

JOY 24X7-Sadhguru Jaggi Vasudev

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.

1. All our actions are aimed at creating joy, but the very opposite happens. Hence, we need to overhaul our joy industry.
2. Joy is not the goal/destination. It is the very foundation of life to flower upon.
3. We keep on thinking if this happens (admission, job, marriage, baby, house, car) we will be happy. But the misery continues.
4. If fruit of action is a source of joy, you can at best be fleetingly happy and most of the time miserable. Joy is within you, not outside.
5. We keep on accumulating things/people in the hope of joy, but get only misery. Your basis is creation which is not satisfied with anything in particular outside, it wants to be limitless.
6. We just need an excuse to be happy or miserable, whatever we do or don't do. Joy/misery are not showered from outside, but are within. Misery is created, joy is natural. Joy/misery depends on alignment/misalignment with inner self.
7. Joy can't be emotion dependent, then you have no control on it. If we understand mechanics, we can create it all the time.
8. Seeking joy is so natural, very basic human nature, need for existence. We try to find it indirectly through so many outer things & fail. Why not go the source directly?
9. Even if the world is bad, we should at least keep ourselves pleasant (the only thing in our hand). Joyfulness does not need perfection outside, it happens because you have made it independent of the outside world.
10. Joyfulness is not an emotion, it is a pleasantness which creeps into every aspect of your life. Emotions can't last. We don't realize, but too much of worldly pleasures: food, sex, dance, music, jokes, can saturate and make you feel sick. You share internal joy, and not squeeze it out of others/things. The latter can't last & brings frustration. A joyful person has no vested interest & acts in a natural way.
11. You can't suffer, be miserable, and make even loved ones happy. You will make them miserable. Set an example of joy & not just talk about it like a blind person talks about light.
12. We must shift lives from having just visitations of joy & must be a source of joy. External joy enslaves you.
13. We long to have deep experiences all the time in search of excitement/happiness. But external efforts are risky. One does familiar but wrong things in search of depth. We are yet to know a glimpse of real joy inside. Hence, we don't search it inside. Fundamental problem.
14. Unbridled intellectual activity is not intelligence, it brings misery, not joy. True intelligence is when you are absolutely thoughtless, and still fully alert. Intelligence then functions in an entirely different way.
15. We need a mechanism to self start our joy so that external help is not required. Otherwise, it is a 'no win' situation.
16. Joy experience is always an inside experience. We can't hold it because we pursue (search) it outside, not inside. If you can learn to be happy at the present moment only, you just have to continue the process. There is no other way. Fortunately, you confront only one moment at a time.

17. Just because a large no of persons do a thing, it does not make it right. Our mind and body should obey our command. But does it happen? It makes us miserable because the approach is wrong.
18. Our mind is a heap of impressions from books, parents, relatives, society, environment. We are a reflection of the society & environment, a mess of contradictions & confrontations. We have battles going on inside, making us miserable.
19. Joy can't come after struggle, as a prize. It won't last. You have to look for it within & grow it there.
20. We did not bring anything at birth. So all that we get is a profit, never a loss. We always complain about life. Our attitude is such that we are against the natural phenomenon of life: birth, death, happenings.
21. Our one and only one problem (cause of misery) : Life is not happening the way we want. Everyone is like that. All are selfish. Hence, no one wins. Since we can't handle reality, we choose hallucinations to be happy. But these can be good/bad, we have no control.
22. It is not the events, that bring joy, but it depends on how you reflect these within yourself. So, if you depend on outside world to bring you joy, it will not happen. Since absolutely no one behaves the way we want, our only hope is changing ourselves. This is the only natural way.
23. We generally hold others responsible for the mess we are in. In such a situation we have no hope of improvement. This makes you angry, hateful. No one lives up to your expectations.
24. What is wrong in being greedy to be content. Greed is a relative term. Thinking that you are better than everybody else was the most pompous, stupid thing to do. We think others are always greedy, not you. The sense of insufficiency always makes you to want more & more. True even for kings. This is because something within us wants boundless expansion. Greed is actually a spiritual process. It is just that you have not given it a proper expression. It is like that you want to go to the infinite. We are trying to go the moon using a bullock cart, by trying to fulfil our longing for boundlessness, through physical means.
25. Most of us look inwards when we are in deep trouble, in pain. When we are joyful, we live frivolously. This is not intelligent.
26. External situations leave an imprint. Impressions come from outside, but the joy always comes from within. Joy is a life source within. We may see joyless faces, but there are no joyless beings in this world. Millions of ways can make us sad. Sheer madness. Memories, expectations, imaginations make us sad.
27. Ignorance is bliss only until reality hits.
28. Wrong notions, fancy ideas lead to pride. Intelligent leaders use emotions to create false pride to drive you to their advantage.
29. Destiny is just the sum result of all your actions & impressions you have taken in. Over a period of time, they create a certain tendency. This tendency tends to push us in a particular direction. It doesn't allow you to do the things the way you want. Even if you want to float in a river, it takes you somewhere else. When you are not aware of the mountain, earthquake, it does not exist for you.
30. We call the nasty part of us as ego. We are actually trying to pass on the blame on a fictitious entity. Actually, we have to take the blame ourselves. Our nastiness will reduce if we understand this. You are the only source of misery or joy, pleasantness or unpleasantness.

31. Road does not go anywhere, you have to. Thoughts are just suggestions, these do not themselves take you anywhere. Thoughts keep coming and going. Which one will you pick? Right now we don't exercise any proper choice. Hence, the mess.
32. If there is no audit of a/c, there is invariably a tendency to fix them. The source of misery is not past events/actions, but the way we process the material/information of the past. With bad past you have wonderful experience to improve life. However, you can also make life miserable with it.
33. You can't get joy from elsewhere. We enslave ourselves with some actions, thinking that these will bring joy. We want to help others for our joy. But what if they don't need it? We see a miserable or joyful world because of our nature.
34. If you are joyful, you are flexible, accommodative. Imagine a joyful group & how the group work would be. Miserable people tread on each other's toes.
35. We do not know our inside, only outside, hence, no joy.
36. When you are more joyful, you are more efficient, you enjoy any food, work, company, everything, and you give off your best.
37. When there is too much noise outside, compulsive existence hopes that it will vanish. Conscious existence is putting earplugs & sleep peacefully. A compulsive world needs to fix the entire world. The conscious person has no issues with the world at all.
38. Joyful or miserable persons can both be exploited by the world. However, it has no impact on the former, whereas it makes the latter more miserable. Joyful persons have no vested interest. Miserable persons always feel/imagine that they are/will be exploited. No exploitation touches joyful person.
39. Religion promises good life after death, not before.
40. We look for picnic spots of joy in this crowded world. But it can be had anywhere, by persons who know where & how to seek it. Problem is mind does not obey us.
41. Your misery is because you have lost control over mind, and now it controls you.
42. Fundamentally, we started all activity in life in pursuit of joy. However, very soon we become unaware of why we are doing what we are doing. Hence, what we considered priority became more important than being joyful. Hence, the misery. We do it because others also do it. That is why we don't realize the mistake. We want to be joyful but mind and emotions lead us somewhere else. That's the mess. For ages and ages, we have been told to just pray to God and everything will be O.K. But it did not happen. Only those people who did right things got things right.
43. We manage misery. Joy does not need any management.
44. Our joy expression is compulsive & not a conscious one. The former is an act, the latter is natural. No specific action or expression can be associated with joy. True joy can find an expression most suitable to a given situation. Being natural is effortless, devoid of stress. Putting on an act involves effort/stress. You can mourn seriously, but inside you are joyful. Misery is the basis of compulsion. Since we are afraid of being miserable, we act, eat, do things in a particular way. But this makes you more miserable.
45. Thinking is important and essential in any situation. But repetitive thinking is worrying. This is like a damaged music disc. 'Don't worry, be happy' type of slogans or so called empty +ve thinking can't help change situation. It works briefly, initially. It won't work with all aspects of life. God is the basis of creation, and creation happens inside. The present moment is where we always are. Today, tomorrow, 10 years, 100 years. So present moment is eternity.

If we understand and act on it, the hold of time on us is broken. Past and future are time related concepts which create all the problems. Past memories haunt us and future worries us.

46. Children find happiness with new as well as broken toys. Hence, it is not the nature of toy, but how the play, that gives joy. Likewise, what job and where we do it is not important, how we do it is important. That gives joy.
47. Three men cutting stone were asked the same question 'What are you doing?' 1st one – cutting stone. 2nd one- doing work to feed myself and family. 3rd one with great joy-building a wonderful temple. Same work produces different experience. So the quality of life can't change by changing the content of life. It can change by changing the context of life.
48. Our salary is always insufficient because our needs grow even faster.
49. When you are truly joyful, you don't want anything from others, you want to give joy to others.