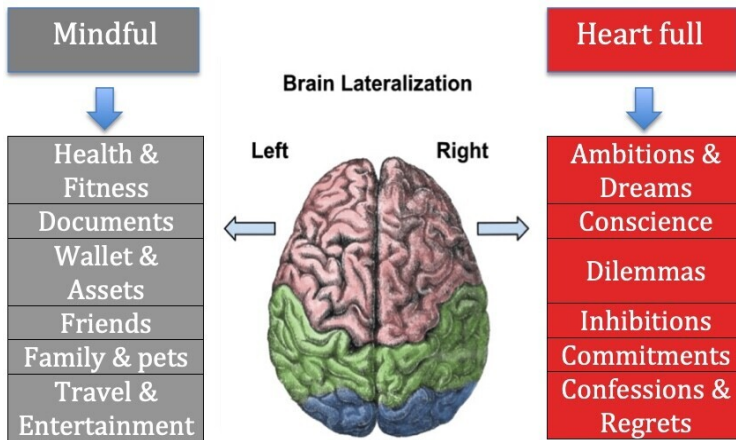


# Six-Sigma of Happiness



Happiness lies equally between those two dimensions of heart and mind spread equitably across 6 heartfelt and 6 mindfull or 12 aspects of our lives. Each of these 12 aspects must bear equal load of our lives, much like the spokes of a wheel. Failing which it would be an uneven ride.

Gurus and saints are like momentary pills, they sound good when you listen to them until you climb the stairs back their theatres into your own life.

The truth is within and not without.

## / The 6 silver bullets

Here it is true to the promise; your bespoke happiness lies in just two questions and 72 dimensions.



The questions first:

1. How much do you need and 2. what for?

As for the 72 dimensions:

Each of the 6 aspects of life under both heart full and mindful or 12 aspects when sieved and distilled through the 6 primal universal and existential questions (Who, what, when, where, why and how) that form the core of all that exists in the universe is indeed the formula to happiness in life.

**/ Ikigai and happiness**