

# Want to be happy?



Do you wake up each day radiantly alive and brimming with cheer?

Do you derive deep meaning from what you do?

Are you so passionate about your work that you would almost pay for the privilege of doing it?

If your answer to any or all the above questions is no or may be, then the book 'Happiness at Work' offers insights that might help. **Srikumar Rao** offers a Zen-like approach.

Excerpts from a chat with **Ganga Sharma**

**The title of your book – Happiness@Work seems like an oxymoron...**

Many people have asked me about that, whether the title is an oxymoron, and perhaps it is, but it shouldn't be. Virtually every company that I know is asking all of its employees, including the executives, to do more with fewer resources and faster. That places an incredible stress, and that's precisely the time you do need to find a way to retain your good cheer.

**Do you think the takeaways would be different for readers ranging from the CEO of a competitor start up to a social worker involved in community building?**

The takeaways would be different in terms of what it is that you would apply from it. I have borrowed freely from great spiritual masters from different times, who belonged to different traditions; they intimately understood the human predicament. They came up with solutions which have stood the test of time. And they work! All I have done to adapt it so that it will be acceptable to very intelligent people in the post-industrial society. That's why I can state confidently- you do the exercises, your life will be transformed!

**What is your operational definition of happiness in work place?**

I have a different conception of happiness in work place. Most of us tend to use happiness in a cavalier fashion. We talk about trivial things like I had my favorite ice-cream and I'm happy, saw a good movie and I'm happy, but that's not what I am really talking about. I am talking about a very deep sense of well-being that you are grounded in. The knowledge that you are okay, that you have always been okay, that you will always be okay, even while you are doing that you

are anchored in the knowledge that you are and you always will be. That's what I am talking about.

**You have had a very distinguished innings as a practitioner and as an academician. What is your message to the Indian youth?**

I would like to see the Indian youth come to work not just for the sake of bettering themselves. I would like to see them deeply dedicated to a cause which is bigger than themselves and brings greater good to your community because it's only when you align yourself in that way that you will be able to lead a truly fulfilled, completely joyous life. And, I'd like them to discover this early rather than late.

I can state confidently that if you do the exercises, your life will be transformed!

**And that would be the source of happiness?**

You don't see happiness directly. It comes as a by-product.

*Ganga Sharma is the Founder of Jyotirmaya – OD Consulting Firm.*

*Know more about the author at [www.srikumarsrao.com](http://www.srikumarsrao.com).*

