

# **THE ART OF WAKING UP TO HAPPINESS**

**By**

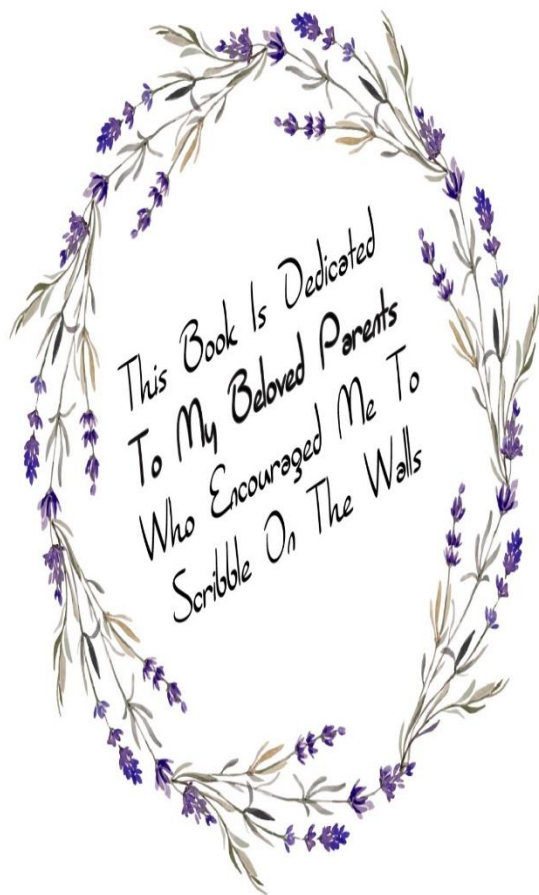
**SWAMINATHAN MURALI**

**&**

**S PREM KUMAR**

***“Happiness is only real  
When shared”***

**Jon Krakauer**



This Book Is Dedicated  
To My Beloved Parents  
Who Encouraged Me To  
Scribble On The Walls

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WATCH OUT .....**Error! Bookmark not defined.**

LAY YOUR HANDS ON SOME OF MY OTHER BOOKS**Error! Bookmark not defined.**

REVIEWS OF SOME OF MY POEMS**Error! Bookmark not defined.**

## GRAB YOUR FREE PRESENTATION

Click on this link: <https://witty-maker-6184.ck.page/3b1cdd97dc>.



# FOREWORD:

Finding true happiness can sometimes feel like an elusive quest in a world filled with daily challenges and constant demands on time and energy. Yet, amidst the chaos lies a profound truth: happiness is not something we stumble upon; it is an art we can cultivate within ourselves.

"The Art of Waking Up to Happiness" is a remarkable book that serves as a guide, offering daily snippets of wisdom to help navigate the intricate landscape of our lives. Through a delicate tapestry of philosophical thoughts, psychological insights, emotional exploration, time and anger management techniques, and change management principles, this book provides a roadmap to unlock the secret to a fulfilling and joyful existence.

Drawing from a rich tapestry of wisdom, the author presents a holistic approach to happiness that transcends fleeting moments of pleasure and delves into the deeper essence of being genuinely content. This book invites readers to embark on a transformative journey of self-discovery, empowering them to embrace the present moment, let go of past burdens, and open themselves to the possibilities of a brighter future.

The pages hold invaluable insights on cultivating resilience, fostering positive relationships, managing emotions, and finding meaning in everyday experiences. With each passing day, readers will uncover practical tools and profound wisdom that can be applied to their own lives, nurturing a mindset that awakens them to the boundless wellspring of happiness that lies within.

"The Art of Waking Up to Happiness" is not a quick-fix solution or a prescription for perpetual bliss. Instead, it is a gentle reminder that happiness is an ongoing practice—an art to be honed, cherished, and shared. Through the author's thoughtful guidance, readers will discover that happiness is not confined to external circumstances but blooms from within, regardless of life's ups and downs.

As you delve into the pages of this extraordinary book, be prepared to embark on a profound journey of self-reflection, growth, and transformation. May it inspire you to embrace the beauty of each day, awaken your inner joy, and empower you to craft a life that radiates with the art of waking up to happiness.

The author, SWAMINATHAN MURALI, is my school classmate from Campion in Tiruchirappalli, India, who, after graduating from the prestigious BITS Pilani, retired as General Manager from ONGC. He is a Philanthropist and does much charity helping in a nursing home and orphanage.

Dr Javed Rasheed

MBBS; MRCP ( Ped ) ( UK ) FRCP ( Ped ) DCH ( UK )

Honorary Professor and Head Department of Paediatrics & Neonatology

Dr Abdul Haq Medical College

Kurnool

# THE ART OF WAKING UP TO HAPPINESS

What do you do first thing in the morning when you get up? Snooze your alarm and snuggly get into the bed cover for another few minutes, or hurriedly hunt for the mobile you slid under the pillow after sending your last message yesternight to see what is happening?

Excellent habits different people have, and equally remarkable are the reactions and responses of individuals on getting up.

As Isha's YOGI says, I recommend rising from the bed and SMILE. Smile at what? You might ask. Smile at yourself. Smile at everything you see, the incredible sunrise, the blooming flower with the lovely early morning dew drops and whatever you note for the first few seconds and try to absorb the beauty and bounty of nature as a God's gift to you.

Based on the daily happenings in and around me, I have started scribbling the ways and means of WAKING UP TO HAPPINESS which I will try to share with you all. For example, my today's episode and dose of Morning Message with a tinge of positivity is as follows:

“Wake up to happiness. Overcome negative thoughts consistently. Negative thoughts are like ants; a whole troop follows if one comes. If you do not want negative thoughts taking over, stop them and track down where they are coming from. If you do not want those negative thoughts to return, regularly clean the mind and spray it with positive thoughts. Wishing you a relaxed day. God bless us.”

I am sure you will like this simple minute message and request you to watch out daily.

Love you all. Look out for my next post. God bless you



# 1. RELUCTANCE TO CHANGE

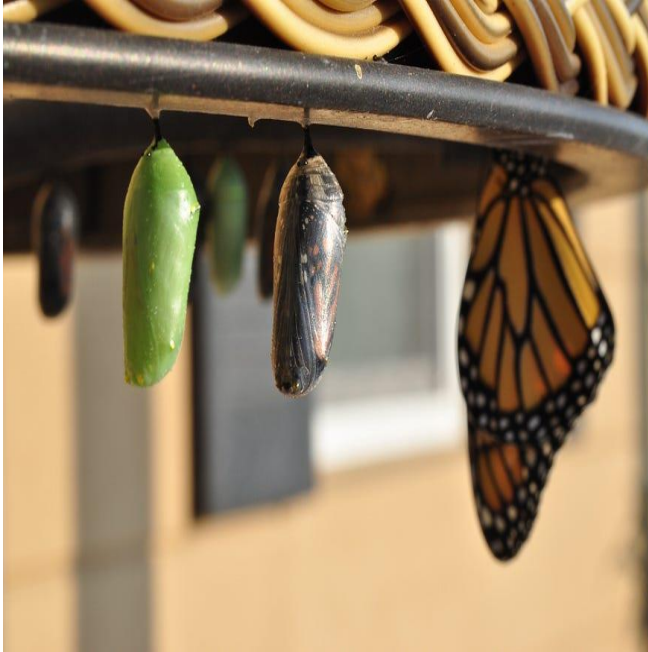


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Aren't we the creators of our situations? Contemplate. The root cause, if we analyse, is our reluctance to change.

“Nothing is permanent in this world except CHANGE; the quicker we adapt to it, the better.”

This concise statement highlights the fundamental nature of our existence. Change is an inherent and constant aspect of life, affecting everything around us. Change is inevitable and ever-present, whether in our personal lives, society, or the natural world.

By recognising and embracing this truth, we can navigate the complexities of life more effectively. Adapting quickly to change makes us resilient, flexible, and open-minded. It enables us to seize new opportunities, overcome challenges, and grow as individuals.

Resisting change or clinging to the past can hinder personal and collective progress. It's important to understand that change often brings valuable lessons, experiences,

and transformations. Embracing change means accepting uncertainty, letting go of attachments, and being willing to explore new possibilities.

In a rapidly evolving world, the pace of change can be overwhelming. However, by cultivating an attitude of adaptability and embracing change as a natural part of life, we can navigate transitions more smoothly. This mindset encourages continuous learning, innovation, and personal development.

Ultimately, the note reminds us that change is integral to our existence. It encourages us to let go of rigidity, embrace the ebb and flow of life, and adapt swiftly to the ever-changing circumstances we encounter.

“Wake up to happiness. Many philosophies say that whatever situation we find ourselves in today, we have somehow been involved (knowingly or unknowingly) in creating it. This also means that we can change it. If we deny our part in this, we become victims of our present circumstances and feel that we cannot change anything, and we just keep wishing. We need to take charge and act. If we worry about how ‘bad’ everything is, we cannot pull ourselves out of our current situation. God bless us.”

## 2. CALMNESS AND EFFECTIVENESS



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Doesn't your mind race towards sensitive little things? How do you control this and be more effective? Let us contemplate this today. A small poem to wake you up:

In the realm of life's ceaseless tide,  
Calmness and effectiveness coincide.  
Amidst the chaos and swirling storm,  
Lies the tranquillity that keeps us warm.

Calmness, a tranquil and steady state,  
Like a gentle breeze, it abates.  
In its presence, the mind finds reprieve,  
A sanctuary where worries can't conceive.

Effectiveness, a force with a profound purpose,  
Swift and precise, it knows no bounds.  
With focused intent and unwavering aim,  
It conquers challenges, leaving no room for blame.

Yet, calmness and effectiveness entwined,

A delicate dance, in harmony, they align.  
For a mind at peace, soothed and serene,  
fuels productivity with a vibrant sheen.

In stillness, ideas take flight,  
As the mind embraces its inner light.  
Clarity emerges like a crystal clear stream,  
Guiding actions with a purposeful gleam.

So let us seek the divine balance,  
Where calmness and effectiveness intertwine.  
With tranquil hearts and purposeful minds,  
We'll navigate life's waves, leaving no dreams behind.

“Wake up to happiness. During times of stress, the mind must come up for air to leave the jungle of pressure, deadlines and speed, slow down, and find the point of silence within. Silence does not mean any talking, no thoughts, no sound. It means Simply still your attention & you create silence, & silence stimulates creativity. A racing mind that reacts sensitively to little things indicates that it has lost its spiritual strength. Meditation restores that power. Spend some time with yourself today.

Calmness increases efficiency. Silence increases effectiveness. Wishing you a peaceful day today. God bless us.”

### 3 ENJOY EVERYTHING WE DO.



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Many of us do our routine, mundane daily work as a compulsion and not with any involvement. If we concentrate and focus on these everyday activities, the thrills are unmeasurable. Try it, and you will relish it.

In our fast-paced and ever-changing world, it's easy to overlook the significance of daily mundane routines. However, embracing and valuing these routines can bring numerous advantages to our well-being and success. Here are some key benefits to consider:

**Stability and Structure:** Mundane routines provide strength and structure. They create a predictable rhythm that helps us organise our time, establish healthy habits, and maintain a balanced lifestyle. A daily routine allows us to prioritise tasks and responsibilities effectively, reducing stress and increasing productivity.

**Increased Efficiency:** Engaging in mundane tasks regularly allows us to refine our skills and develop a higher level of expertise. Repetition fosters efficiency, enabling us to perform these tasks more quickly and precisely over time. Whether it's cooking, cleaning, or exercising, the more we practice, the better we become, freeing up mental space and energy for other endeavours.

**Building Discipline and Willpower:** Embracing daily mundane routines requires discipline and willpower. By committing to these routines, we develop the ability to follow through on our intentions and overcome potential distractions or obstacles.

This cultivates self-control and resilience, qualities that can positively impact our lives, such as work, relationships, and personal development.

**Emotional Well-being:** Mundane routines often involve activities that promote self-care and nurture our emotional well-being. Engaging in regular exercise, practising mindfulness or meditation, or dedicating time to hobbies and interests can provide a sense of fulfilment and satisfaction. These routines serve as grounding moments in our lives, allowing us to recharge and find balance amidst the chaos.

**Simplifying Decision-making:** Mundane routines help eliminate decision fatigue by automating certain aspects of our lives. When we establish a routine for meal planning, organising our workspace, or creating a to-do list, we repeatedly reduce the mental effort required to make those decisions. This frees up cognitive resources for more critical or creative endeavours, allowing us to focus on higher-level thinking and problem-solving.

**Personal Growth:** Mundane routines can be the foundation for personal growth and self-improvement. By incorporating activities such as reading, learning a new skill, or setting aside time for reflection and introspection, we create opportunities for continuous learning and development. These routines foster self-awareness, expand our knowledge base, and enable us to progress towards our goals.

It is important to note that while mundane routines offer numerous advantages, it is also essential to strike a balance. Allowing flexibility and room for spontaneity in our practices is crucial to avoid monotony and embracing new experiences.

In conclusion, mundane routines may appear ordinary, but they hold significant advantages and contribute to our overall well-being and success. By embracing these routines, we can enjoy stability, efficiency, discipline, emotional well-being, simplified decision-making, and opportunities for personal growth.

Embrace the power of daily routines and witness their positive impact on your life. “Good Morning. Wake up to happiness. The more you enjoy what you do, the easier it is to concentrate. Give what you do meaning, and you will find yourself interested. Enhance your concentration and achieve more in less time. Everything we do deserves 100% of our attention. Today do one thing at a time. Do it well and enjoy it thoroughly. Two things can rob you of your peace of mind: work unfinished & work not yet begun. God bless us.”