**Happiness: Spirituality, Health, I, Time,**

**Wealth & Family (SHITWF)**

Sudhir Agarwal, San Diego CA, USA

(educationismyidentity@gmail.com)

1. **INTRODUCTION**
   1. You might be surprised with the acronym SHITWF that I must admit came about by arranging the first letter of the six words that I feel are essential to discuss and attain Happiness.
   2. My basic premise is that the world including my own existence is all Maya (illusion). If true then why bother? Why to worry about anything? Even the concept of Happiness and its attainment are Maya. The acronym says it all. Still the pursuit to Happiness must be on until the one realizes the absolute reality.
   3. The above mentioned six things give rise to various emotions that manifest in the form of actions and reactions. If the net sum of these six forces is zero, then nothing will be perceived, nothing will bother and nothing will matter. It is only when the net result is not zero due to disharmony among the six forces, then one will feel the impact of the six forces. A clear view off these six forces surfaces only when they they are in the vicinity of net zero (neutral) balance state.
   4. The mantra to be happy and to have a meaningful life is to balance among the following six things arranged in the order of importance: Spirituality, Health, I, Time, Wealth & Family (SHITWF).
2. **Spirituality, Health, I, Time, Wealth & Family** 
   1. Spirituality means that one must have the broader thing that he/she belongs to the universe and the universe belongs to him/her. This helps connecting connecting the body and mind with the Self, an **omnipotent omniscient omnipresent**entity. Spirituality encompasses the search for meaning, connection to a higher power or inner self, and the pursuit of transcendence and inner peace. In our context it will be listening to the inner voice that guides us ALL the time if we care to listen to it.
   2. Health is a state of physical, mental, and social well-being, encompassing the absence of illness or disease and the ability to lead a fulfilling and balanced life. Health includes maintaining the physical, mental and social well beings. Body is very crucial to operate efficiently and interact with others. For physical health movement, light exercises, Yoga and watching the diet with intermittent fasting help tremendously. Development and application of mental faculties to be a team player and a problem solver is the key to derive satisfaction from our actions. Being a social animal it is important that others around are us are good well beings. Seeing unity in diversity and operating with heterogeneous entities in any condition are the main ingredients to maintain social health. Love thy neighbor. Having a cheerful attitude, smiling face, connecting with the nature, and acknowledging others enhances health.
   3. I, the ego, the self awareness, the consciousness play an important role in our own evaluations and how we perceive others. It is the construct of self, shaping identity and desires, but often limiting our understanding of interconnectedness and hindering growth and empathy. If I become the part of the US (everything) then most of the problems simply go away. The individuality that causes stress simply fades away.
   4. Time is limited to everyone and it is one of the most precious resources available to me as a living person. It is a relentless force that marks the passage of moments, offering opportunities, reminding us of impermanence, and urging us to make the most of every fleeting instant. Live in the moment doesn’t mean that we can forget the future or what we can do to efficiently plan our future actions while basking in the past happy times without gloating too much about the past negative events. Time management is the key to improve productivity, increase the satisfaction level and spreading a positive message to others on how to optimize this rare resource.
   5. Wealth includes everything that someone else is willing to pay for it. Wealth encompasses material abundance and financial resources. First and the foremost, money is required to maintain the body. Parents, loved ones and the society can help when really needed but the objective should be that ALL able bodies should earn it. The money that one rightfully earns, the wealth that one inherits or accumulates over time serve only one purpose: maintain the physical bodies of people in your sphere by following a societal/cultural order of priorities. We must remember that we came to this earth with nothing and will go away with empty hands. Before our final departure our attempts should be to have a positive account. Since no one knows the time of final exit (death), so accumulating debt.
   6. Family is a source of love, support, and belonging. It consists of those who share deep bonds, provide comfort, and journey together through life's joys and challenges, creating cherished memories. Family is a like concentric circles with you being the center. The first circle includes parents, spouse, children and the environment that you live in. The second circle includes siblings, friends and the loved ones that you interact with at least few times in a year. The third circle includes people around you, colleagues, society that you live in and your village, country and the world.
3. **A Journey towards Happiness** 
   1. Remember that you must listen to the person inside you. There is also a passion and a talent inside you. They help you in operating optimally. Your mission is to FIND them.
   2. The true happiness lies in maintaining the balance among material prosperity (Wealth), the richness in meaningful relationships (Family), insights gained from personal experiences (I), and a timely (Time) fulfillment (Spirituality) through a healthy body and sound mind (Health). The balancing should be done with very little efforts. Recognize your nature and maintain the balance by not chasing or seeking things all the time. If you are willing and need our help we can lead you finding the hidden treasures inside you. The journey can be long and arduous.
   3. There are no guarantees that you will reach the state of neutral forces. Remember that running after the Maya is useless. Stop chasing the next thing. It is more of a mental setup that one must refuse to participate in the rate race. The heavy lifting has to be done you only. However, even if you do not reach the final destination you will still enjoy the resting places along the way of your journey.

1. **How we can HELP You?** 
   1. We have a team of advisors who have explored each of the six things: Spirituality, Health, I, Time, Wealth & Family. They can guide you, if necessary suggest professionals, on your specific issues and help you with ways to have a meaningful life by balancing the SHITWF to discover and enhance for your happiness.
   2. Remember that the Happiness is a state of mind and heart, an inner harmony that transcends circumstances. We can help you find it in embracing gratitude, fostering positive relationships, pursuing passions, and living authentically. One has a control on this Maya provided one is willing to work for it. It arises from finding contentment in the present moment, cherishing meaningful connections and cultivating a sense of purpose and fulfillment in life.
2. **Our Team**

We have a team of advisors who have explored each of the six things: Spirituality, Health, I, Time, Wealth & Family. They can guide you, if necessary suggest professionals, on your specific issues and help you with ways to have a meaningful life.

1. Dr. Sudhir K Agarwal, Coordinator
2. Dr. Padmaji Rao, Psychologist & Yoga practitioner
3. Dr. Bharat Aggarwal, Cancer Researcher
4. Dr. Deepak Saxena, MBBS, Medical Doctor
5. Mrs. Sarita Rao, Dietician
6. Dr. Vipin Chaturvedi, Professor
7. Dr. Chattar Kucheria, Financial Advisor
8. Mr. Narendra Nath Pande, Astro-counsellor
9. Mrs. Renu Agarwal, Family Counsellor
10. Mr. Rahul, Sahil & Aakash Agarwal, Youth Coordinators

**COORDINATOR & CHIEF ADVISOR**

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| **Dr. Sudhir Kumar Agarwal has a PhD in EE. After having a successful professional career in technological companies in USA for more than 35 years, he is now very interested in learning and sharing knowledge on Hindu scriptures.**  **San Diego CA USA**  educationismyidentity@gmail.com |  |