

Don't worry, Be happy

Don't worry, be happy? This sounds such a simplistic phrase, but there is great power and wisdom in it. Worry blocks our thinking, narrows our options and limits us. Being happy increases our creativity and problem solving skills. It increases our energy, motivation and our abilities.

Don't worry, be happy tells us to focus on what we want rather than what we don't want. When we focus on what we want our actions take us nearer to our goals. When we focus on what we don't want we move away from what we don't want.

One who is contented will always be happy. Contentment is that state, when by adding something, it cannot be increased and by taking something away it cannot be decreased. For instance, an ocean will not dry up even if take 1000s of barrels from it and it will not increase if we pour barrels of water into it.

Can yoga create happiness?

There are so many traditional and contemporary styles of Yoga, that it is hard to keep track of them. Yet, each of them shares, at least, one aspect in common. Each style of Yoga will help the practitioner to find happiness and prosperity by finding oneself, and by truly understanding the depth of Yogic teachings. Each technique in Yoga can be asanas, pranayama, dharana, dhyan, all help in creating a happy atmosphere within.

Adopt the simple fourfold rhythm of the breath. The cycle comprised of 4 different phases:

1. Inhalation phase: Breathing In
2. Full retention: Body filled with as much air as possible, this phase comes after inhalation and before exhalation
3. Exhalation: Breathing out
4. Full empty: Blowing of the entire air from body, this phase come after Exhalation and before next Inhalation.

The fourfold rhythm of the breath is both calming and energizing. It helps take in more oxygen and remove more carbon dioxide, thus improving brain activity and the release of natural feel good brain chemicals. The mood changes, one feel more fresh and more focused to face the challenges of life.