



INTERNATIONAL  
STANDARD  
SERIAL  
NUMBER  
INDIA

2395-2636 (Print):2321-3108 (online)

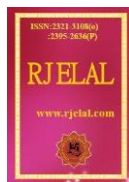
## FORGIVENESS, HAPPINESS AND HEARTFULNESS

**Dr. MAMTA TRIVEDI**

Asst. Prof. Department of English,

Lokmanya Tilak Science and Commerce College, Ujjain (M.P.) India

E-mail: [mamta.ujn78@gmail.com](mailto:mamta.ujn78@gmail.com)



### Article info

Article Received:20/04/2023

Article Accepted:07/05/2023

Published online:14/05/2023

DOI: [10.33329/rjelal.11.2.73](https://doi.org/10.33329/rjelal.11.2.73)

### Abstract

Heartfulness is to live a natural life full of noble qualities. Spiritual practices and divinity are a part and parcel of heartfulness. Heartfulness consist generosity, acceptance, sincerity and warmth etc. The condition of our heart determines our physical, mental, emotional, spiritual and psychological state of mind. Heartfulness leads us to live a life by the heart. For thousands of years Eastern world has been practicing meditation. Now a days people practise meditation to reduce stress and to maintain their health. Meditation has been proved a practical, safe and effective tool to clean all the physical, mental and emotional barriers. Heartfulness cleaning is the process which raises willpower to overcome all the complexities of a man's life. The word happiness reflects many spheres of an individual's life. Human beings can evaluate themselves in different domains of life. We feel good or bad for some particular events or things. Everyone has his own scale to measure happiness. We can define forgiveness and subjective happiness in life as a whole.

Forgiveness mirrors the positive thought process of an individual. It is experienced that forgiveness results to subjective happiness. Forgiveness is always associated with positive emotional state and empathy. forgiveness is a positive and healthy way for an individual to win a situation as well as to overcome stress or any psychological and neurobiological point of view. it is true that forgiveness resolves all the issues caused by all types of injuries whether physical, mental or emotional. So, forgiveness is must for the survival of human beings. Thus, forgiveness and subjective happiness go parallel in life

**Key words:** Concept of forgiveness, forgiveness and subjective happiness, various aspects of happiness, happiness vs satisfaction, heartfulness, noble qualities and emotions.

Forgiveness mirrors the positive thought process of an individual. It is experienced that forgiveness results to subjective happiness. Forgiveness is always associated with positive emotional state and empathy. Forgiveness is a positive and healthy way for any individual to win a situation as well as to overcome stress on any psychological and neurological point of view. It is true that forgiveness resolves all the issues caused

by all types of injuries whether physical, mental or emotional. So, forgiveness is must for the survival of human beings. Thus, forgiveness and subjective happiness go parallel in life.

The concept of forgiveness seems to be as old as mankind. The people from the stream of literature, philosophy and religion value the theory of forgiveness in a real sense. If we talk about the Indian values of life it is taught to forgive the people

who have done anything wrong with you. Forgive and forget is the Thumb Rule of Indian way of life. Forgiving others and ourselves as well removes all the negative past experiences, also it opens the threshold for the future. On the surface level forgetting a painful incident seems to be very calm and cool but the fact is that the pain one has experienced survives in his conscious and subconscious mind.

From the point of view of psychology forgiveness is "a willingness to abandon one's right to resentment, negative judgement and indifferent behaviour towards one who unjustly injured us, while fostering the undeserved qualities of compassion, generosity and even love toward him or her".<sup>1</sup> Forgiveness is different from forgetting an action which has hurt a person. It is to think about the root cause and then to solve it. For the subjective happiness it is must to forgive others as well as to forgive oneself in both of the ways as we have hurt or we have been hurt. Forgiveness is intertwined with subjective happiness and it strengthen all the human beings. It proves that the individual having it is a positive thinker. Also the quality of forgiveness differs from person to person and from culture to culture. In the families and in the society it is experienced that women are more forgiving in comparison to man or we can say that it is expected from them to be like so. Moreover forgiveness deals with the emotions especially emotions at that particular moment when it is required. If we observe by going deep down we will realise that age of an individual also decides the intensity of forgiveness. It is because one has gained many experiences in his life and has made an opinion that forgiveness is the best remedy to develop oneself and to move forward. In that case forgiveness proves a virtue. It has a direct connection with life satisfaction and subjective happiness of every individual. In all the religions of the world forgiveness is considered as the most important factor to sustain mankind in all its phases. Forgiveness is closely related to happiness at the same time it is the outcome of positive behaviour and emotions as well. Both of the individuals, the forgiver and the forgiven may increase their level of subjective happiness by doing so. It makes a person peaceful, calm and serene.

However if the forgiveness is false as a person is pretending to forgive the other person but internally he is not realising it. "Individual may not forgive the same behaviour another time and forgiveness is not a stable trait. If an individual cannot forgive it does not foster subjective happiness of an individual".<sup>2</sup> In this case forgiveness and subjective happiness will never go parallel.

The surface of any individual denotes his or her state of conscious or subconscious mind, body and soul. It decides how a person is ready to cope up with the problems of life. For this a complete positive health is required. It leads an individual to an all-round development and to make him capable in all perspectives of life. With these capabilities one can refine himself to live a natural life with original behaviour. Such competence makes a man happy to enjoy life in all its spheres. As we move ahead in life we realise the requirement of new skills for living to refine ourselves. This is also a way to keep ourselves calm and happy. On the other hand, an individual's behaviour reflects his state of mind. If a teenager behaves like a middle-aged man and vice versa, it is never a sign of happiness and a balanced life. Natural style of life with refined tastes is a symbol of happiness. If a person is balanced then he can develop the ability to handle the problems which life puts before him. When we contribute to society our quality of life goes higher. Social activists and historians always mark the individual's efforts to nurture the human race. They work for moral and aesthetic values to keep the society happy. Human nature is to seek happiness in different ways.

Happiness is defined in various ways that is happiness in various aspects or happiness in life as a whole. Sometimes someone is happy in his married life but he is dissatisfied with his job means that he is not happy in his life as a whole. happiness is defined as " Overall happiness is the degree to which an individual judges the overall quality of his/her own life as -a -whole favourably".<sup>3</sup> When an individual feels happy most of the time and he is able to meet all his demands seems to be happy in life. In other words overall satisfaction in life tends towards happiness. At the same time the degree of contentment decides the level of happiness. The most appropriate way to measure this is

questioning. Questioning in survey interviews, life reviews or on any other platform. The question asked directly or indirectly poses the happiness level of any individual, but it is seen that questions on happiness are always answered in a very pretty way. A person who is not happy or satisfied would always answer that he is quite well and happy in his life. Social status and ego are the causes for such responses. On the other hand it is also possible that many people are really happy. Sometimes they face challenges in their life but they are satisfied when on a balance.

Every individual knows how much he is enjoying his life or how much he is satisfied in his life. He can recall his old memories if someone asks questions to judge his happiness graph. The reasons to be more or less happy, the blessings showered on him for the frustrations he has gone through in his life. The first phase is to judge and the next is to communicate it. In this case the interpretations of the answers may be different. On the other hand, the question is whether the words 'happiness' and 'satisfaction' have the same meaning in life or are they different in their meaning? In my opinion there is a slight difference between the two. 'happiness' is a momentary experience that arises spontaneously and fleets while 'satisfaction' is a long-term feeling. It is based on achieving goals in life and living the life which one admires and wants to live with maximum satisfaction, so it is obvious that where satisfaction is at high level happiness would automatically be at a higher level with all the enjoyments in life.

Social activists always see the darker side of society. They always see the miseries in life. If we see life as a whole it is thought that everyone is unhappy for facing the challenges in life. Most of us live either in the past or in the imaginary future, never in the present. Still some optimists are there who always find out rays of happiness out of any tough situation. Some activists think that modern man is happy. In my opinion as well modern man lives in the actual present managing the future and forgetting the past. But the question is whether he is enjoying the life or he is trying to adjust with the circumstances. Generally, people feel happy when the conditions in their life are tolerable for them. Every individual must care for happiness as he cares for his health. In

my life I have seen nobody without complaints against life. The complaints may be against the society, family or any other circumstances. The scale of happiness is different in different people. Everyone has his own meaning of happiness and it depends on the experiences of his life. We cannot deny the fact that our present is the reflection of the past and the future as well.

Happiness is reflected through the experiences of one's life. These experiences may be either positive or negative or both of the type. In the whole course of life pleasures and pains go together. Past events decide the pleasures or pains of the present. On the other way if a person lives in a low society as in a slum area, where people do not follow any laws and are not in a powerful position, not smart, not practical, he will suffer a lot. He will be humiliated as well as he will be isolated. As a result he will feel angry and lonely. On the basis of these experiences, he will take life negatively. Because of the poor protection he will feel anxious. That individual expects good luck and favourable events in his life which never happen to him. This is what decides an individual's power and position resulting into happiness.

If we observe the life of average people, we will find the cycle of life is not the same for everybody. Some people are always in trouble in one way or the other while others lead a very smooth life. They have nice people all around, their children do well in life, they get promotions and so on and so forth. But if we go deep down it is observed that such people are well educated and psychologically sound. They know how to cope up with life, in fact how to balance the favourable and unfavourable events in life. The greater satisfaction is the result of a more positive balance. The different events of our lives leave a chain of experiences. On the surface level everybody realises the pleasures and pains and on the level of mind, body and soul it is experienced but seldom.

If we turn the pages of entire human history, we will find that man has always been in pursuit of happiness throughout his life. Some seek happiness in intimate relationships while others seek the peace of mind and spirituality. But the burning question till

today is how to achieve happiness. We pursue all that to achieve joy in life. In spite of everything happiness is the true nature of living beings. Some experience happiness emotionally when something good happens to them. Some think that good behaviour causes to flow the hormones in the brain and man realises pleasure. Some religious people are of the opinion that happiness symbolises the presence of God. For every human being the ultimate goal of life is to achieve happiness. It is much more important in comparison to name, fame, wealth or anything else. I think happiness is the psychological state of mind and emotions and it comes from within. So, there is no such definition of happiness. It differs from person to person.

Heartfulness is to live a natural life full of noble qualities. Divinity with spiritual practices is a part and parcel of heartfulness. Heartfulness consists generosity, acceptance, sincerity and warmth etc. The condition of our heart determines our physical, mental, emotional, spiritual and psychological state of mind. Heartfulness leads us to live a life by the heart. For thousands of years Eastern world has been practicing meditation. Now-a-days people practise meditation to reduce stress and to maintain their health. Meditation has been proved a practical, safe and effective tool to clean all the physical, mental and emotional barriers. Heartfulness cleaning is the process which raises willpower to overcome all the complexities of a man's life.

Emotions play an important role on the physical health of an individual. So spiritual practices are known to be the best alternative along with medicine. To balance the human behaviour, spiritual and religious practices are the well-known methods. If we discuss the spirituality in the Eastern part of the world, meditation is the most powerful aspect to attain the infinity. " Subjective wellbeing includes positive measures. It is not just the absence of negative factors...measures typically include a global assessment of all aspects of a person's life". In the Indian philosophy deepest source of happiness is SAT\_ CHIT-ANAND that is truthfulness, awareness and bliss. By realising it we can attain the highest level of happiness. It is the state of complete bliss. "Different YOGIC psychophysiological techniques

are bound to have different effects on each and every cell of the human body and this in turn would depend on the various body systems, organs and tissues involved in the performance of such practices".<sup>4</sup>

SATSANG is also one of the best spiritual practices in the Indian philosophy. This practice has the power to connect oneself with his higher -self. As a matter of fact, women in rural areas feel free from stress and are more empowered by attending SATSANG programmes. As a results positive attitude towards life and spirituality makes an individual eternally blissful.

#### References

- [1]. Robert D. Enright, *Counselling and Values*.1996 American Counselling Association. p-113
- [2]. Baumeister, R. F., Exline, J. J., & Sommer, K. L. (1999). The victim role, grudge theory, and two dimensions of forgiveness. In E. L. Worthington, Jr. (Ed.), *Dimensions of forgiveness: Psychological research and theological perspectives* (pp. 79–104). Philadelphia: Templeton Foundation Press.
- [3]. Veenhoven, R. *Conditions of Happiness*.1984: D. Remodel Publishing Company, p-22
- [4]. Diener, E.1 984. "Subjective Well Being". *Psychological Bulletin*,95, No.3 pp. 543-544