

## Peace and Happiness...

We often talk about 'PEACE & HAPPINESS'. When we meet someone and ask him "How are you?" the common reply is "I'm fine" but, very rarely do we hear anyone saying "I'm really happy". Have we ever wondered why this is so.

It is said that peace feeds or leads to happiness. But what is the true relationship of peace to happiness..? Could you ever be at peace, if you are not happy, or vice versa? In the BHAGWAT GEETA, Lord Krishna tells Arjuna that no one can know happiness without peace. Thus one should know peace to be happy. Unless and until there is peace within, no one can be happy. Happiness can be considered as a "deep sense of inner peace". If deep inside me, I'm contented and satisfied and at rest and at peace, I shall be happy. This also affects the thoughts that I have. If I have positive thoughts, I shall be calm and at peace and hence happy too. But, if the opposite were true, then I would be in a state of unhappiness.

Another perspective to this has its roots in the sutras given by the Chanakya that define the basis for management. What we call happiness or 'sukh', has its basis in ethics. The verse given by Chanakya, says - " sukhasya moolam dharmah " i.e. the basis of happiness is ethics

The word 'dharmah', implies 'the code of conduct' and not any religion. If everyone were to follow the prescribed code of conduct for them, then everyone would be happy. The word 'dharmah', has also been elaborated by Kautilya in Arthasastra, which elaborates on the three aspects of behavior. The first refers to the duties to be performed, the second to the four stages of the life and the third to the code of conduct for every individual in a civilized society. Chanakya also talks about the 6 virtues of behavior – non-violence, truth, cleanliness (of mind and body), non-jealousy, non-cruelty and forgiveness.

Another verse given by Chanakya says- " dharamasya moolam arthah " i.e. the basis of ethics is resources. This verse can be summarized as, "unless one has enough money to satisfy his needs, he will not follow the path of ethics."

Indian culture has emphasized what is stated in the abovementioned two verses. Money does not directly lead to happiness. Happiness for self and for others results through ethical behavior. Money makes ethical behavior possible.

" dhanat dharmah tatah sukham "

The notion that by making money one's religion, one will be happy is false and misleading. We do not have to run behind money in order to be happy, rather we should be at peace to attain happiness. We should pray to the Almighty to give us peace in whichever manner He would like to, and we should also try to be happy in whatever state He wants us be in. Then the quote of Babaji will become a reality for us: 'Chahe jaisi ho paristithi, rah ek si manasthithi' – and that state would be one of peace, happiness and true bliss.

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