

# WAYS TO TRAIN OURSELVES TO BE HAPPY REGARDLESS OF CIRCUMSTANCES

1) **Reframe the problem.** Yogananda couldn't change those smokey rooms, so he reframed the problem. He realized that smoke was not the real difficulty, but rather his seeing smoke as something other than Divine Spirit. As soon as he reframed the problem as one of perception rather than conditions, the battle was won.

2) **Practice our techniques.** There are many techniques that can help us choose to be happy in spite of what is happening. In tense moments, we can gain control of the mind by controlling our breath through regular breathing. We can use affirmations to help us turn our thoughts and reactions in a positive direction. We can focus our energy powerfully at the spiritual eye. For those who know them, both the Energization Exercises and Kriya are very powerful, even life-changing.

3) **Shift to the here and now.** Many problems, such as worry, judgment, or disappointment, exist only in the mind. By focusing in the present we can stop these mental tapes from cycling through their incessant repetitions.

4) **Divert the mind.** The first step toward reversing negative reactions is to introduce a positive flow of energy. Sometimes, the best short-term solution is just to do something fun. Take a walk in nature, have a good laugh, paint, cook, dance, or sing. It doesn't matter what you do, only that you enjoy it. During enjoyment, you forget yourself and your problems for a little while.

