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Express News Service

First Published : 21 Dec 2009 07:19:54 AM IST

Last Updated : 21 Dec 2009 08:20:30 AM IST

KOZHIKODE: Happiness not something that one can hunt down and catch, it will come to you when all searches end, said Mata Amritanandamayi here on Sunday. Addressing the devotees gathered at the Mata Amritanandamayi Math here, she said no one realises that the happiness we get through effort is short-lived. "It would finally turn out to be grief. All our efforts to catch a butterfly will only result in tedium. But it will come to you and sit on our hands when you sit quietly," she said.

Only those who have happiness with them can radiate happiness. "Those who have sadness in their mind can give only sadness. Human beings face myriads of problems in their lives. There will not be any end for problems, but we can decide whether we should feel unhappy over a problem," she said. "We all are worried

about what we will get. No one is cared to think what I can give to the world".

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