

Happiness: Reclamation of Mind Peace

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Abstract:

In the life of human, happiness plays a significant role which leads towards peace in all aspects. However mental fulfilment creates way to peace of mind which also used to cure both physical and mental illness. Human soul must need to enjoy every moment with the bottom of heart to avoid pessimistic ideologies. Work pressure attacks the mind of human that force them to hate everything. Nowadays the humans failed to make the moments happier because of thinking the things which are not happened yet but being happy with what he/she have is the best way to mend the life in optimistic view. The below study going to reveal some views to reclaim the human mind.

Keywords: Happiness, reclamation, mind, peace, harmony

Introduction:

True happiness brings more richness than all the money in the world
- Mahatma Gandhi

Humans are the foremost creation of God who only holds all qualities to express, to feel, to communicate, to taste etc., but the humans used to refuse and dislike the things that are happened naturally. Human holds many plans and strives hard for their recognition in every field however he/she may not receive the success in their desires which leads them to face the frustration. Frustration makes absolute response to attain the destination without any pause.

“Frustration is the feeling of being blocked or thwarted in satisfying a need or attaining a goal that individual perceives as significant”

- Kolesnic

Delaying in completion of activities, pausing of doing due to the impact of struggles which comes under the internal aspects and external aspects includes natural calamities or some unexpected accidents are the major reason behind the frustration. However the economic conditions of the humans creates many conflicts. To attain the standard economic conditions in the society humans used to work day and night without getting fulfilled rest or taking care of their kith and kins which leads to the destruction of themselves as well as their family and friends.

Not only the grown up even the children and adults are used to face economic conflicts because of the role played by economy in the society. Most of the people in India comes under the poverty line which leads to unrest and revolt. Unemployment, the uncertain future frightening the students even while they are in universities and colleges as a result witness the unrest in educational field. At the sametime individual used to separated from his/her from a primary social group because of the sudden influence of secondary group, he/she is besieged with conflicts. However attempting to fulfil two opposite and contradictory wishes and desires also creates mental conflicts and illness.

Each individual faces the problem in his/her life, that there is no reasoning without problems. The problem - solving skill also shows the path of perpetual ideas to get the solution without undergoing enormous efforts. Humans must learn this skill to avoid struggling in problems. Being the holder of problems also destroy the mental peace and it force them to be tensed in all circumstances.

Motivation is one of the essential basis to all behaviour which includes learning. The learning and success in life depends on the motivation. However it stimulates human souls to directs the behaviour in one action includes both gospel and evil. Gospel leads to massive success because of continuous efforts. Motivation is an internal process started by some want or need, it brings mobilisation in every human being. Its foremost action directs the efforts of the human soul towards the goal which satisfies the respective need. To fulfil the needs the particular soul must need to get the help from others. Because of interlinking in every aspects one cannot survive alone.

Conclusion:

Satisfying one's need and desire leads the soul to be happier. At the same time the respective soul must need to limit their desire and need. Expecting too much also destroy the mental peace of the human soul. As the expert says "expectation is the root cause of all". One must learn to be happy with the things and environment he/she hold. Being satisfied helps the human soul to get rid off frustration, mental conflicts, disappointments etc., leads to happiness which shows the path of mental peace.

References:

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