

# Self Help Notes for Happy Life

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## **Vedantic Insights to a 5 step Decision Making**

- First step is to know all the available options. This refers to looking at all the choices so that you're aware of the options.
- The second step is to know your mindset, your values and biases and here you need not go with the majority opinion mindset.
- Third step is to evaluate options for shreyas and preyas. Shreyas refers to the preferable choice which gives long term satisfaction and Preyas refers to pleasurable, delectable choices which gives instant gratification.
- Fourth step refers to the conscious deliberate decision. This means that your subconscious is supporting what your conscious mind is thinking.
- Final step here is to remove all the other choices from your mind once you have made the decision.

## **3 Principles of Positive Thinking**

- The first one is what you repeatedly think you become. Repeatedly cultivating thoughts of happiness, thoughts of glory, thoughts of success is going to add more beauty and happiness in your life.
- The second principle is what you repeatedly feel, you will experience. So if you're feeling happy, you will experience positive states of mind.
- Third principle is what you imagine, you will create---Imagine yourself to lead a great life, imagine yourself for higher ideals in your life. Dream big.

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## Forgiving Someone (Offender) Affirmation Statement

"I fully free you and forgive you. (Offender Name). I release you mentally and spiritually. I completely forgive everything connected with the matter in question, I am free, he is free and this is truly a marvelous and fantastic feeling"

## Karma Effects

1. **Immediate effect:** the first effect is an external effect wherein your friend passed an examination.
2. **Second effect:** is the mental impressions you have formed in your mind as we have discussed
3. Third effect is the **cosmic effect**, which occurs when you have selflessly helped someone and you receive a universal help unexpectedly, out of nowhere, but it is like an absolute gift which you can't imagine.

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## Eight Golden Tips

1. First one is Buy a Vision Board for you, write all the things you're grateful for in life, write your long term and short term goals. Write your goals for the month, this will help you channelize and streamline your energy in a defined path.
2. Second tip is to read the life of great people, who changed the spectrum
3. Third tip is when you wake up, plant the positive thoughts in mind through the power of affirmations.
4. Fourth tip is, customize your life through customization of your mobile wallpapers, your laptop wallpapers with positive quotes (Documents/Images attached for help).
5. Fifth tip is to regulate the content you're letting in your mind through your sense organs. If you're watching anything or any tv series, make sure, it instills Self positivity in you.
6. Sixth tip is don't speak bad of others or blame others for your actions. Take onus of all the decisions you made in life, and this way you'll make more clarity and cast positive mental impressions in your mind.
7. Seventh tip is to see all of the problems as opportunities in your life. Look on to it as a positive thing in which the universe wants you to do more.
8. The last tip is Love all the things in your life, love the bills you pay, love the taxes thinking you are a contribution for the development of your country, thinking your small contribution will help educate someone, will be food for someone who is more needy.

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## Course Credits

1. Louis Haye's Book on "You can Heal your life"
2. Prajavika Divyanandaparna's Vedanta Lectures on Life/NRCVEE IIT DELHI
3. Pixabay.Com & Canva.Com for images
4. Dr. Murphy's Book on "The Power of Subconscious Mind"
5. LiquidMusic.com for background music
6. Jeff Keller's Book "Attitude is Everything"
7. My Parents for instilling great values :)