

## 105 / Money, Possessions & Happiness

Friends, Relax. I am not taking your 'Geometry Lecture' about Triangles between Money (wealth), Possessions and Happiness.

Many a time's happiness is equated with wealth and or material possessions. Friends, what you think? Is there any relationship between these three ingredients? Just think. I am not in a hurry to get your answer.

We can not ignore the general wide spread feeling that your happiness depends on wealth and possessions. If that is the case, then do you think that every rich person is happy? It may be true or it may not be true. I have made an attempt to search the right answer. But is there any final answer to this question. Obviously No. I will make an attempt to pose number of questions before I finally give my answer.

Friends, don't get carried away or misunderstand by simply reading the preamble. I am not against money. I am only trying to share the different perspective for the benefit of those who consider themselves unlucky/unhappy inspite of having sufficient pleasures, only because of the comparison with richer people.

Birth is not in our hands but how to Live is certainly in our hands. We all need happiness, pleasure in Life but whether we define the ingredients of happiness and where we will get the same? Otherwise entire life we may be searching the same at a wrong place.

- With Money, you can purchase the 'House' but can you purchase a 'Home'?
- With Money, you can purchase a 'Clock' but can you purchase the 'Time'?
- With Money, you can buy a 'Position' but can you buy the 'respect'?
- With Money, you can buy a comfortable 'bed' but can you purchase the 'sleep'?
- With Money, you can buy an 'air-conditioner' but can you purchase the 'sleep'?
- With Money, you can buy a 'book' but can you purchase the 'knowledge'?
- With Money, you can buy 'medicines' but can you purchase the 'health'?
- With Money, you buy a bottle of 'blood' but can you purchase 'Life'?

One must not forget that Money is not every thing. Many a times it causes pain and sufferings. Money is not an end in itself but it is a means to an end.

‘House’ is made up of 4 walls and a roof. But the same ‘House’ becomes a ‘Home’ when the people staying in the house enjoy excellent relations with each other. However, in day to day life, both the words namely ‘House and Home’ are used interchangeably. Ultimately the love between the family members demarcates as to whether a flat is a house or home? Family atmosphere in the house/home in our childhood plays important role in our personality development, outlook towards life etc. If you have love for the family & mankind then success and wealth will follow automatically.

RELATION means to help without HESITATION, to GIVE without EXPECTATION, to LOVE without LIMITATION, & to REMEMBER without COMMUNICATION. If your family enjoys this type of relationship between the members, then you are really lucky.

Time is Money. Save both for achieving success in life. Time can’t be stored. Time used judiciously can help you to meet goals set in life. Time should be spent proportionately on various activities. It is unfortunate that younger generation is not very serious about Time Management.

At every stage one must realize what is the call of the day? What are his priorities in life? What are your duties and responsibilities? What are your social obligations? How you are spending TIME at present?

Friends, you will observe that successful people are very particular about Time Management. Many people don’t realize that they have one thing in common with all Successful People....i.e. “1440 minutes a Day.” This technique can be mastered by any one and is not the prerogative of only successful persons. Why not try to master the technique?

Friends, Health & Time... These things don’t come with a Price Tag; but when we loose them ... we realize the Value!!! We must decide Priorities in Life and accordingly do the Time Management. Your success in Life depends on doing right thing at the right time and in right proportion.

You are aware that we spend money for 'Necessity, Comfort and Luxury.' However it is interesting to note that the terms are relative and the classification will vary from person to person. Necessity of one person may be the Luxury of another person. Hence it is necessary to always bear in mind the basic purpose of spending. Wealth can purchase tangible good but not peace of mind.

It is also necessary to consider the other aspects before making purchase of luxury articles? e.g. There is a growing tendency amongst young generation to purchase air conditioner even in cities where climate is fairly cool around the year except one two months of summer. I have seen people switching off the AC by midnight and switching on fan without opening windows either because they can't sleep in cool atmosphere or due to higher electricity bill. General shortage of electricity and load shedding faced by many citizens staying in a small towns and villages is never considered. I have also seen that air-conditioners have been installed in all rooms and obviously not used because a flat has more number of rooms than the total number of family members. Whether you will get sound sleep will not be governed by the fact whether you have AC or not but how you spend your day? Whether you have followed the teachings of Bhagwat Geeta? Whether your body and mind joined together to accomplish a wonderful job. Whether you love your job and love the person for whom the job is done?

It is also necessary to remember that every act of pleasure (Luxury) brings certain element of difficulty. e.g. You may have a car and you have also employed a driver. In case you have an important appointment and if a driver fails to report on time, what is the use of the car in case you are not habituated for regular driving? You also need to spend time for the car maintenance. Your financial position should be such that you won't worry even if petrol price is increased. Friends, such is not the case with many car owners. Many times car is purchased because petrol allowance is paid by the employer.

Man's prime duty is to maintain his health, which is his 'True Asset.' It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. Every person - rich or poor makes financial planning for his old age /retired life. It is seen that

such planning done during young age disregard to health yields no pleasant results as the person catches the diseases of a rat race by 45-50 years and finds it difficult to gain control over such diseases such as Diabetes, BP Heart problem etc. because he has never followed rules of health discipline in his young age and also not gained control over his mind. But one thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the Life.

A person gets so much carried away after his career and occupation, that he hardly gets time for his family and for his health, hobbies. The only solace may be that he will have money for his treatment on falling sick. But who has to suffer in the process. Your family, kids also suffer along with you in the process. If you relish the idea of taking medicines throughout life, then you need not bother for your health. Family's mental health depends on your physical health.

Your Life should be like a square meal. Your destination of 'Happiness' in Life will be your mind itself if you can manage to keep balance between your educational/occupational career, family, health and friendship.

Life is all about the little decisions you make everyday. You can't change the decisions of the past, but every new day offers opportunity to make 'Right' decisions.

Friends, now you decide as to whether any relationship exists between Money, Possessions & Happiness?