

/ Huh 2 Ah 2 Aha 2 Haha!

There is a very important and sacred precursor and a pre-requisite to the answers.

Bear gratitude in heart for what you have. There is always much more that *'lies'* (pun intended: *'lies'*) ahead, but there's a lot of truth to be thankful for.

Gratitude
is the best
attitude.
— Author Unknown

In that state of gratitude, the head is bowed and even a feather falling on it or just breeze tousling your hair feels like a star shower.

It's a mere matter of perception and choice to *'feel sad for what one doesn't have'* or *'feel grateful for what one has'*. While the former fills one up with regret, sadness and anxiety, the latter prepares one for more gratitude and even love.

A simple way to do this is by bringing the serenity prayer before each meal into one's life.



That prayer helps one choose one's orientation and nourish one's mojo. It saves one from judging those around oneself. Plucks pride and prejudices away from the skin of one's soul.

To hold a prejudice is to hold someone else accountable for one's inability to accept anything beyond what one believes. A lot like carrying someone else's monkey on one's back!

Gratitude helps exacting ourselves vis-à-vis our environment.

Gratitude softens you, makes you more accepting and does not allow what you believe, to reinforce itself in you as an opinion. One tends to develop a healthy sense of respect for other's opinions.

Six-Sigma of Happiness

Opinions, if hard can be wayward, random, self-limiting and

when questioned or disagreed with, respond irritably with an emphatic “huh?”. These lead to rigor mortis of thought. We shall deal with this too!

Opinions can be self-limiting

While firm opinions lead to ‘anxiety’ and blockages. Gratitude allows you to nurture opinions with ‘curiosity’ and grow.

While firm opinions make no space for ventilation of thought. These if questioned lead to an irritable, ‘huh’

Bearing gratitude has the potential of an uplifting surprise, “Ah” and prepare one for delight “Aha” to bring one to joy “Haha”.

It helps one nurture serene curiosity!

With that in place will arrive the Ikigai and Mojo out of the fog. Gratitude helps temper and moderate opinions. desires and dreams.