Happiness your nature

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Happiness does not only come from achievement. When you were a child, you were simply happy. That is your nature. If you go against your own nature to be happy, you will never get anywhere. To be happy is not the ultimate aspect of life. It is the fundamental aspect of life. If you are not happy, what else can you do with your life? Only if you are happy, can other great possibilities arise in your life.

The first and most fundamental responsibility for a human being is to become a joyous being. It does not matter what you are pursuing in your life. Every single action that we perform on this planet springs from an aspiration to be happy because it is the original nature. Today we are seeking happiness so vigorously that the very life of the planet is being threatened. All those people, who depend on external situations to be happy, will never know true joy.

The source of joy is within you; you can take charge of it. When you are fundamentally joyous, when you do not have to do anything to be happy, then every dimension of your life – the way you perceive and express yourself and the world – will change. You will no longer have vested interests because whether you do something or you do not do something, whether you get something or not, whether something happens or not, you will be joyous by your nature. When you are joyous by nature, your actions will automatically rise to a completely different level.

We must look inward and see how to create personal wellbeing. From your own experience of life you can clearly see that true wellbeing will come to you only if your interiority changes. The quality of your life is not determined by the clothes that you wear, the educational qualifications that you have, the family background that you come from or the bank balances that you hold. The quality of life depends upon how peaceful and joyous you are within yourself.

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