

ABSTRACT

This paper gives some important aspects of happiness and fearlessness. These two topics have been extensively explained in past literature. Our contribution involves the study on saints at uttrakhand state in INDIA. The main objective of this study is to answer whether happiness is short term feeling or longer lasting state. Second important aspect is to answer whether absolute fearlessness can be attained or not

KEYWORDS: Saints, happiness, fearlessness, moksha and nirvana

I. INTRODUCTION

Lot of research has been done on the area of happiness, satisfaction and fearlessness. Various authors explained the connection of happiness and health and concluded their research by saying that be good in order to get absolute peace. Some authors took survey on human nature based on various parameters and categorized different portions of happiness. Some authors connected spiritual aspects to happiness. The study is still going on in order to have deeper understanding on this topic [1] [2] [3] [4].

7 Steps to Happiness:



Figure 1: General steps of happiness

1. Study on saints at uttrakhand, INDIA

From ancient scriptures of different religion to modern researchers in the field of psychology and philosophy are interested to find out the key of absolute freedom and absolute fearlessness. In order to find out the key of absolute, various interesting results came into picture. Observations can be categorized into in the form of stages.



2. Stage 1 of Happiness

During our research, various interview sessions are conducted at different part of uttrakhand. Stage 1 of happiness belongs to instant pleasure for example if an addict wants smoking, then that person want to take that pleasure at once. Happiness comes in this stage but it is short term.



Figure: Happiness and temporary pleasures

3. Stage 2 of Happiness

Stage 2 of happiness belongs to the work/profession that is done as a part of routine life. If we do our defined work with full dedication then automatically a sense of satisfaction with happiness comes in return. Success in profession provides deeper happiness. Happiness in this stage sustains itself longer than stage1.

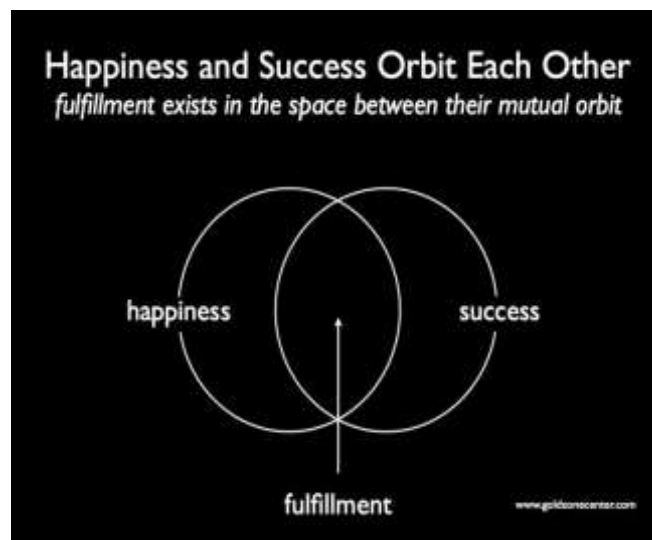


Figure: Happiness and success

4. Stage 3 of Happiness

Stage 3 of happiness belongs to something that gives you larger utilization of human life. Life can be used for self also but when a life can be used for the welfare of complete humanity then using life for self will be its very small

use. Real purpose of life lies in its utilization. When you contribute something for the welfare of society/world. It gives very deep feeling of joy/happiness.



Figure: Contribution and Happiness

5. Stage 4 of Happiness

A point comes in life when the sense of temporary phase called life, transforms itself as a feeling of pain due to fear of death. Is there any way to come out from this state in order to get higher happiness state? The only way is self realization. Self realization means to have understanding about self existence. If you will have deep down thinking about yourself that you will realization about your eternal existence beyond this temporary body and mind. You will find that this sense and phase is temporary but you are temporary. I will suggest the readers to read about who am I to understand this completely. Finally after this realization you will have extraordinary acceptance towards reality and Acceptance of truth is the end of all sufferings. Suffering exists because of ignorance otherwise there is no suffering in this world.



Figure 2: Message of acceptance

6. Other aspects of Happiness

Happiness is related to health and health in itself provides happiness. For attaining eternal happiness, the main entity of prime importance is considered money by most of the human beings but again all experience that can be attained by it are transient and falls in stage 1 of happiness except when any one use money to fulfill higher meaning.

7. How to attain Happiness and Fearlessness

Now a question comes about how to implement this understanding. The formula is have balance in instant pleasures for examples GOD has made food for hunger but take it in balance way then only it will give you happiness. Do your work with honesty and attain success but remain satisfied with current state and try to do something better. Third point is to understand REAL YOU. You will then have sense and understanding of your permanent structure. Another point is that, "do your 100 percent in every domain of your life and accept whatever you get that is reality." Last point is that do not dwell in past our future live in present moment. Go to past only to learn, go to future only to take motivation and apply your full energy in current moment. All these things can be implemented by practice of mind the output is absolute peace and freedom from all suffering. The understanding and implementation of this pure knowledge will give you moksha (Jeevan Mukti), nirvana.

Emotions like fear, anger etc. are not bad. GOD has created all these emotion for self protection. The problem arises when we use it wrongly for example violence is bad in order to harm others but in order to save you, society or world its good. Sometimes war is necessary to maintain peace. Nature has designed everything with perfect accuracy. It is the ignorance that gives us sense of negativity.

Finally I want to cover fearlessness. Once you will absorb and implement the above mentioned knowledge. If you have perfect understanding of stage 4 i.e. you understood the art of acceptance of truth. For example you crossed the barrier of acceptance of death and realized deeply that it is natural but "I am permanent as existence". Now you are free from fear. From this point I wish that the flow of absolute happiness and fearlessness must disperse everywhere. Now you will have another answer at this point about why should we do good? The reason is to get the sense of absolute happiness and fearlessness. Study is made on various aashrams at india especially on saints at Kalyanika Himalaya DOL, ALMORA, UTTAKHAND.

II. CONCLUSION

There are lots of research articles that explained different solutions regarding metamorphic malware detection. This article includes some of important results observed by researchers in past years. This study will be helpful for those working in the field of metamorphic malware detection.

III. ACKNOWLEDGMENT

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