



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

The six dimensions each within the two flanks of heart-fullness and mindfulness, cohabit with six questions and hence the 72 blogs.

These shall help you connect the dots in your life and answer for you:

1. How much do you need and 2. What for

*Search for yourself first
and let the pied piper rest*

*Tweak then, the 6 dimensions of the universe,
across 6 dimensions your mind's
and
6 dimensions of your heart's quest.*

Here are 72 suggestions that may or may have not occurred to you. You could bring several of your own but your basic tools will remain these 72.

Connect your dots.