

HAPPINESS UNLIMITED- B.K.Shivani

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

Book 1:

Choosing Happiness-It is the choice I make

Normally, we look for happiness from external factors like objects, relationships, achievements(success), name/fame, power. Our belief system has created this dependency. This is mind conditioning from past experiences. This way we postpone happiness. Physical comfort, but mind in pain, happiness gone. Physical discomfort, but mind peaceful, happiness is possible.

Very powerful, successful, wealthy, healthy, educated persons are unhappy. Persons without all this can be happy.

We want to be happy depending on getting marks/grades, job, relationship, success, money, name/fame, car, house, behavior of others etc. These are just stimuli which create a response in the mind depending on our mind programming. I create thoughts and feelings, not the objects.

My reaction/response creates thoughts of happiness/unhappiness. Different persons respond differently to the same stimulus. Happiness without or irrespective of the stimulus is possible, if I understand that I create the thoughts. I am the programmer of my life. No responsibility-no control. Spirituality gives us this freedom from dependency.

When I don't get a job/marks/money, I think that being upset, in tension, worry, fear, sadness are normal. Then happiness is not possible. Problems and challenges will be there. To despair or deal with them is our choice. Failure/success not in my hand, my thoughts and feelings are in my hand.

For any incident reaction is automatic, response is by choice.

Meditation: Does not mean stopping thoughts. Being aware and choice of thoughts is important.

Begin every morning: Just watch thoughts and feelings.

To Create The Thought-To Embrace The Journey

Two Approaches: 1. If I achieve this, I will be happy. 2. I will be happy while achieving this. It is not just reaching the destination that matters, it's the quality of the journey that counts. Others wish us safe journey.

Destination/goals(marks/grades, job, position, relationship) are important, otherwise we become passive, directionless. The goals may take days, months, years. While performing the duty, I am

not enjoying since I am anxious/stressful about the future. If I see some threats, competition, I try to manipulate, compromise on values and principles. This delays happiness because it creates anger,

stress, anxiety during the journey. It takes a toll on health, relationships, mental peace. So, you have paid a heavy price for happiness. Painful journey. We are not just postponing happiness, we are creating unhappiness all the way. It multiplies because I am becoming emotionally weaker due to pain- bruised further, easily hurt, irritated. Affects health. But in young age we don't feel the impact. We accept that stress and BP, diabetes, ulcers are inevitable.

What do you say to the best friend after his failure in exam, job, relationship? Don't lose hope. Try again. I will help. **Worrying doesn't help because it makes you weaker. Body language, enthusiasm, confidence affected. Who will employ such a demotivated person? They want a cheerful, happy, confident person. To be successful outside, be successful inside. Even if you fail outside, take care inside. Churchill: happiness is going from failure to failure without loss of enthusiasm.**

Our priorities are only success, not family, friends, health, society, country. You can help others only if you are healthy.

Right thought-feel good-stability=strength We respond better.

An upset father makes himself and the child unhappy.

Failure depletes energy, lowers self esteem. We are not able to face others and ourselves.

Life based on 4 factors: Physical, emotional, intellectual, spiritual. Balance in all required for happiness.

I Have To Be Happy First: Practice

When someone says something, I don't react in auto mode, I respond with +ve thoughts, feelings, emotion. Do not change response based on the nature of the stimulus. Be original. **If courtesy is your quality, don't change even if other person is rude. Because I like to be courteous. Just take one quality(courteous, humble, sweet, loving, happy) and stick to it no matter what(how, where, when).**

We take near and dear, poor, weaker ones for granted and are rude with them and sweet to even rude but powerful persons.

Do good without expectations. Your reward, feeling good during action itself.

We pass the blame to our mind/ego. Our mind/ego is our responsibility. We can't control our mind, but want to control others mind.

Doing things simply as a duty makes both unhappy. Relationships are not just actions but these are energies exchanged during interaction. Duty is responsibility, but do it with happiness.

For duties today, our focus is always on action A, B,C, not on the state of mind during these actions. Studies/job is duty, but what is the feeling while doing it: calm, peaceful, happy, or worried, anxious, angry. The former is enjoyable, while the latter is tiresome, painful. Action with healthy emotions is beautiful, otherwise painful.

How to be emotionally healthy: Very Imp question

We can't make each other happy, I make myself happy. We think CGPA, degree, job, spouse, children, friends will make us happy. Even God can't make you happy.

We have temporary mind diversions(escapades) to divert attention from emotional pain. It is like drugs. Solution: Just be aware of thoughts

Just one Thought Away:

Being natural(doing what I like) makes me happy. It requires least effort. Being natural is peace, love, happiness. But we must be aware of these natural qualities.

Three Samskars(Influences): 1. Family 2. Environment, country, religion, caste, city etc 3. Past(this and previous lives) memory capsule.

It doesn't take years to change mindset. Just one thought of awareness. There are so many triggers we face every day. It is not the trigger but the -ve reaction it creates within us that disturbs us. **If we just accept/respect the triggers, then we are happy.**

4th Samskar: Creating new Samskar with ' awareness and will power'. With this you become powerful. Otherwise you make others(persons, circumstances) more powerful(lost control).

Everyone has the same will power. It depends on how much we use it. Same with every good human quality. The tragedy is that we are not even aware of our original qualities. Spirituality teaches us this. For this we meditate, use tools available. It is like we have fortune in the locker, but beg for money/happiness from others. **First, we must know that we have a fortune in our locker, then we must make efforts to open it. It is in the mind, we have the key. Only we can open. Others can only guide.**

Balance of Thought Forces: Just one +ve thought and many -ve thoughts won't work. Consistent +ve thoughts are required. Not just words, thoughts must be +ve.

I(You) can do it. I have faith in myself(you). Tell yourself and others repeatedly. I can be happy. I have faith in myself.

Harmony between thoughts, words and action. Thought energy travels faster. Disharmony saps

energy. Thoughts are energy, vibration. We can't catch other's thoughts, but we feel +ve/-ve vibrations.

Overall feeling good/bad. Work on harmony between thoughts, words and then communicate.

Disharmony harms me. It is cheating myself. It reduces will power. Then we do more cheating.

Fifth Samskar: The original soul samskar. Understanding this can correct the other 4 samskars.

Every human being is originally pure, affectionate, peaceful, blissful and powerful.

Spirituality shifts focus from I want happiness, I want power, to I am happy, I am powerful. In the former, I am the beggar, in the latter, I am the donor. No more search, effort outside. Share love, peace, happiness with all. +ve/-ve infections spread automatically.

I am Aware, I am Creating:

Look within. Just look at the thoughts I create. Just talk to yourself. What am I thinking?

1st stage: awareness of what I am thinking.

2nd stage: Is this the right kind of thinking?

3rd stage: Can I change it?

Thinking is like water flowing. You can't stop it, you can channelize it. Meditation does not mean stoppage of thinking. Don't suppress thinking, it is violence. It's like stopping a car in the 5th gear. We get violent jerk.

1st thing the awareness does is to provide knowledge that I create thoughts, so I can change. I take responsibility. We have a choice.

-ve/+ve energy affects everyone around us. It is like a perfume. Everyone smells it.

We produce 40-50 thousand thoughts per day , mostly without being aware of the quality. If you are a CEO of a company producing these many products and not even aware of the quality, what will happen to the company?

Four Types of Thoughts:

1. Pure, +ve, selfless, powerful, no expectations(no hurt).

2. Negative: Resentment, hatred, criticism, anger- Large no.

3. Necessary Thoughts(Neutral): These are about actions/duties

4. Waste Thoughts: About things not in my control(past and future). Large nos. Huge Wastage of time and energy. We don't accept people and situations in the present moment.

A person can get tired doing nothing(-ve and waste thoughts). He would have been less tired if he had played.

Psychiatrist tells us that 80 % of our thoughts are about past+15 % are about future. So in 95 % thoughts there is nothing +ve.

There are 25-30 thoughts per minute, but we speak only 4-5 sentences/minute. It is not enough to have just good action or good words. Thoughts have far more influence. Every thought affects the entire system, every cell of the body. Many ailments are psychosomatic these days.

Think Believe. The Rest Will Follow :

I(the peaceful being) plays this role(student, job, relation, friend). Hence, our original nature must be reflected in every role we play. Today, we are changing personality for every role. Hence, relations have become fragile. **One ego talks to other. Original actor sleeping inside. Wake up! Concentrate on your role, not others. Don't write their script. It is wastage of time and energy. Write own script. At least you can implement that.** Then others get a cue.

When we notice a tap running, we immediately close it. The same thing happens with mind when we are aware of the wastage of time and energy.

The health of the body reflects the quality of thoughts.

If someone cheats us and I lose money, I am not responsible for that loss. But if I lose my peace, I am responsible. If I fail, the loss is already there. But if I lose my peace, I am responsible for the increased loss.

Just think one thing. What I think I am doing to others, I am doing to myself, because before any action, we experience it in the mind as a thought. Anger is like a burning coal we want to throw at others. They may be unaffected, we surely are adversely affected.

Nurture pure, loving, forgiving thoughts. I don't forgive others, I forgive myself.

A person cheated Sanjay for Rs. 50000. A big amount. But he says, ' May God give him so much that he doesn't have to cheat others. He must be in need of money. May God give him 10 times more. Money returned after 8 years. What is important is the quality of thought for these years.

Creating My Destiny:

When we realize that anger is not natural, peace is natural and become aware when we get angry, we can stop.

When others criticize or insult us, we need to think what is more important, what we feel or what others feel. When someone shouts/provokes, remaining calm and empathizing & wishing the other person well is strength. When bullied, keeping quiet & boiling inside is of no use, one should be quiet inside.

Stop anger outside 1st and then inside. First, realize that anger is not strength.

We may not be aware of thoughts(these come very fast and continuously) but we are aware of feelings. Feelings create attitude. Change the thought to change the attitude.

Being aware all the time is the practice. To begin with, we become aware a little late, then the time reduces and finally, we don't create pain. Must believe that I am a peaceful being.

In a traffic jam we don't feel nice because chaos is not natural.

When we affirm, I am peace, then the feelings, and attitude will change. At every step we create destiny through thoughts. No one else can change our destiny.

When an astrologer predicts and gives us a ring, we believe that it will work. That belief makes it happen. I am using the ring as a stimulus to create a thought. But dependence creates many problems.

The Energy Consciousness:

Prediction is a probability, not a reality. If I take charge, I can prevent it. If you don't like the prediction, take the challenge, raise the thoughts beyond it. Practice to enable the mind to go beyond influence of situations, objects, and people. Planets are also external influences.

Everything Happens Here(In the Mind):

Dependency on others/situations creates fear. Mind is fickle. The only way to control it is by engaging in good acts that are beneficial to all. Peaceful mind works slowly, cautiously. When we are worried, angry, thoughts are very fast. Benevolence is not in the act, but 1st in the thought. Dancing when not in a mood may work to some extent. These things bring our mind to a level where we understand and can respond rather than react.

We can never switch off mind, not even in sleep. Our -ve and waste thoughts are due to influences: 1. Past experiences 2. Information from the sense organs. Negative information leads to -ve thoughts. The situation is a trigger. The information is filled inside.

It is important to be +ve in the morning and just before sleep. 10 minutes of good reading before sleep is very beneficial. Then review the events of the day. Don't sleep with unresolved issues. Review how you responded and see if it could have been better.

The Color of Thoughts:

Thoughts-feeling-attitude-personality-destiny

Quality of thought determined by experiences, information and belief system.

Body is a computer. Soul is the operator. Belief system is the operating system. Virus of negativity has entered and taken over the operating system. Spirituality installs the antivirus.

Operating system crashes due to outbursts of anger, pain, hurt.

Other person's behavior affects us due to acceptance/approval from others is the foundation of our belief system. Clean your spectacles/window, don't ask others to change dress.
Morning and before sleep meditation is for cleansing.

Any rejection reduces self-esteem and then we interact with everyone with that reduced self-esteem(VIMP). Some others may help raise our self-esteem. But it is still outside help. We can't depend on that. I am in a constant state of proving. Then I am always in fear/stress.

When we understand how our thought mechanism works, understanding others is easy.

When we can't handle other person's temperament/behavior, we withdraw. And this, when the other person might need help.

TO Heal You, I have to Be Healed First:

We can't avoid past experiences. But we need not play record again and again. It causes pain. Learn from past experiences. There is nothing to learn from the past situations (beyond control). Like holding a glass, more than the weight, how long I hold it causes pain.

Remembering sad past incident and sharing is like removing wound bandage and scrubbing it. We experience the pain again. Is it doing any good? With this kind of program, pain becomes my personality and I get hurt more easily in relationships, job. You don't need to change job, partner, friends, spouse. You need to make yourself stronger.

Even after a major setback/failure in studies, job, relationships, if you want good things again, create a thought of good even if it is not now. Even if things appear to go from bad to worse, still hold on to that thought.

Situations are never under our control. We expect spirituality/religion to solve our problems. No, they won't. Problems, challenges, obstacles are going to come. Spirituality gives me power to take charge of myself and then face the situation.

'Everything is fine', first happens in the mind (thought).

When something is going very bad, anger or hurt is sending out -ve energy which worsens the situation even more. If you want improvement, you need to send strong +ve energy.

Every person is right from his perspective (even a terrorist). This is universally true. Accepting this fact leads to peace.

Those who behave badly are actually in severe pain. By reacting with anger we inflict more pain. It is not the question of right/wrong about behavior, it is about what is good/bad for both. We need to detach from the situation and see whether step into other person's shoes to

understand. Even if we can't find a reason, at least we can say 'there must be a reason' and pray for the person, send loving vibration. This is the true meaning of understanding.

We are studying, working, achieving, relationships, all for happiness, contentment. At the age of 35-40, we may have everything, but we are still stressed, anxious and empty. This is because we compromised a lot during this process.

Humility is our original nature, but we created ego to feel powerful