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RESEARCH ARTICLE

**HAPPINESS MANAGEMENT THROUGH BHAGAVAD GITA**

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**ABSTRACT**

Happiness is a subjective matter for a materialistic person. Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology, are employing the scientific method to research questions about what "happiness" is, and how it might be attained [1]. This paper explains how to control senses, the different types of happiness, ways in which ultimate happiness can be achieved.

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**INTRODUCTION**

Happiness, Joy are all the words that bring differences in life. Is this happiness going to be there life long.? The answer to this depends on what kind of happiness are we in at the present moment. Is it a temporary phenomena or permanent? Now question comes to one's mind is that; is there something called as a permanent happiness? If so what it that? How can it be achieved quickly?

The problem is that, we see only happiness in material things. We believe that if we have more dollars in hand we will be able to purchase all the happiness. For example let us assume that we are working overtime to buy a new car. Once it is bought the desire to own something else will come. So the happiness is not confined to one thing, it keeps on changing based on our desire. So the culprit is our desires. But is it possible to control these desires?

The reason why we have desires is a tricky question. It is because we see world in materials. We see new things in world through eyes. We taste new things through our tongue. We feel comforts through our skin. We hear good or bad things through our ears. So ears, eyes, tongue and skin bring desires from the material word and feed into your brain. Brain makes you feel that 'Yes I want that... I want this....'etc. So if we control these parts we won't have desires. Or in other words if we control the sense organs, we will not have desires.

Obviously the next question that comes to your mind is – will a person who is deaf, dumb and blind will not have any desires and so will he be happy always? The answer to this is a "No". He will have desires to see the world, taste good things, hear good things and also feel comfortable. Remember if the brain itself decides and understand that happiness is not in the material things, then he will start to work on it. When

there is attachment towards material objects due to the sense organs, the lust for the materialistic things begins forming inside the mind. From lust; anger, from anger; complete delusion arises and from delusion the mind gets totally confused. When mind is confused intelligence is lost (emotions play an upper hand) and again the mind goes to the material world.

One specialty of the sense is that all the major senses is protruding outside. So if there is some mechanism to make the senses not to protrude outside to some extend the problem is solved. But it is not so easy.

There is one mechanism through which all the senses can be controlled. "Control the senses through your action and knowledge".

Always one point need to be kept in mind, people might forget the name of a person, but they will not forget the good deeds that have done by any particular person. So action is defining a person. When action is done with knowledge then you get happiness

**History of this knowledge**

This idea of controlling the senses through ones' action and knowledge is not a new concept. It is already written in the Bhagavat Gita. Bagavat gita is not a book on Hinduism. It is a book to the general mankind, to lead a more happy life. This concept was afterwards explained even in Buddhist scriptures also.

In earlier scriptures it is mentioned that earth existed from many years ago. There are always changes happening in this earth. Those things that does not change will get merged in earth. That is the reason in earlier days lot of sages did penance controlling their senses.

## How to control senses through action and knowledge

To answer this question one has to define action and knowledge. Action should always be done with detachment of result. Just do the job and detach the mind from it. When you are doing an action give a strong message to the brain that it is just the power of energy that has created me making me to do that action. I have nothing to do with the action nor am I expecting any results out of the action. Ego of 'I' need to be erased. An ignorant person because of false ego thinks that he is the doer of all activities, but in reality it is the ultimate energy that makes the decision and making us to perform certain action. All action needs to be prefixed by the word right. So how is the word 'right' relevant? Here the second part comes to play i.e Knowledge. Knowledge is required by brain to make the right decision or action.

Nature itself explains this with one example. It is said that Maharshi Vedavyasa has written mahabharatam in a place called 'Maana' a small village near to Badarinath, Uttarakand, India. This place chosen by him because it is a place where two rivers named Alakananda and Saraswathi joins. The river Saraswathi represents knowledge and river Alakananda represents bakthi or action. So knowledge is required to do perfect action. The person to feel both happiness and distress as the same will be absolutely free. Now the question is how to control senses using action and knowledge. Knowledge of controlling the senses is required to free oneself from desire and get permanent happiness. The following are different knowledge we need to have.

1. Knowledge that the energy that created me has created everyone.
2. Knowledge that the energy that is in me is also in everyone.
3. Knowledge to detach from the action once it is done.
4. Knowledge that expectation reduces joy.
5. Knowledge of investigation.
6. Knowledge that 'I' never exist without that ultimate energy.
7. Knowledge that the ultimate energy always existed and will remain forever. The energy t can be never created nor destroyed and it will only change form from one to another.
8. Knowledge of conquering the mind and making mind the best friend.
9. Knowledge of accepting the people as they are.

Knowledge that man has created the material things, Man is created by that energy. So if we are with that ultimate energy we will have all the happiness. When we practice action with this knowledge we will have no desires and, when there is no desire we are always happy. A knowledgeable person never laments neither for dead or living things.

One hypothesis that we take is that there is some energy, because of which every heart in this world beats.

## Alternative method

Another method to control the senses is by doing yoga. Yoga need to be practiced regularly in a systematic manner, in great faith and determination. It is very difficult to control the mind

since it is restless as a blowing wind. But we can control with practice and detachment.

There might be a situation in life that one may come across in either in a temple or church where little crowd is there, we might push every one and go and stand in front of the idle and one starts praying. When we are praying we close our eyes, Why? If we have pushed everyone and come to see the idle then we should open our eye and see the idle and pray. But normally we close our eye. Because inside our inner mind we very well know that the energy that we see outside is actually inside our body itself.

Once you have known the energy inside you, you get permanent happiness. All other happiness has beginning and end. Once a person knows that the energy inside one's body is the same as the ultimate energy he attains permanent happiness or bliss.

It is not that we pray to different gods idle for happiness. What are these idles? When we are doing poojas what are we exactly doing? We are praising God and doing all pranks that the supreme energy had done on us. The ultimate energy gives us rain by which the food grains grow, which in turn we eat. The ultimate energy has given as heat and light through sun. So the ultimate energy is playing pranks on and of us. So during pooja we also do the same pranks on the supreme energy. We tell our self or the energy inside one to come out of the body and stay in the idle while doing pooja. Then during pooja we pore water on the idle (abhishekam), which the ultimate energy pore on us as rain. Then we put food grains on the idle, which the ultimate energy has given to us. Then we burn camphor and circle the idle, in return of the light and heat the supreme has given to us. And in the last we will tell that energy to come back to our body and give more knowledge of supreme.

## Types of Happiness

Happiness that comes after some practices and/or discipline in called **satvik** happiness. The purpose of discipline is to attain joy. The process of attaining satvik happiness at the beginning is tough or difficult but in the end it is enjoyable. Initially to bare the difficulties is discipline. It need not be uncomfortable all the time. But if it is uncomfortable to bear and sustain one need to have discipline. The second happiness is **Rajasik** Happiness. In this the beginning of the process it will give happiness and towards the end it will be difficult or suffering. It is because of wrong discipline. The last kind of happiness is **tamasik** happiness. In this there is no happiness but it appears to be happy or joy giving. Here it is misery from the beginning to the end. There is no discipline required for tamasik happiness.

So to get a permanent happiness no one need to give any imposition, the self need to impose. For example morning we brush teeth, night also before bed we brush teeth. No one has commanded it on anyone. It is self imposed. May be when we were kids, parents impose. Once it becomes a habit and one realizes that it is for good, then it is not imposed by others it is practiced. Other example like diet controlling, doing exercise etc are all self disciplined; it is self imposed. So what will this

discipline do?. Discipline will unite tighten all the loose ends of one's existence. This is about good habit.

But if one practices bad habits, that habit will not give complete happiness but it just promises of giving joy. For example everyone knows that smoking, drinking alcohol or using drugs are bad, then too some people use it. It only promises to you false happiness. Fear, love and greed will remove bad habits. If a doctor says to a patient that if he drinks even a sip of alcohol, the person will die. Hearing this, the patient will never drink due to fear. Thus fear makes to give up the bad habit. Same way if someone loves a person and that person tells to give up smoking, the bad habit will be stopped.

If someone promise that he will give lot of money if you don't smoke for say ; 40 days, then he will stop smoking due to greed. So if fear, love and greed are there the person will stop the bad habit.

## **CONCLUSION**

The three steps to the home of supreme energy are peace, joy and love which are attained by controlling the senses. Controlling of senses is done by attaining the proper knowledge of the supreme and by action done with detachment.

## **Reference**

1. The whole concept is taken from Bhagavad Gita.

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