

It's your call, pals

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VAISHNAVI SUBRAMANIAN

It definitely is mind over matter, at least as far as happiness goes. A positive outlook will turn the most mundane events into ecstatic moments

JBLET: Where is happiness? I have always pondered over it. Does it exist in money, nature, people and external things? Well, the list appears endless. But, in the true sense happiness lies within oneself because if one is dependent on external things happiness fades. It is all about the state of mind, the more positive it is the more happiness for you and those around you. Gorging on mom's recipes, piping hot rice with pickle or being with chirpy friends. A baby's smile is eternal bliss. If one loves nature then watching the elusive rainbow, its vivid colours, drenching in the rain, splashing water and jumping in puddles, making paper boats or turning an umbrella upside down and watching it drift away swiftly or having a hot cup of coffee, watching rain slam down on terra firma. Or simply staring at the blue skies on a sunny day, holding your favourite book in hand. These can be etched in the minds forever. What say? It is all about loving oneself and making those around you lively with an infectious smile spreading happiness everywhere. Do not forget to smile at a person when he is down instead of trying to show sympathy. And yes, try to allot time for yourself and spend it in introspection. Hey folks, if you think I'm being philosophical then try pondering on the importance of being earnest about happiness. Treasure every moment with your loved ones and lighten the atmosphere with humour. After all, an effervescent smile is the curve that sets everything straight. "Live life in full enjoyment, live it to the fullest. Do not cry if the sun sets at the end of the day. It will not let you enjoy the beauty of stars."