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Just Relax

A way to sustained happiness

In the world of constant distractions and desire for constant validation (via Likes), it is becoming hard to extend the state of happiness longer.

Michael Singer dives deep into this problem in the podcast below.

Michael Singer interview: How to be truly happy

Tony, Sage and Michael Singer on breaking patterns and finding inner peace Listen on iTunes According to the NIMH, an...

www.tonyrobbins.com

Here is a sketchnote trying to capture the essence

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THE
TONY
ROBBINS
PODCAST



Michael
Singer

What is happiness?

feeling good
= Ecstasy

What makes you happy?

Getting what you want

What makes you unhappy?

Getting what you don't want

Do you always get what you want?

No, you can't because many things are not in your control

Who decides what you want

YOU!! based on Past experiences

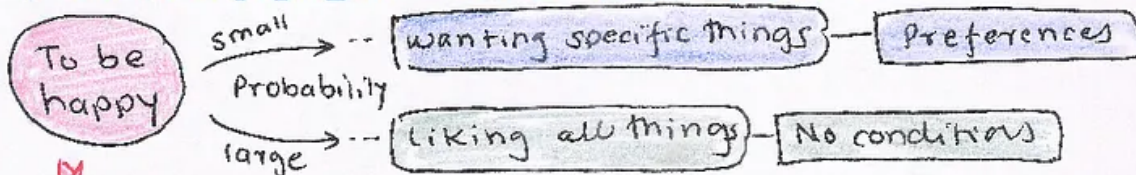
Happiness
Truth Table

YES ↓ GET ↓ NO	Not doing well	Doing well
	Relieved	Disappoint-ment
	NO	WANT YES

Law of diminishing returns ↓

Same stuff does not make you happy in same way, keeps decreasing

SOLUTION? → Less thoughts of past bad experiences



NO complaints, accept that you cannot control
Deal with the situation that you can control

RELAX! RELAX!! RELAX!!!

LET GO

Acquire the skill to be calm, aware and let go all the blockages of past experiences!!

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Below are some wonderful quotes by Michael Singer from

The Untethered Soul - Book by Michael A. Singer

What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to...

untetheredsoul.com

The only permanent solution to your problems is to go inside and let go of the part of you that seems to have so many problems with reality.

Fear is the cause of every problem. It's the root of all prejudices and the negative emotions of anger, jealousy, and possessiveness. If you had no fear, you could be perfectly happy living in this world.

Everything will be okay as soon as you are okay with everything. And that's the only time everything will be okay

In my opinion, it is hard to let go everything in real/practical life that we live in, but we can always start with, by not letting the small stuff angry you, isn't it? Basically, No Complaints, but either deal with it or Let GO!!

More details about the author of the sketchnote, by clicking image below



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