

The formula

The sense of happiness

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**In loving memory of
Sushmita Kajal Ghisaidoobe
1997-2020**

I dedicate this book to our sweet, compassionate daughter who has spoken these beautiful words and left them in our hearts, not to keep them in our memory, but to share around the world:

I don't underestimate a single person on this earth. If you are blessed with soul you can do anything you set your mind to. However, the problem is: some people will never believe in you, no matter how much work you put into something, no matter how many tears it takes or how much sweat. No matter how ambitious, how driven, how passionate you are about something, no matter how much you beg them: Please notice me, notice what I can do! Some people are always going to tell you: You can't do it!!

That's why you go out there and you do it, and you prove them wrong!

And if no one else believes in you... I do!!

Sushmita Kajal Ghisaidoobe

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Published by: Anhsirk Ehdar

Date: January 2025
Publisher: Bookmundo

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The Netherlands

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Preface

We live in a world where, apart from our daily routine, a chaos of information also rushes towards us; information that we would rather not have. This systematically effects our ability to function optimally on a daily basis. It infects not only our thinking but also our actions in such a way that we struggle to experience simple happiness! However, we should not be hostile to our own way of thinking otherwise we would not be able to make ambitious simple accessions. When we show hostility towards our own thoughts, then we cannot put ourselves in someone else's shoes.

We are often confronted with situations in life that our body and mind regard as too much and unpleasant and cause us to feel disturbed over and over again. During our life we often have to deal with debt, stress, worries, fear, failure, humiliation, betrayal, etc. that prevent us from feeling free. We become unbalanced, because as this contradicts what we really want to do and want to stand for and unfortunately causes us to start to withdraw from reality more and more. We can no longer perform optimally at work or at school. We are quickly distracted and at home we can no longer concentrate on our loved ones. We become exhausted and therefore quickly irritated and constantly feel rushed by everything and everyone. In this way we create a world of our own and we continue to hide behind the walls of all our own pretexts that offer us protection and satisfaction from the (in our experience) 'evil outside world'. Therefore, in the long run, we become trapped in our own world completely and we cannot physically perform anything anymore and can no longer go any further. We lose our zest for life, become sick and older early and it also affects our sex life. We are then locked behind the bars of our own ideas, that can feel like a slow death!

What started as a sense of security that we wanted to develop in our own thinking and what seemed so simple to maintain because this world would be untouchable for others and we could take the lead in order not to get hurt by the outside world, now become the noose with which we might hang ourselves. The reason being that the world we have created in our minds is not in proportion to reality and we have become entangled in a difficult patchwork, which will cause us to gradually experience violent and negative emotions. In the end it seems as if nothing else is left but one big emptiness. Everything seems to turn black before our eyes, which makes us feel as if we are being strangled by our own standards and values. Ultimately, we believe that we are not doing anything wrong and we do not want to let go of the noose that has caused us to be in this difficult position. In the worst scenario, we will proceed to defend it profusely, as we cannot deal with the emptiness of our own imperfections (things we are not satisfied with). We will start projecting it to others in a clever way. It does not mean that we always do this consciously, but we do it anyway. This can be done by abusing others; by winning their trust just to be able to attack and belittle them on any small aspect that we can find or think of in order to divert attention from what is really going on.