



Seminar 2

How to be Happy

Rotterdam
July 2018

Program

HOW TO BE HAPPY

*Happiness is a state of mind to be close to
YOURSELF*

How can I be happy ?

Moving towards Moksha - ★

*Vedic art helps you to achieve happiness
and joy*

Moksha/Mukti - Freedom from within

*★ happiness and sadness are two sides of
the karmic lifecycle*

*★ practices to control the process and not
the result in ones life*

Artha- Pursuit of wealth

*★ wealth should be earned to satisfying
basic needs*

*★ wealth without service and help to others
causes Greed or Lobha*

Kama - Pursuit of a Good life

*★ Desire to live a contented life of comfort
and aesthetics*

★ Using all senses for pleasure with balance

*★ Kama without service to others or sharing
is Lust or Moha*

Dharma - Action -Service (Sewa)

★ all actions have to be only for good

*★ all actions short term or long term should
benefit you and for others around you*