

Essentially, happiness can be divided into 3 categories: 1.) Physical happiness; 2.) Mental happiness; 3.) Spiritual happiness. In order for one to fill his life with these three types of happiness, he first must learn the steps to achieve them. The following is a brief summary of these steps.

1.) For Physical Happiness:

- a. Regular and proper diet.
- b. Regular and proper rest.
- c. Regular and proper exercise.

2.) For Mental Happiness:

- a. Minimize expectation.
- b. Minimize ego/pride.
- c. Minimize negative thoughts.

3.) For Spiritual Happiness:

- a. Recognize your soul (as a separate entity from the body). To do this:
 - Past: Do not live in the past. (Free yourself of past memories and experiences.)
 - Future: Do not worry about the future. (But, plan for the future.)
 - Present: Free yourself of any attachments and hatred (Raag-Dvesh).
- b. Help all living beings without any expectations.
- c. Meditate regularly and surrender to the Supreme Soul.

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