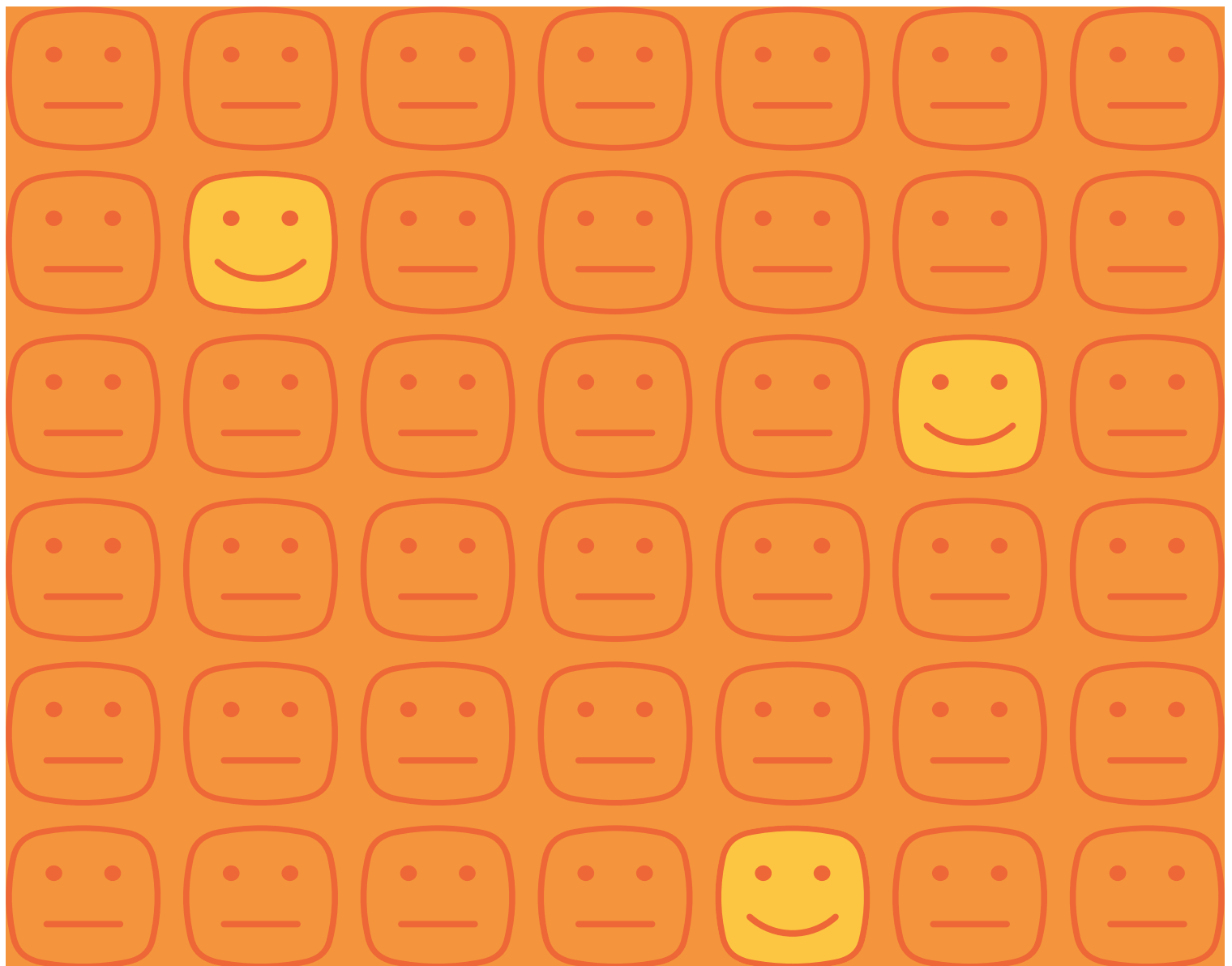

**It's right to
seek happiness,
but wrong to
look for it outside.**



by RVG Kulkarni

**Outside, you find
a deluding mirage.**



**Inside, you find
the eternal oasis.**



Happiness : It's simple

When we look into the mirror, do we see a happy face? Or a face wrinkled and frowned in a tug-of-war between expectation and reality?

We pursue many things to be happy. But even after we get them we are unhappy and the void only tends to grow bigger and bigger. Aren't we caught in a crossfire of paradoxes?

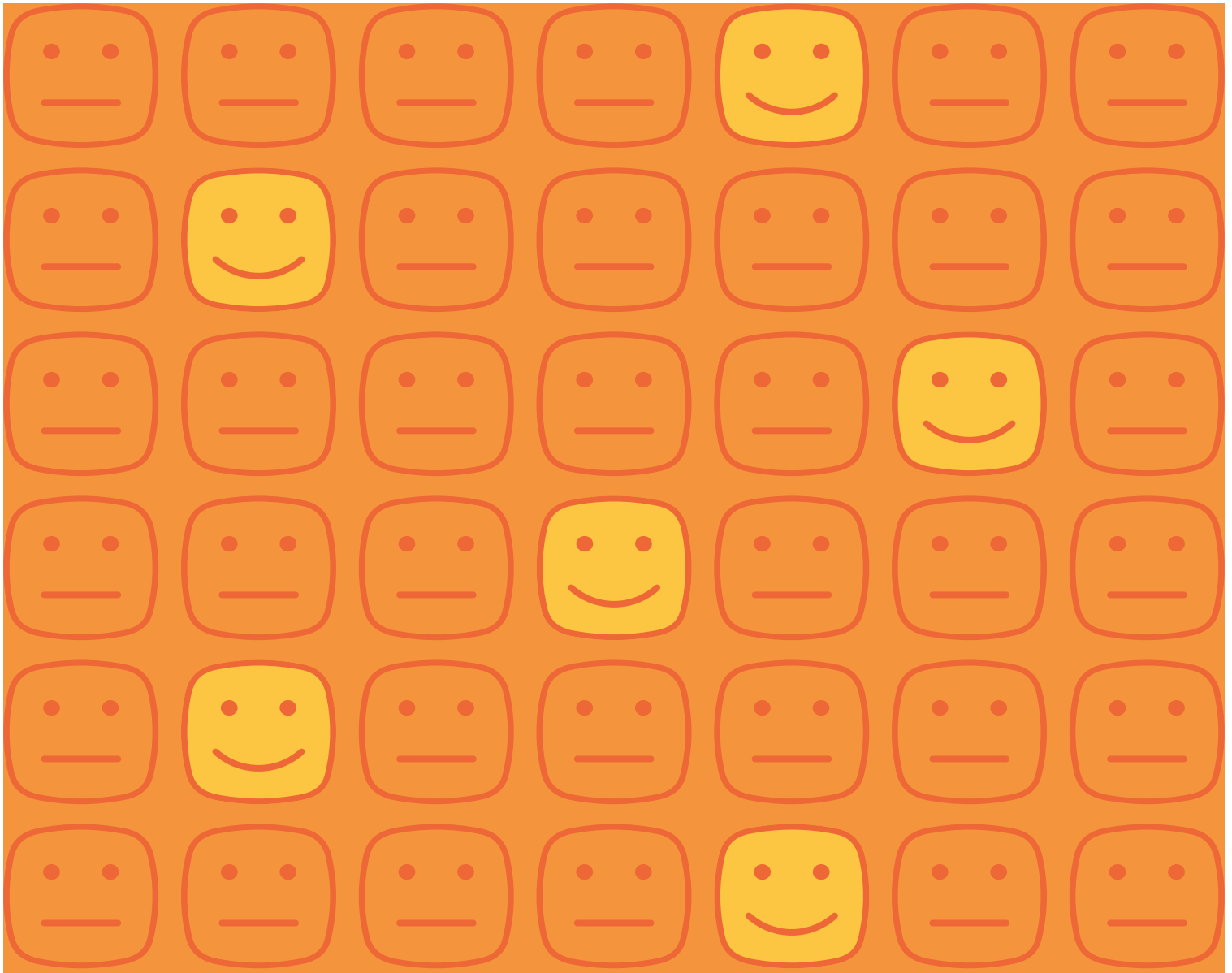
Happiness is not a goal, it's a journey. But it ends up being an endless pursuit. If happiness is internal, then why do we piggyback on things and people to derive it? We embraced technology and luxury to get an easy and happy life, but haven't we complicated the humble life we love?

Irrespective of the socio-economic status, people are inherently sad, stressful and are fighting depression and committing suicides all over the world.

In reality, happiness is simple and just a few steps away. It needs a certain state of mind and an understanding of how to guard our responses to external stimuli. It is not 'success' that makes people happy. It's happy people who are the most successful.

When you gaze the world with a new lens, you also see and realize that happiness has always been inside you, waiting for you to discover it. So, come on-board and discover.





Session Time:
4-6 hours

Ideal Audience:
30 to 40 people

Call +91 93908 57666 for an appointment or
drop an email at kulkarni.rvg999@gmail.com