



The Mantra of
Success

**If you want to be
happy, be**

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A very popular adage goes, “Laugh and the world laughs with you; weep and you weep alone.” Not only is this quite true, it contains what should be anyone’s philosophy of life. You make a decision to be happy come what may, you will have the world eating out of our hand. After all who would want to be near a pessimist, when an optimist’s company is that much more enjoyable? While there might be another adage which says, Misery loves company, the fact of the matter is that misery is the lot of the loneliest people.

There really is nothing to be gained by reveling in self pity or staying in a perpetual state of grief. No matter how compelling and serious one’s reasons might be for staying unhappy, one cannot continue to be in that state if one is serious about carrying on living. For life is a constant journey ahead and being weighed down by grief hampers that process.

It is the amount of joy and happiness that one has experienced rather than the grief and misery that have fallen to one’s lot that determine how successful one’s life has been. It is far better to fill our days with as much joy and happiness as we can than mope and brood all the time. To live a splendid life, full of joie de vivre and not letting the problems and hurdles that come along veer us away from living life on our terms is the way to be.

Falling prey to utter despair and despondency is really an escapist's ploy to escape one's duties and responsibilities. It is not for nothing that they say, "When the going gets tough, the tough get going." The ability to be positive and upbeat even in conditions of extreme adversity is what makes one sail through difficult times. More than a philosophical choice, the decision to stay happy come what may, is a practical one. It makes life better. Our choices determine what sort of life we get to lead. So it is important that we make the right choices. There will be times when things don't go according to plan. That does not mean that we made a wrong choice and it was time that we started wallowing in despair. On the contrary that is the time to stay the course and take the necessary corrective action. Even if the choice one made was the wrong one, one should cut one's losses and make what then appears to be the right choice. Not doing anything and descending into grief is not an option.

If spending one's time in sorrow is what one resorts to when one is at an apparent crossroads in life then college dropouts like Bill Gates, Steve Jobs, Bryan Adams, Ben Affleck and so many more would not have become the spectacular successes they became. The thing about being positive and happy is that it impacts the neural pathways of the brain in a way that one gets predisposed to become an achiever. Conversely harboring negative thoughts sets in motion a vicious cycle of grief, leading to failure, leading to further grief.

Being able to crack the code of perpetual happiness is akin to receiving a magic key to success and a good life. Anyone can crack this code with a little practice. Yes that's right. Happiness is really a skill which can be acquired by practice. The more one practices, the better one becomes at it. The ability to feel gratitude for the smallest gifts of life goes a long way in putting one on the path of happiness. Avarice, greed, envy and jealousy on the other hand take one in the opposite direction. This does not mean that one be afraid of competition and become a recluse. On the other hand an exalted state of happiness teaches one to approach life like a sport which one enjoys playing rather than a war where no prisoners are taken.

Essentially one has to decide whether one wants to be happy in life or perpetually miserable. It is really an either or question which impacts the future course you life will

take. Ticking the right box could send you on a glorious journey of success, achievements and happiness. Choosing the wrong box would condemn one to unrelieved misery.

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