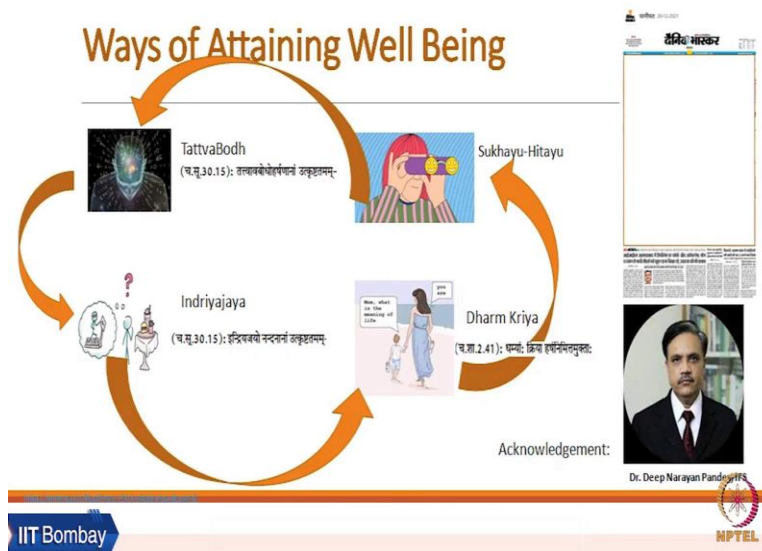


Yoga and Positive Psychology for Managing Career and Life
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TattvaBodh and Indriyajaya: Ways of Attaining Wellbeing
Lecture - 41
Ways of Attaining Well-being

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So, based on the yogic worldview, what are the Ways of Attaining Well-being. There are four ways of attaining well-being or you can say four steps of attaining well-being, Tattvabodha, Indriyajaya, Dharm Kriya and Sukhayu-Hitayu. Before I explain these, I must acknowledge Dr. Deep Narayan Pandey. And there is interesting story why I must acknowledge Dr. Pandey in the beginning of this session.

I have had opportunity to work with Professor Vishal Gupta in IIM, Ahmedabad in offering a session to the student of IIM, Ahmedabad, this is a elective course very well subscribed on the mindfulness, where he included yog and also integrated the positive psychological aspect.

So, this course was offered in month of October, November. In month of December news item about this course was published in a very famous Hindi newspaper, Dainik Bhaskar. In the Panipat

edition this was published and in Rajasthan Dr. Deep Narayan Pandey is posted as the chief conservator he is the department head of the Department of Forestry in Rajasthan. So, he read this news and he read name of mine also in that news item along with Professor Vishal Gupta.

He searched my number contacted me and shared that in his family probably few generations have dedicated themselves for the study and spread of Ayurved and yog. His father was a great scholar and he learned most of his knowledge about the Ayurved and yog from his father. And he moved on to be a forest officer in his career, but he continued to study in this area.

And in the phone call he said that Dr. Pandey, I am very happy to see that this kind of course, is being offered in IIM, Ahmedabad, I am a student of Ayurveda and I have also written quite a few things, quite a few articles in the newspapers in the different aspect of Ayurveda related to well-being and happiness. And if you do not mind, I will be happy to share that I said this will be so wonderful. So, nice of you and I accepted all the content he shared with me with lot of gratitude.

So, this lecture draws very heavily from the content I received from Dr. Deep Narayan Pandey. So, these four elements or four ways of achieving well-being in the human life it starts with means TattvaBodh means knowledge, tattva and this knowledge is not information. Tattva means knowing something essentials or knowing essentials of some aspect of life.

So, that is the TattvaBodh bodh is realization, tattva is the essence. So, in the Charak literature; in Ayurvedic literature it is said that [FL]. TattvaBodh is the Uthkrusht very highly important thing for harsh for prasannatha for happiness. Second element is Indriyajaya. What Ayurvedic literature says [FL] to remain inherently happy, Indriyajaya control on the senses is very very good, Uthkrusht of very good quality.

Third is Dharm Kriya [FL]. Dharma Kriya or working according to dharma not religion, but dharma we have explained this notion earlier as well it is about inherent internal and external harmony operating from that space gives happiness. And fourth is Sukhayu-Hitayu, opposite of that is Dukhayu, Dukhayu or Ahitayu. What a yogic tradition prescribes an Ayurvedic tradition explains beautifully is that Sukhayu means, life of happiness is also Hitayu means, life of benevolence.

No one can attain a happy life without crafting, without attaining, without practicing benevolent life. And if we look at these things closely, actually one factor leads to another one. So, until someone has TattvaBoh, he or she cannot have Indriyajaya, until someone has knowledge deep knowledge, they cannot control their senses. When senses are in under control, then only we can do whatever is right according to dharma.

And when we enact according to dharma, our life becomes Hitayu which naturally result into Sukhayu-Hitayu again hit means benevolence, care and sukh means happiness, ayu meaning life. So, a caring life and a benevolent life result into happy life. So, these four elements are connected.