

happiness

快乐



Questions 问题



- a) **What is the real meaning of happiness and how to maintain permanent happiness?** 快乐的真正含义是什么？ 如何保持永恒的快乐？
- b) **What makes happiness only temporary to be felt?** 是什么促使快乐的感觉如此短暂？
- c) **Please share your thoughts/experience on the quotation - "less luggage makes travel lighter"** 对此格言分享您的想法或经验 - "行李越少，旅途越轻快"
- d) **How to give happiness to others and feel the happiness within?** 如何带给别人快乐，从而感受到内在的喜悦？
- e) **What is the connection between desire and happiness?** 欲望与快乐有什么关系？

Wikipedia 维基百科:

* **Happiness** is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy

快乐是一种感受良好的心理或情感状态，其程度可表现于瞬间的满足感至极度的喜悦。

快乐与幸福的区别在于：

- 快乐常指个人的、短暂的情绪感受
- 幸福则涉及到与他人的长期正面的交互过程，以及对生活发展的积极体验。



Two birds are shown in flight against a dark, blurred background. The birds are positioned in the center of the frame, with their wings spread wide. The lighting is soft, highlighting the feathers of the birds. The overall mood is serene and contemplative.

Happiness is the art of never holding in
your mind the memory of any
unpleasant thing that has passed.

Gautama Buddha

快乐是一种
‘把不愉快的人和事的记忆从心中摒弃’
的艺术。

佛陀



“Causeless happiness alone is bliss”

“只有顺其自然的快乐才是至福”

当你觉得快乐时，问自己：“我为什么快乐？”

When you feel happy, ask yourself,

“Why am I happy?”

If you find a reason, then that is

NOT permanent happiness.

Only Sath (Being) and Chith (Awareness)

can result in Ananda (Bliss).

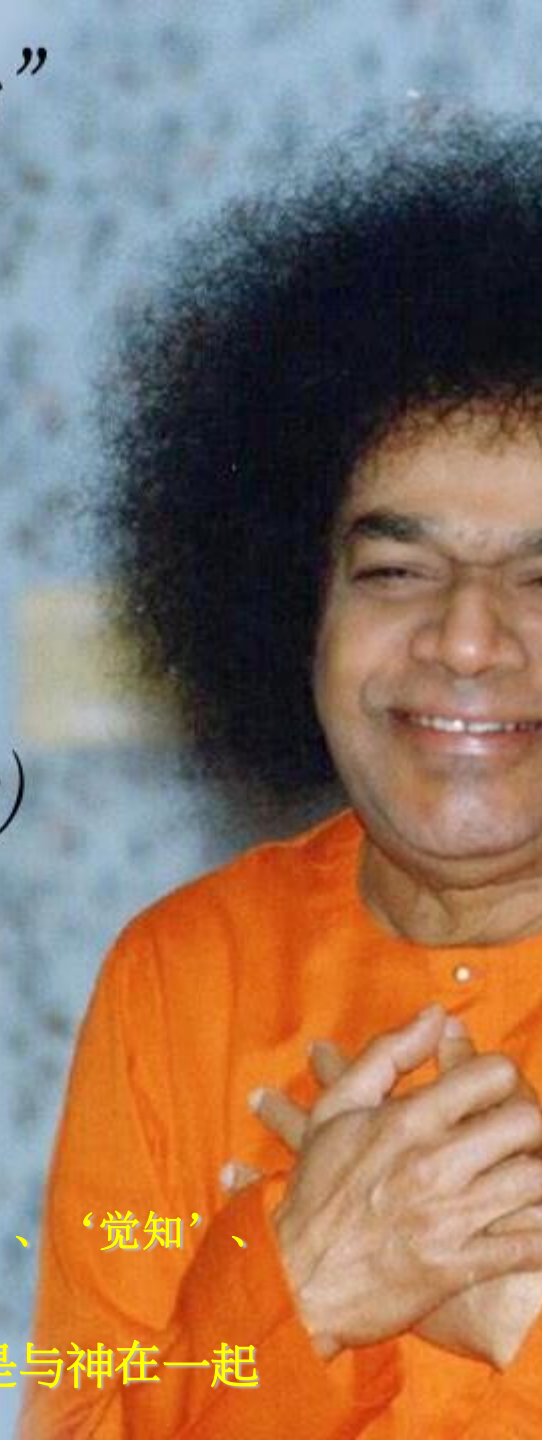
如果你找到一个理由，那不是永久的快乐。

有了‘存有’和‘觉知’才可以达到‘至福’。

Being Awareness Bliss Always is

BABA. BABA是‘一直’、‘存有’、‘觉知’、
‘至福’的缩写。

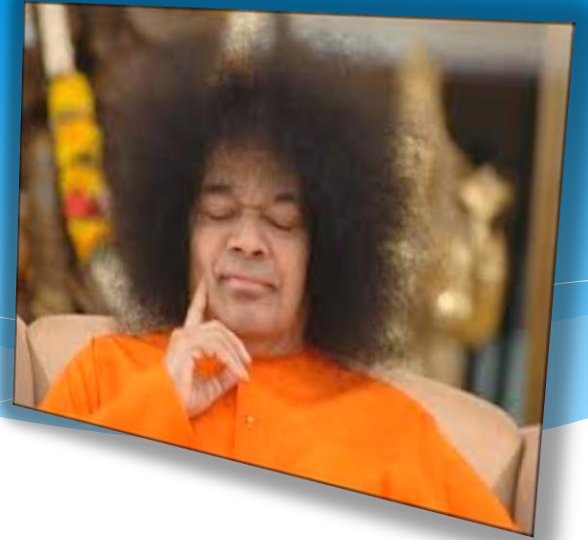
Happiness is union with God. 快乐是与神在一起



Q2. How can we be happy?

我们如何才能快乐？





* Mathematical formula 数学公式:

* $H = 1/D$; where

* H = Happiness 快乐

* 1 = Number 1 一

* D = Desire 欲望

* Interpretation 理解:

Happiness index increases as Desire Decreases

快乐指数随着欲望的下降而增加

Practical Ways to Become Happy: 实际的快乐方式

- 1. Realise that happiness is within not external**
明了快乐是内在的，不是外在的。
- 2. Reduce our desires**
减少我们的欲望。
- 3. Acceptance of events and circumstances as they are**
乐于接受事件和情况的现状。
- 4. Not allowing events and outcomes to dictate our feelings and emotions**
不让事件和结果主宰我们的感受和情绪。
- 5. Letting go – Swami Says: “Less Luggage Makes Travel Lighter”**
放下 – 斯瓦米说：“行李越少，旅途越轻快。”

Q3 Happiness is attained when we surrender our ego and setting our mind free from constant expectations

当我们放下自我，并把持续的期望从心中释放出来时，快乐即可得。

- * As long as man is egoistic, none will love him, including his wife and children. He will win the love of all when he gives up his ego.
自私自利的人，没有人会爱他，包括他的妻子和孩子。当他放下自我时，就会赢得所有人的爱。
- * One, whose expectations are not met or with greed, can never attain happiness.
期望得不到满足或贪婪的人，永远不会得到快乐。
- * Man can be happy and make others happy only when he gives up greed and loves unconditionally.
只有当他放弃了贪婪和毫无条件地去爱时，才能感到快乐并使他人快乐。



1. Our actions should be as such that they bring happiness to ourselves as well as to others.
我们的行为要为自己和他人带来快乐。
2. Swami says “Love all, Serve all” ..i.e. happiness and peace can be experienced when we help the poor and needy.
斯瓦米说“爱一切，事一切” ..即，我们帮助贫困人士，就能体会到快乐与和平。
3. You must have contentment whatever the gain or loss or state.
无论得失或面对什么情况，你都要感到满足。

Q4. *Is happiness permanent?* 快乐可能永久吗？

We see various objects in this world and are deluded that they are permanent. It is a grave mistake. Whatever is seen by the eyes is impermanent.

我们看到世间万物，而误认它们是永恒的。这是一个严重的错误。凡是眼睛看得到的都是无常的。


- * Even our body is seen by the eyes; hence, it is also not permanent. It is a sign of ignorance to identify oneself with the body.

眼睛看得到我们的身体；因此，它也不是永久的。把身体当作‘我’是一种无知。

- * True happiness results when man recognise the underlying eternal principle of Atma in this ephemeral world.

当人认识到这无常世界背后的永恒原则，‘阿特玛’时，才能获得真正的快乐。



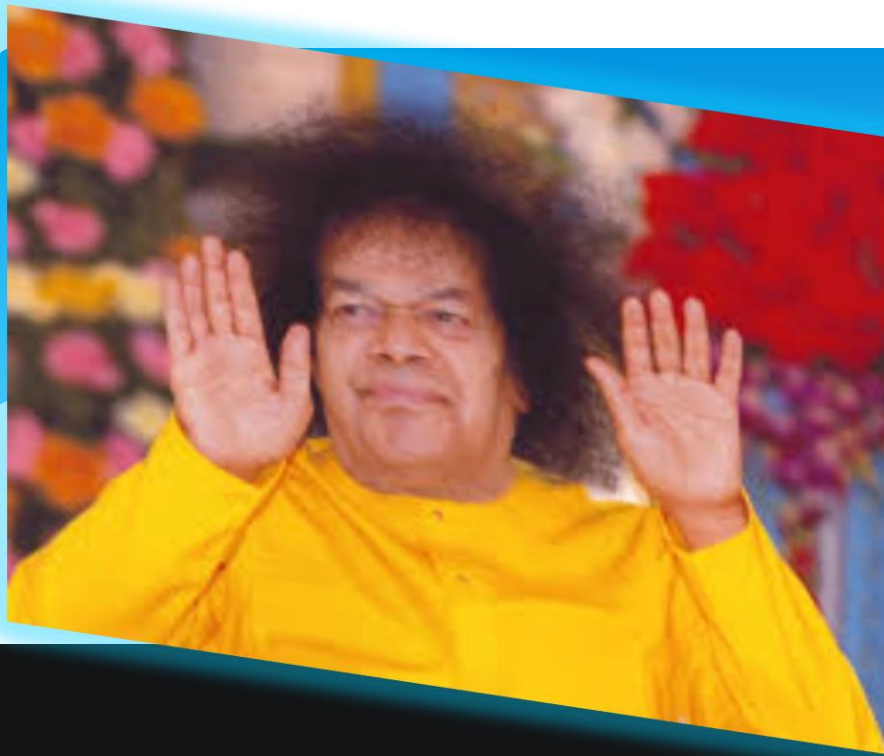


HAPPY RD

- * At one time we are joyous and at another time we are sorrowful. The same object which is a source of happiness turns out to be a source of agony with the passage of time.

我们一时高兴一时悲伤。一个带来快乐的事物，随着时间的流逝却变成痛苦的根源。

- * Therefore, joy and grief are only states of mind and the objects which are themselves subject to change cannot give us lasting happiness.
因此，快乐和悲伤只是心灵的状态，而无常的事物不能带给我们持久的快乐。



CONCLUSION

结论

快乐。。。
不是因为一切都好，
而是因为你能看到事物好的一面。

The key to happiness is letting each situation be what it is instead of what you think it should be.

快乐的关键在于接受每一种现状，而不是你认为应该的样子。

Be happy ...
not because
everything is good,
but because you
can see the good
in everything