

Untitled Document

You know that feeling you get when watching the slow sunset turn from orange to a dirty, dark pink before

You know the feeling I mean, don't you? What shall we call it? Contentedness, peace, delight or happiness?

And how has that been working out for you? I mean, I'd really like to see you all blissful when surrounded

Bliss is easier to conceive of when things are sort of going your way, isn't it. And that's precisely why

Srikumar is an MBA professor who has lectured at some of the best business schools in the world, including

He has conducted workshops for executives of leading firms, ranging from Google, IBM and Microsoft.

Srikumar says that there is only one reason why we do not experience this feeling of bliss. It is because

We have fixed ideas of how things should or shouldn't be done; ideas which we accept so completely

Remember the 1999 movie The Matrix? The film portrays a future in which reality, as experienced

For example, we've learned to label situations as either good or bad. When we end up in a situation

Srikumar proposes that we try to stop sticking labels onto things. When you see something as neither

So, you think this sounds like giving up? That only dead fish swim downstream? That business, for

We're so used to only being happy when things go our way that we find it hard to interpret a not-ou

See, what I mean is this: That feeling you get when watching a rainbow; well maybe it is because y

It's because we don't think like this; it's because we just accept it as it is that a rainbow gives us a

May rainbows always remind you that bliss is your birthright. Just like the vivid colours of the rainbow