‘Real happiness comes from within’

By Our Staff Reporter

COIMBATORE, NOV. 14. Happiness comes from the inner state of mind and external events can have no control over it, Sadguru Jaggi Vasudev, Head, Isha Yoga Centre, said here on Sunday.

Addressing life-convicts undergoing a yoga and meditation course as part of rehabilitation measures being implemented in the prison, Shri Vasudev observed that although external happenings might be completely outside a person's sphere of control, internal attitudes could bring harmony and tranquility. "No one can stop us being happy inside," he said.

While the effects of physical activity were transient, the impact of the mind was long-lasting, and outlived the physical life of a person. Thoughts of seers and thinkers prevailed, while physical works were forgotten.

He said that the life convicts should not think that all those outside the prison enjoyed total freedom. "All people live in prisons of various kinds," he said, and noted that people often mistakenly thought that money, property, education, family life and physical enjoyment would bring them complete happiness.

"Whatever our situation in life, we can adapt to it, become happy and gain fulfilment," he said, and noted that if loving thoughts made us happy and hateful thoughts made us angry, then it was certainly wise to choose to be happy all the time by constantly maintaining a harmonious and affectionate outlook. A person's intellect was fully har-nessed only when he or she was in a happy internal frame of mind. When angry, a person tended to do foolish things, but once an action had been performed, there was no point in constantly thinking about it and feeling a range of negative emotions.

"Yesterday is dead, but many of us bring it back to life and allow it to adversely affect our life today," he said, and observed that people who kept thinking of negative events would only mentally burden themselves.

"We do not know where we came from, or even where we are going, and during our short lives we constantly worry about external events that we cannot control, instead of concentrating on our inner state of mind which is completely under our control," he added.