



Be Unconditionally Happy!

By Anupkumar Shetty

COVID-19 has come up with some unintended consequences. While many fell sick and many lost their lives, we have learned many lessons. We are learning to live differently. The environment has become cleaner. And we have come to realize that a small virus can bring us to our knees, no matter how strong we think we are. This virus caught us off guard and made all our predictions wrong. One thing is right, we, human beings cannot control the universe and nature. I have found these 12 things very useful during the last few months.

1. Practice gratitude: Write down 3 things/people/animals you are grateful for every day and reflect it. You can repeat it. Today, I am grateful that I am able to help people have healthier lives. I am grateful that I have beautiful friends like you and my family. I am grateful that people love me.
2. Rekindle relationships: Video call or audio call people you may not have connected for a while. Apologize to people or thank people honestly and be specific.

3. Exercise for at least 20 minutes every day, not 3-5 days a week, every day at the same time. It could be walking in your neighborhood! I walk at 9.30 PM.
4. Wake up at the same time that you were doing in the past. At the same time don't watch TV or check Facebook/WhatsApp/Instagram all day. Take time to sleep well. Check the news for some time to catch up with the world, no need to check news all day. Things don't change that fast in life and if it does, your friend will call you.
5. Eat moderately: Eat healthily. It is easy to eat more often when you are home all day, even if you are working. Keep some snacks with no calories by your side or in the refrigerator. Celery is a good snack without calories.
6. Practice conserving food: Practice not wasting food. We can easily feed everybody well and defeat hunger if we share food. We don't know what is going to happen to the food supply chain in the next few months to years. So, why not practice cooking just enough. There will be no unexpected guests due to social isolation anyway!
7. Mindful breathing daily for 3 minutes: practice slow conscious breathing focusing on the airflow in your nostrils, throat, and lungs with gratitude for anything you can think of including the fact that you are breathing. If you have

not learned yoga, just sit upright, and watch your breath in and out slowly. This is called 'PraNa VeekshaNa' according to Ramana Maharshi in 'Upadesa Sara'.

8. Meditation: You can meditate whichever way you like. You can sit upright comfortably and say OM 21 times. Sadhguru, of Inner Engineering fame, has this as AUM x 21 in his training. But OM is a universal mantra, blessing, and universal syllable for the humanity. Breathe in slowly as slow as you can and as you breathe out say OM (AUM) still slowly, experience silence after OM. That is experiencing a state of divinity. That silence represents the state of discrimination awareness, state of experiencing 'INFINITY' within you, or experiencing a state of nothingness/stillness inside you, a conscious state of zero thinking! I do this at 5.30 am every day.

9. Explore your creative genius: This is a good time to explore hobbies and habits that you did not have time to pursue. Be it singing, writing, etc. you can learn singing from YouTube. If you are an Indian, download iTablapro if you want some background instruments! Write a book that you wanted to write! I am writing a book on my personal experience with 'Survival, Prevention, and Liberation from Cancer'.

10. Conserve money and resources. Who would have imagined that we would be reusing masks in the US? We don't know what is going to happen to jobs and

businesses! Make your money last a little longer. Think of what you need and what you want. Get rid of the waste! Share with those in more need than you!

11. Clean up: This is a good time to clean up your house, car, garden, and office.

Clean up your mind. Declutter yourself, and be joyful!

12. Be unconditionally joyful! Did you know that kids are always joyful and need a reason to cry (wet diaper, hunger, or pain such as colic)? How come we changed as we grew and need a reason to be happy? Why not be joyful and grateful unconditionally? Talk about being joyful and teach others to be joyful. Pray, repeat God's names, sing the glory of God, surrender, love, explore and experience the infinite consciousness/God/Brahman (they are little different from each other, but it is alright to consider them as the same for now) within you that is available for you to experience in this life, right now. Know that you are that infinite consciousness, please know that you have that infinite energy and infinite strength with infinite possibilities. I would encourage you to think of and surrendering to that infinite force. Know that around 97% of the people do well after coronavirus infection and you are one of them. If the infinite consciousness is you and you are that, you have nothing to worry about.

