

Nine secrets of everlasting happiness for every human beings

1) be happy

2) mindful action always be in present

3) freedom from reaction never react

4) Amity only make good friends

5) moderation of food eat good veg food

6) moderation of speech speak good words

7) give thanks to everyone

8) be sorry From heart

9) wisdom on the basis of knowledge, information and experience you can develop wisdom the ability to make good choices and good decisions

1) the village of happiness if our lifestyle is good then a consciousness too can become good good thinking good language good dietary restraints good self control of senses good concentration and good purification of emotions are essential for a good lifestyle. Happiness is your nature sorrow is your creation. Happiness is a state of mind and we can achieve the state by changing our thought pattern unhappy is caused by Self you are born to be happy and make others happy anyone may harm you but no one can make you unhappy whatever is happening is for the best instead of being unhappy with what we are not gaining, we can enjoy what we have problem and sorrow are not the same. If you try to solve the problem, it can be resolved a lock is never made without a key. Happiness is not in materialistic things desires are like a treadmill Money can buy comfort but cannot give us happiness limit your desire. Your sorrow will limit too except everything as it is without being judgemental then you will be happy in every situation happy and positive thoughts create a positive and strong connection in the brain. Happiness begins with one's own deeds

2) the village of present

Mindful action living in the present conscious action village of present always live in the present by following in the unnecessary memories of the past or by flying into the sky of the unknown future we let the present slip away silently living in present and mindfulness. Kriya means action when it is connected with Bhau, it transforms into living action. The secret of your happiness live in present why should we lose Today as who have seen tomorrow? The moments we can smile? Why spend time in sorrow whatever happened has already happened if you live in the past then you will be full of sorrow the more you recall the memories of the past the more it hurts past and future mere figments of our thinking they do not exist in reality if someone has the presence of mind he also can find the solution to his problem absence of it may cause trouble nowadays, even when people eat either they watch television or use mobile phones to be in the present just take three long breaths as the mind rest. It will be in the present moment. If we control our breath, then we will be able to control our mind just do a small exercise. You have to inhale for five seconds and then hold your breath inside for five seconds exhale for five seconds and hold your breath outside for five seconds. The Wise saying early to bed and early to rise makes a man healthy, wealthy and wise.

3)The village of discretion. Action and reaction 1 worth doing the other avoidable the best avoided. Sometimes it's better to react with no reaction. You always have to move continuously towards your destination. If any kind of difficulties arise you have to find the solution and keep moving forward determination to reach the destination will allow you to succeed. Every action

has an equal and opposite reaction controlling someone's action is not in our hands but keeping a check on our own reactions is possible and lies in our own hands. The reaction is the main cause that spoils a relationship avoid unnecessary reaction in the future secondly do not mix your reaction with anger. Do not execute any action in haste learn to pause once you learn to do that you will have a sense of judgement before reacting to anybody or any situation always think before you react to anything first try to understand and only then respond if you cannot stop your reaction then learn to delay it. The biggest disease today is the fear of what will people say first give a wise thought and then respond first thing without knowing the reason if you react you might have to face the consequences. Second thing will my reaction solve this problem third thing no reaction forth thing the practice of silence at the time of anger.

4) the village of friendship

One secret wisdom that we can apply to regain friendship with all is to forgive others and seek forgiveness from others Merely the simple act of forgiving others can ultimately lead one to realise that there is no enemies all are friends when we embody amity we are the most powerful being in the universe friendship gives happiness if you want to be happy forever then you have to make infinite friends. I have. Amity with all living beings of the universe there is no enmity with anyone don't treat anyone like an enemy in amity your love and support should always be unconditional to everyone with no expectations in return having a friendly attitude towards everyone without asking the same in written always goes a long way every living being desires happiness nobody wants sorrow. Every soul is similar to my soul in the same way we have to delete the bitterness and bad memories from the mind. I am forgiving all living beings and every living beings should forgive me I have. amity with everyone no enmity with anyone it has scientifically proven that hatred can cause diseases if we learn to forgive and to forget the bitterness then nobody can stop you from progressing we believe in the theory of karma if you think negatively towards someone then you will attract negative karma positive karma attracts positive energy instead of calling it impossible we can call it difficult friends are the pearls of our lives caring advisor supportive trustworthy. Good friends can be your best cheerleaders and your greatest Advocates. If you think a particular person is negative, it is better to stay away from such person.

5) the village of health why do we eat to live? We all rather live to eat when diet is wrong Medicine is of no purpose when Diet is correct. medicine is of no need. You shit treat your stomach as a stomach divide the space of your stomach in a mental calculation 50% of the space in your stomach is for food 25% is for water or liquid and the other 25% is for Air if you eat Sathvik food pure food then your thoughts will become pure if you eat a lot of spicy food or tamsik food impure food then there is a high chance of getting impure thoughts. The meaning of mindful eating is having food with awareness if you eat with mind full awareness then the experience of eating even one bite becomes rich you must turn off the TV, avoid talking on the cell phone and stay away from the Internet while you are eating one bite at a time after you take a bite put the spoon of Coke back down in the bowl or on the plate place your awareness in your mouth until that one bite have been enjoyed and swallowed Only then pick up the cutlery and take another bite if you are eating with your hands put down the sandwich Apple or cookies between bites mindful eating has always resulted in weight loss of overweight and obese people when the food is not chewed properly then your intestines have to work harder to digest the food. There is a very nice saying in Old literature a person who eat less and eat only healthy

food does not need a doctor they themselves are their own Doctor there is a very little chance of an illness in the body if we eat too much then there is a greater chance of getting sick eat your food as a medicine otherwise you have to take medicine as your food the Corner Stone of the healthy diet should be to replace process food with real food whenever possible eat food that is as close as possible to the way Nature made it when it is dark it relaxes the body and all organs get proper rest your body slow down the Metabolism eating during the night create conflict in the mechanism of the body if you control your food your body and your mind will be healthy. Encourage your child to eat only when he feels hungry and limit unhealthy foods in the household.

6) the village of peace thoughts words and action are closely related. Words are derived from thoughts and leads to action just like anything powerful words have disastrous consequences when not used wisely. Those who know don't speak. Those who speak don't know a meaningful silence is always better than meaningless words I should not speak until one is required to a Wise head keeps a still tongue a number of scientific studies have proven that silence is essential to our health and happiness any activity or action that is performed with finesse and dedication become an art speaking is an action but knowing why how what when and where to speak is an art too much speaking provides fun whereas practising silence leads you to a higher position we need to keep three things in check thoughts words and action instead of saying I will not get angry. Say I will remain calm one more thing to remember while you speak do not blame talking with politeness is extremely important just using polite words, you can get things done easily. We have been thought some good manners that to say words like sorry and thank you from the bottom of the heart, any person can make a mistake it is Natural so instead of blaming them we can be polite and tell them they are mistake but with a little sugar coating a purpose to point out mistake is for the betterment of that person not to demoralise the person walk on the path of equilibrium and you will forever be happy meaning of yoga is practising equilibrium in every situation. There are two important values for leading a successful and satisfying family life trust within our families family values family life should be organised in such a manner that no member feels left out or isolated tolerance. The most powerful mantra of peaceful coexistence in the family is tolerance. Mutual understanding the power of understanding and keeps our heart and mind open.

7) the village of sorry, Sorry is a simple word, but it has a deep meaning. It is used when we realize that we have made a mistake or hurt someone's feelings. Saying sorry shows that we accept our fault and feel regret for our actions. It is an important part of good manners and helps in maintaining healthy relationships.

When we say sorry sincerely, it can heal hurt feelings and rebuild trust. It shows respect and kindness toward others. Everyone makes mistakes in life, but admitting them and apologizing is a sign of maturity and honesty. A genuine apology can make situations better and prevent misunderstandings.

Sometimes people hesitate to say sorry because of ego or fear, but apologizing does not make a person weak. Instead, it shows strength of character. Learning to say sorry at the right time helps create peace, understanding, and harmony in our lives and relationships

8) the village of Thank You, Thank you is a small phrase, yet it carries a powerful meaning. It is a simple way to show gratitude, respect, and appreciation toward others. When someone helps

us, supports us, or does something kind, saying thank you makes them feel valued and respected. It builds stronger relationships and spreads positivity in our daily lives.

Expressing gratitude also reflects good manners and a positive attitude. Whether it is thanking parents for their care, teachers for their guidance, friends for their support, or even strangers for small acts of kindness, the words "thank you" can brighten someone's day. It reminds us to appreciate the good things and the people around us.

In today's busy world, people often forget to express gratitude. However, taking a moment to say thank you can create happiness and goodwill. A grateful heart not only makes others feel appreciated but also brings peace and joy to our own lives.

9) the village of wisdom on the basis of knowledge, information and experience you can develop wisdom the ability to make good choice and good decisions.

Wisdom is the ability to use knowledge, experience, and good judgment to make the right decisions in life. It is more than just learning facts from books; it comes from understanding situations and choosing what is right and helpful. A wise person thinks carefully before acting and learns from both success and failure.

Wisdom grows with experience, observation, and reflection. Elders are often considered wise because they have faced many situations and learned valuable lessons from life. However, wisdom is not only related to age; even young people can be wise if they think thoughtfully and act responsibly.

A wise person stays calm, listens to others, and respects different opinions. Wisdom helps people solve problems peacefully and make choices that benefit themselves and others. It also teaches patience, kindness, and humility.

In life, wisdom guides us like a light in darkness. It helps us live better, avoid mistakes, and create a meaningful and balanced life