Transforming to a happy individual - Discovering unlimited happiness in us by cultivating
healthy self-image,
self-esteem,
self-confidence and
self-awareness...

Once Guruji lived the simplest kind of life in a hut at the foot of a mountain. One evening a thief visited the hut only to discover that there was nothing to steal.

Just then, Guruji returned to his hut and caught him. "You have come a long way to visit me," he told the prowler, "and you should not return empty - handed. Please take my clothes as a gift."

The thief was bewildered. He took the clothes and slunk away.

Guruji sat naked, watching the moon. "Poor fellow," he mused, "I wish I could have given him this beautiful moon."

happiness unlimited...

Though we have different perceptions, Happiness is the one ingredient everyone, without exception, seek equally in life. We differ in our understanding of Happiness and the means employed in realising it. However, no matter who we are, we all seek Happiness.

No matter what our past has been, no matter what our present is, and no matter what our future will be, we all run after Happiness. Regardless of who we are, Happiness is possible for us. To be happy we need not do anything, Happiness is effortless and natural. We need to develop a learning mind that can recognize, acknowledge and accept Happiness.

When you are happy you will be a totally integrated person. You express an extra dimension to your personality; you use your abilities to their fullest potential.

Perhaps you know someone who says, "I would like to be happy but I cannot be!" Have you ever expressed that about yourself? You must have, because we all do. Happiness is possible now and now alone; Happiness is your birthright.

Who decides whether you are happy?

Your Happiness depends upon your approval. You will not be happy till you accept or realise Happiness. You are the sole creator of your unhappy world - unhappiness is self - created.

Happiness is possible for everyone. It is waiting for you! It is a realisation that you can claim as your own. The one step you take towards happiness can lead to many steps. Happiness is your natural state. It is you and you alone who decides whether you will be happy or unhappy.

When you develop an open mind and receptive heart ... joy and happiness is yours in the here and now.

Life is full of gifts - unlimited presents in the present. *Ananda Yoga* helps us enjoy life's gifts, whether we are driving, walking, eating or sleeping; it helps us enjoy every moment. Our every action can become an opportunity for joy and happiness. We learn to enjoy our every action with a relaxed and gently firm attitude, with a learning mind and a resistance-free heart. With *Ananda Yoga*, we can enjoy our inner journey, so that we can better handle the challenges in our lives. We can create a life of fulfillment on the foundation of peace, love, and freedom.

What can Ananda Yoga do for you?

Ananda Yoga transforms us into ingenious and inventive beings; it opens the floodgates of our creativity. We become more realistic in facing life's situations and thus understand and accept things as they happen without any resistance. We develop consideration for others. It improves our physical and emotional health and therefore promotes more enjoyable performances. We develop an attitude to like ourselves the way we are, with all the shortfalls and problems that we think we have.

If we want peace in ourselves and in our world, we have to choose to know it. If we don't practice *Ananda Yoga*, we fail to deal with fear and anger of our dear ones and our own. *Ananda Yoga* is essential for our happiness, peace, and growth through improving our self-image.

We naturally draw people to us and make them happy. Our success will be measured by our enrichment, enlightenment and personal - growth. Finally, life will seem easier and more meaningful.