



ALL ABOUT HAPPINESS

My Dear Sweet Children, the purpose of spiritual life is to make others happy and ourselves be happy, when we lead a life of goodness, purity and compassion then nothing but happiness comes to us in great abundance. I am happy to say that UN has the wonderful idea of happiness as a way of life. And so, it designated 20 March as the Day of Happiness, initiated by the Kingdom of Bhutan but now celebrated not just at the UN in New York but all over the world.

The 2021 International Day of Happiness campaign theme, Happiness for All Forever, seeks to unite the great human family in common purpose, to enhance and advance the happiness of individuals, organizations, communities, nations, and all of society..., in harmony with nature, and to ultimately achieve the happiness of all life on earth. As we all start a new chapter in the great story of all of us, turning the page to a post pandemic, both new and next normal, with lasting lessons from our shared experience and suffering, let us begin anew the quest for a world where all are happy, well, and free, as called for in the United Nations Resolution 65/309: Happiness Toward A Holistic Approach To Development; the United Nations High Level Meeting on Happiness and Wellbeing: Defining A New Economic Paradigm, and the United Nations Resolution 66/281 International Day Of Happiness.

Remember children, happiness is not just for a day but a way of life. This is what we must strive for in our lives come what may, knowing that God is always there to protect and take care of us. So here is some information about the meaning of happiness and some practical principles that can be followed in the UN context of a population of nearly 7.8 billion people and the 17 Sustainable Development Goals as a way of justice for all.

We are here to serve as a beacon of light, inspiration, and hope for all who aspire to live happy and fulfilling lives.

We achieve this by selecting the official #InternationalDayOfHappiness annual theme and announcing the annual tradition: Ten Steps to Global Happiness. And by working to promote and advance:

Happiness as a fundamental human right and goal for all.

Happiness as a human aspiration in the lives of all.

Happiness as a way of living, being and serving communities.

Happiness as a north star for individuals, families, governments and society.

Happiness as the path towards achieving the sustainable development goals.

Happiness as the new paradigm for human development.

World wide celebration of the International Day of Happiness that is democratic, diverse, organic and inclusive.

WHAT YOU CAN DO

1. Tell everyone.

The first step in the Ten Steps To Global Happiness, is Tell Everyone with the idea and purpose of spreading the word about the existence and mission of the International Day of Happiness. Tell Everyone is designed to be very simple such as wishing a friend, family member, professional colleague, group, or stranger a “Happy International Day of Happiness” just as one might wish someone a “Happy Birthday” or a “Happy Holidays”. The idea of Tell Everyone as the first step is also to leave an open window for creativity, and more innovative and complex ways of Telling Everyone with the broader purpose of informing as many people as possible about the International Day of Happiness. These examples include writing a song, a YouTube video, or printing out and sharing the UN Happiness Resolutions in a public setting such as a school, office building, restaurant, or coffee shop. The idea is to have fun with it, and to be creative in expressing oneself while getting the news out about the International Day of Happiness.

2. Do what makes you happy.

Do What Makes You Happy is the second step in the Ten Steps To Global Happiness annual campaign tradition and is designed to emphasize several important aspects of personal and individual happiness. The first is that happiness is a choice and comes from within. Happiness is about practicing self-love, mindfulness, acting consciously, and with purpose and intention, positive energy and mindset, and celebrating the things you love that make you happy. The second step also employs the “happiness is contagious” mechanism as a way of spreading happiness to others by doing what makes one happy.

3. Virtually attend and Celebrate a World Happiness event.



World Happiness Week

March 18th-23rd, 2021

