



# HAPPINESS IS SUCCESS

By

**AiR**  
Atman in Ravi

SUCCESS IS NOT  
HAPPINESS...



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ART OF REALIZATION

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# PREFACE

***All Successful people are not Happy  
But all Happy people are Successful***

*The whole world is seeking Success*

Everybody wants to succeed. Somebody wants to be a billionaire while somebody else wants to win the World Cup. An actor wants to make it to the Oscars, just as a child wants to get the first rank in class. If we observe humanity, everybody seems to be in a chase to become an ace. Everybody wants to be an achiever, a winner! Nobody wants to be a loser. Why is the whole world in this race for Success? What is the reward of Success that makes people so passionate to win?

*What does Success actually create?*

If one goes deep into the psychology of winning, one will realize that people want to win because this makes them Happy, just as failure makes somebody miserable. Thus, somebody may seek millions but

somebody else may be modestly content by getting a fraction of that wealth. It doesn't matter what the achievement is but every achievement creates a euphoria of joy and bliss. The joy and excitement winning creates is what makes people so obsessed with Success.

If we give an artist some money, it may not make him Happy, just as a beautiful painting may not satisfy a millionaire. Different people want different achievements. But there is one thing that everyone wants from their achievement - to be Happy!

Can there be an achievement that makes a person miserable? Such an achievement can never be called Success. People want to succeed and they do everything possible to win because they want to be Happy. It is Happiness that drives Success. Some may feel excited after achieving Success, but ultimately, people want to succeed because Success gives Happiness.

In fact, humanity, by and large, believes that Success is like a cause, of which Happiness is the effect. Just like there can

be no effect without the cause, they think that there can be no Happiness without Success. But is this true?

### *The illusion - "Success = Happiness"*

In reality, the belief that Success equals Happiness is an illusion. No doubt Success creates a sense of gratification that makes us Happy. But an in-depth analysis will reveal that we were already Happy in the first place. The desire for Success creates agitation and the achievement of that desire takes us back to our original state of peace and bliss. Somehow, we believe that without Success there is no Happiness. This is a myth, an illusion. In fact, the desire for Success can create misery when the goal is not achieved. Then, we lose our peace and joy, which we originally enjoyed.

### *What is real Happiness?*

Real Happiness is beyond achievement. It is contentment and fulfillment. The richest man in the world is not the happiest man. There are people who may not be so wealthy financially, but they are happier than the millionaires. This reverses the belief – it is the Happiest

man who is truly the Richest man. Yes, true wealth doesn't lie in the achievements and monetary gains but in the Happiness quotient of a person's life.

### *Let's change our paradigm*

It's time for us to realize the Truth. Instead of chasing Success to be Happy, we should try to *be* Happy. That is true Success. Those reading this for the first time may think that it is just a tongue twister. It's not! It's a principle that humanity must learn.

### *What do we truly want?*

Do we want to be like a successful tycoon who is unable to sleep at night? Do we want to be one amongst those achievers who end their life in suicide? Would we prefer to live with millions in the bank but also have stress, worry, and anxiety or would we choose peace and tranquillity along with Happiness? Of what use is it to gain the whole world, but lose our peace and joy?

We may be Successful but  
What is the Use  
of being Unhappy.

But if we are Happy,  
We are Successful.

What would be the  
Use of being Unhappy?



## **WHAT IS SUCCESS?**

**Success is Achievement and a Desire Fulfilled.  
It's Happiness, Joy, and a feeling of being Thrilled.**

## WHAT IS SUCCESS?

Success is Achievement. It is a fulfillment of desires. It is the shooting of a goal. While Success is a simple word, it is very complicated to understand why Success sometimes creates Happiness and occasionally, makes us miserable.

### *Success according to the world*

People think that Success is just being an Achiever. It is about winning and being famous. It is being one of the 'who's who' of society. Generally, people are considered successful if they achieve something noteworthy in their field of endeavour. So, one can be a successful businessman but a total failure as a father. Whatever the success be, it's understood that Success, achievement, and winning not only give us material wealth but also Happiness.

### *Accomplishment does not always create Happiness*

No doubt, every accomplishment creates excitement, but why is it that though we win, we are sometimes unhappy? A sportsman may get a prize of US\$ 10,000 but he cries in misery because he lost the first prize of US\$ 25,000. Isn't it strange that achievement can,

sometimes, make us miserable? We, human beings are generally greedy and are never content with what we get. We always want more and more. Therefore, Success is not really Achievement. It is beyond that. It is that sense of Achievement that causes contentment. This doesn't always happen. Although we seem to be successful, we are often not satisfied with our achievement and yearn for that distant dream that remains unfulfilled and thus postpone our Happiness.

### *Success is Achievement*

Even a blind person will say Success is Achievement. If we achieve something, we are successful and we are successful when we win. But what about that person who is successful but does not achieve the objective of being successful - for instance, someone who earned millions to marry a girl but then found out that she had already married his best friend. His heart breaks, even though he is a successful millionaire, he cries. His Success could not achieve the Happiness that it was meant to derive. Therefore, Success has a deeper meaning. It is not just what the dictionary defines it as. True Success, actually, is that sense of peace, joy, and



## WHAT IS SUCCESS?

bliss that comes after the accomplishment. If the achievement doesn't give that sense of tranquillity and ecstasy, then is it really Success?

### *Why is Success different for different people?*

That is why Success is not the same for everybody. When Michelangelo was painting his famous piece of art in the Sistine Chapel, his friends wanted to spend some fun time together. They even came out and called, "Michel, why are you tirelessly doing that painting far up in the ceiling. Who will see it?" Michelangelo is said to have answered, "God will!" To him, Success was different from eating, drinking and gallivanting with friends. Thus, comes the saying, "*One man's food is another one's poison.*" What Success is to me, may mean nothing to you. Why? Because the outcome of my Success makes me Happy, but the same doesn't give you fulfillment. Thus, Success is different to different people, only because different people don't find the same Happiness in a specific achievement.

### *Success is not just money and wealth*

The world, generally, thinks that money is Success and

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