



Open in app



Published in TL;DR,W,L



Yogesh Haribhau Kulkarni

Nov 28 · 1 min read · Listen



Save



Summary of “Search Inside Yourself”

YouTube channel: Talks at Google

Original Source

Search Inside Yourself | Chade-Meng Tan ([YouTube](#) 54 mins)

Jottings

- Mind is all that you have
- It's always now
- Enjoy joy slices, moments
- Genuinely feels others to be happy
- Happiness is default state of mind; remove coagulation around it by settling.
- Joy is an emotion and an event
- Joy is foundation for happiness state.
- Train to access Joy on demand by calmness
- Joy without energy
- Just be





[Open in app](#)

- Uplifting mind to goodness of others

