A Life of Happiness

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Self-enquiry is needed, but if it is over done, it can leave you in a lot of unnecessary confusion and restlessness. It should only be done when you take some time off. Self-enquiry cannot go on for 24 hours. Otherwise you will not be able to function at all in the world. It is like bathing. You cannot take a shower for 24 hours. Do your work. What work you do is not important. For sustenance of your life do whatever work that pays well.

You must know that work is separate, your seva (service) is separate and your entertainment or hobby is separate. If you try to make all of them into one, it will be a challenge. When you have responsibilities in life, you have a family and children to take care of, choose a job which is stable and which gives you enough money and time. Once that is done, don’t think about it again. But if you find something better, go for that. Also take some time off and do social work. If you spend your whole life in just earning your bread and butter, life will be meaningless, worthless. What will you do? Earn, earn, earn and then you buy an Audi or a Benz car, make a house and buy jewelry and that is it. This will not give you satisfaction.

There are people who need your help. If you cannot give time, keep a box at home and put a few coins, whatever you can in it and support a social cause. That gives some satisfaction, ‘I am part of a project.’ You can be a brick in the building. Then, take time off to meditate and uplift your spirit. Today’s stress and tension in society calls for meditation. Greater the responsibilities and ambitions you have, greater is the need for you to meditate. Meditation not only relieves you of stress and strain, it also enhances your abilities, strengthens your nervous system and mind, releases toxins from the body, makes you more capable and enhances you in every way. We have to renew our energy time to time. When you eat, your stomach becomes empty again. Like that sometimes when we are engaged in so many activities, we seem to collect all that dust and the energy goes down. Then it is the time to recharge again. It is very important.

One day you will be gone and others will make arrangements to take the body away, do a memorial service saying, ‘May his/her soul rest in peace.’ However, you are already at peace by then. But, once we leave the body and if only after that we are at peace, then that is no fun. We have to be at peace while we are alive and be useful to people around us. Wisdom brings happiness to you now and here. That is why we have called this life an art- by knowing how to handle our mind, the Self, the family, and community. That is what wisdom is. (507 words)

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