

## Twitter Thread by Vidya



**Vidya**

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**#BookRecommendation**

**" Zen and the Art of Happiness "**

**It's a simple book but it makes you think .**

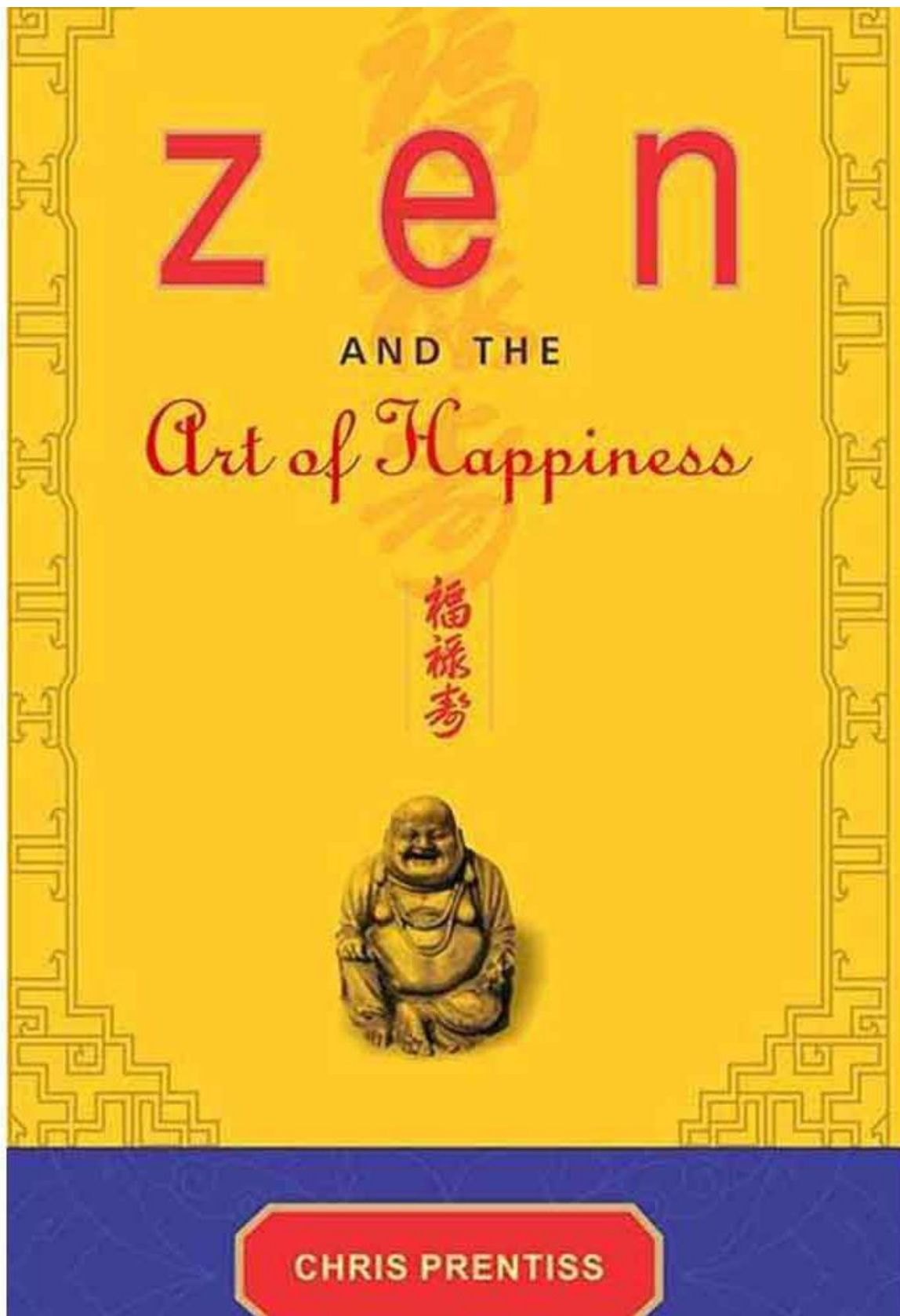
**Few of my takeaways ( with random 2 min doodles).**



**Firstly,**

**What is Zen ?**

**#Zen is a Japanese word that is derived from the Sanskrit word Dhyana meaning "Meditation" .**



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Zen is a journey of exploration & a way of living that , in and of itself doesn't belong to any one religion or tradition as such.

Zen doesn't teach. It merely  
points, enabling us to wake up & become aware.

Ever noticed how zen stories rarely have predefined morals? ■

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The zen of doing anything is doing it with a concentration of mind , a calmness & simplicity of mind, that brings the experience of enlightenment and, through that experience , happiness.

It could be something as mundane as sweeping or peeling potatoes !

#mindfulness

Enjoy the  
mundane!

MINDFULNESS



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We are the authors of every NEXT moment.

Therefore the best way for us to get that new experience is to CHANGE our response to what happens.

By natural cause & effect , that NEW RESPONSE will create NEW RESULTS , thereby a NEW REALITY.

Try it to believe it !

#Wisdom



Unknown to most of us , we all have a life philosophy . A perspective of looking at things , at events & circumstances that befall us.

Our personal #Philosophy determines how we respond to events that occur in our life .  
This ultimately is responsible for our happiness.

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After all , an event is ultimately just an event ■

We are the one's who label it as " good " or " bad " .  
The determination is made by us .  
Thereby ultimately we choose to be happy / unhappy...

Simple , but not easy ! ■

#Labels

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Everything comes at the appointed time .

Not sooner . Not later .  
No point in wasting time by wishful thinking.

The Universe doesn't make mistakes.

Let's just be fully aware of ourselves for now.

That shall be enough to achieve our potential.





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But what about Happiness ?

Surely it can't be a habit !? ■

Surprisingly , it can be cultivated!

Happiness ultimately is a state of mind . We attach importance to an event & thereby base our happiness off it .  
Once we learn to Let Go of this attachment , we are happy !

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We must learn to be happy for no reason like a child.

Thinking gloomy thoughts , creates the need for more such thoughts and one gets trapped into a vicious cycle.

Basically the more we engage in any type of emotion / behaviour , the greater our desire for it becomes.

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" Your worst enemy cannot harm you,



As much as your own thoughts, unguarded.

But once mastered,  
No one can help you as much. "

- The Dhammapada.

Remind this to yourself every single day. Take a print if needed & pin it up.

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Moving onto Association.

The environment you're in matters .  
The people you're associated with , matter.  
Either they provide Hope , help Heal.  
Or they Wear you down completely.

Whom you allow into the circle of your life decides the quality of your life .  
Choose wisely!

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My fav part !

Harmony with Nature is oneness with self for it helps us delve deeper in our own nature.

We are inseparable from the Universe & it from us.  
And universal laws , unlike man made ones can't be broken.

Nature doesn't hurry. Yet everything gets accomplished.

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Everything that happens to us ,happens for a reason .

Now until we learn from it , things shall keep repeating .

Sounds weird at first , but then when given some thought , it makes total sense .

To change the outcome , change the process .

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Noteworthy :

A situation only becomes favourable when one adapts to it.

Change is the only constant .  
Embrace it or be bogged down by it .

How resistant are we to change?

And why this resistance ?

Doesn't a creeper grow horizontally instead of horizontally to thrive?

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My fav.

Less is More. Embrace Simplicity & Contentment shall be your friend.

Strangely we do the opposite ! ■

We seek temporary solace in material gratification .

Aren't we fools running about trying to fill this void with objects instead of emotions & memories?

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Something profound.

How you conduct yourself along the path , that is your life determines how your life unfolds.

Stay in the centre. Be neutral .

Go with the flow . But ensure you return to the centre . That way we can ensure we enjoy all emotions through & through .

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On Stress .

We can't totally eliminate it but we can deal with it tactfully .

Possible ?■

Give a problem it's mindful attention. Not more . Not less.

When it's so simple , why do we over complicate it ?

That's where we need to learn to use our mind like a tool.

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On Obstacles .

The obstacle is the way.

Let's learn to rise up to the occasion. Tackle obstacles with a growth mindset . Let's learn to become better not bitter.

Who doesn't have problems ?

But then how many of us are happy even then ?

Therein lies our answer.

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We often oscillate between the past & the future, forgetting to live in the present. ■

Enjoy the present.

BE IN THE PRESENT.

For the past no longer is ...

The future' is yet to come ...

The only thing we have is the current moment.

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Pain, Inevitable .

Suffering ,Optional .

The sooner we understand this , the lighter our baggage shall be.

We are but mere travellers on a beautiful journey called life .

Why choose to trudge along wearily when one can walk leisurely ?

Let go of that baggage !■

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To sum it up.

#Happiness is a state of mind.

■ & Let go of emotions that weigh you down .

Work on your personal philosophy of life.

Enjoy the little things !

SEE & THINK for yourself !

Happiness is a choice. Choose it !

\*END\*

#BookTwitter

#peace

#BookLovers

Let a ☺  
spread through  
your heart  
today!

