment of our thoughts. If we are not at ease with our thoughts and beliefs we are in state of disease. A relaxed and peaceful mind is the identification of healthy and strong being. Here are some suggestions:

**Eat things that make your body feel good. Do things that make you feel good. Think something that makes you happy. The most important one is “Love yourself for who you are and what you do”.**

The relationship we have with the people, object and our surroundings reflects the relationship with the self. Relationships are the mirrors of self. Hunting for love and respect never bring them. It creates longing and unhappiness. For this blaming others is useless, it only gives away our power. It needs power to make a change. So keep the power to make it happen. Love as well as respect is within us only. What we have to do is to be open and receptive. Remember, we can't change others, if we want to improve a relationship we have to start with ourselves first.

**Gratitude** is the key to happiness, success, prosperity and the list goes on. When we are grateful for what we do have, it increases. We need to check, how do we begin our day? Do we feel cheerful and thankful when we open our eyes in the morning? We should be grateful to be alive, to be healthy, to experience a new day. We need to give a few minutes to sit in quiet meditation. We should always count our blessings and pay gratitude with smile. We should love and be deeply fulfilled with what we do.

When we don't succeed in our first attempt we should try again. It never means that we would repeat the same old way. It means, we need to recognise our errors and try another way until we learn to do it correctly. We shouldn't give up.

Remember we deserve the best. We need to be receptive with open arms. Being aware we have to recognise happiness and prosperity everywhere and rejoice in it even in small.

**Compliments** are gifts of prosperity. We should accept and pass compliments generously with grace. We need to keep the flow of good going. Greetings and saying thank you with genuine smile creates daily emotional deposits. We should keep depositing smiles, love and compliments in our account. It helps in feeling good even in adverse times. Meditation, positive affirmations, prayers and good deeds add to our emotional strength. Being joyful and taking the situations sportingly keeps the situations light. Nothing touches one who can laugh at oneself and at life.

In the nut shell, life is very simple what we give out we get back. None but we are responsible for the best or the worst in our life. Only we can bring desired changes to our life situation and shape future as we like it to. We can enjoy our success only when we are happy and healthy. Forgetting the past and living in the present gives us the opportunity to treat ourselves the way we wish to be treated. Being thankful we should rejoice our life in its fullest. Definitely, we are the cornerstone of our happiness.