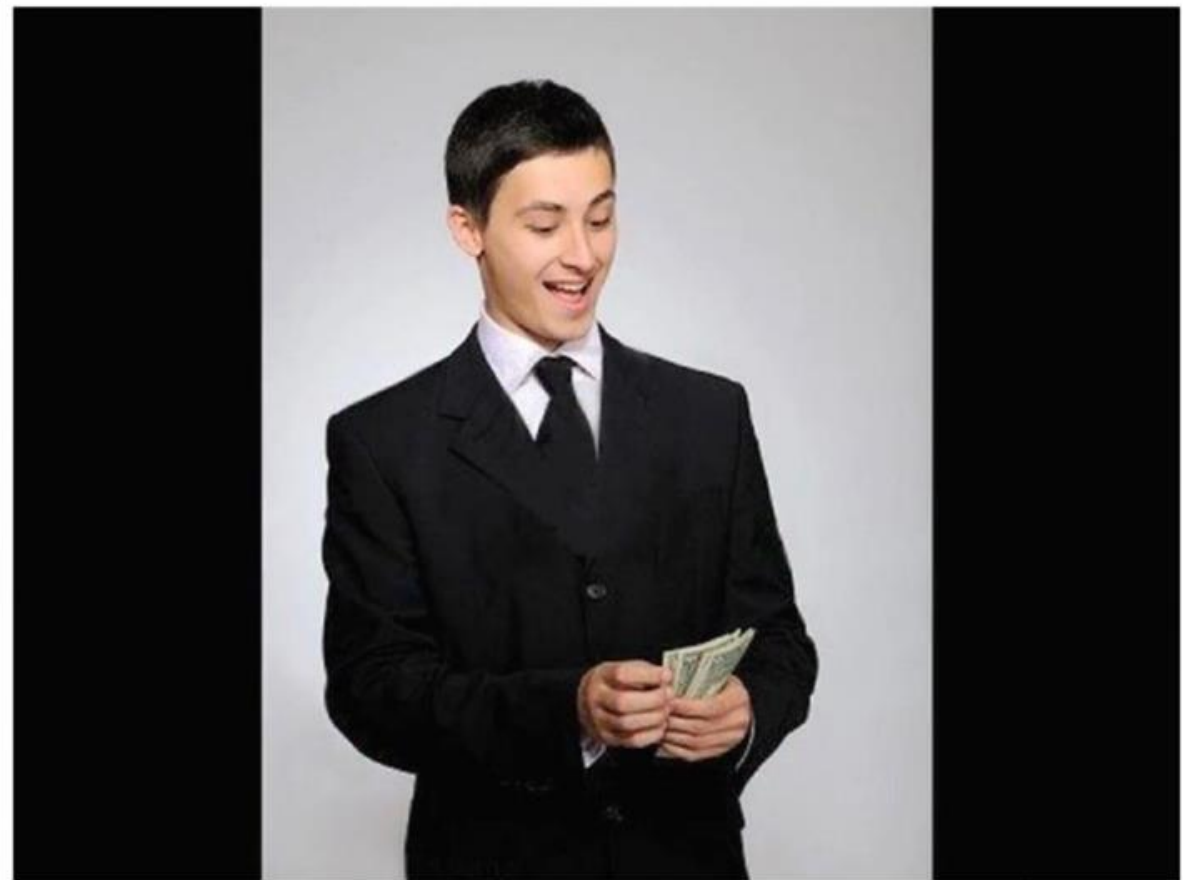


Subject : English

Class : X

Topic : Secret of
Happiness







3 Secret of Happiness

[N.V. Peale is an author with a positive message in life. He has written several books in an attempt to teach people the Art of Living. The present extract has been culled from his book The New Art of Living.]

I Dynamics of Self-Realization

The greatest day in any individual's life is when he begins for the first time to realize himself. It happened to

a college student friend of mine once with dramatic suddenness. He was as unsuccessful in his studies as he

was efficient upon the athletic field. Destiny, however, has its own strange ways. One day in a class in Psychology, our student friend suddenly became enthralled as the professor described how the average man fails because he does not learn to control and consolidate his powers. He used the familiar illustration of the burning glass. The rays of the sun, falling upon a piece of paper, have little effect. Let them, however, be drawn by the burning glass to a focus and they create an intense heat which will quickly burn a hole in the paper.

The professor pointed out that the man who succeeds is the one who can draw his dissipated and therefore futile powers to a focus. Our student said that in a flashing illumination he saw the cause of his own failure and oblivious of all in the room and under the spell of a veritable new birth leaped to his feet, crying, "I see it; I see it" What had happened? He had met himself, a *new* self, his *real* self, which he never before had seen and the revelation changed him from a failure to a potential success, the possibilities of which were later abundantly realized. He was now a grand success in whatever he chose to do.

II You are Greater than you Think

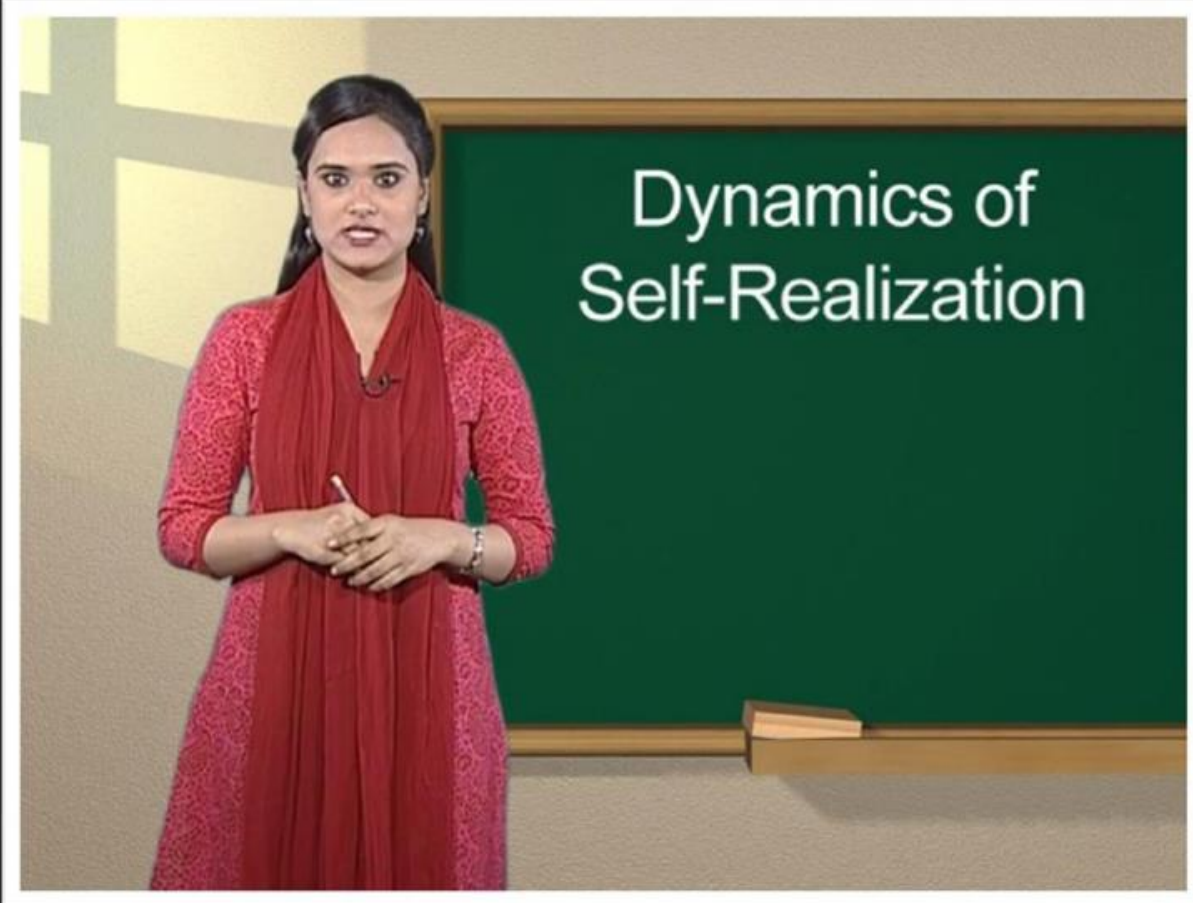
In his famous address on “The Energies of Men” William James, a great psychologist, said, “Men habitually use only a small part of the powers which they possess and which they might use under appropriate circumstances.” A scientist is reported recently to have said that the average man uses but twenty per cent of his brain power. When you think of some people, that sounds like optimism. Think of it—you are using, if you are an average person, only one fifth of your mental capacity. Consider what you could make of life if you increased that by only fifty per cent. In the personality of every individual there is a great reservoir of unused power. But in many of us just a miserable little trickle is getting through, and on that we live and do our work. The great secret of life is to put a key into the lock, turn back the sluice gates and let that power, like a terrific stream, flow into your mind and personality. It will transform you into a person of strength and effectiveness, well able to meet and master all circumstances. The important thing to emphasize is that it is a source of inward power by which weak personalities can become strong; divided personalities can become unified; hurt minds can be healed ; and the secret of peace and poise attained



III The Escape from Fear

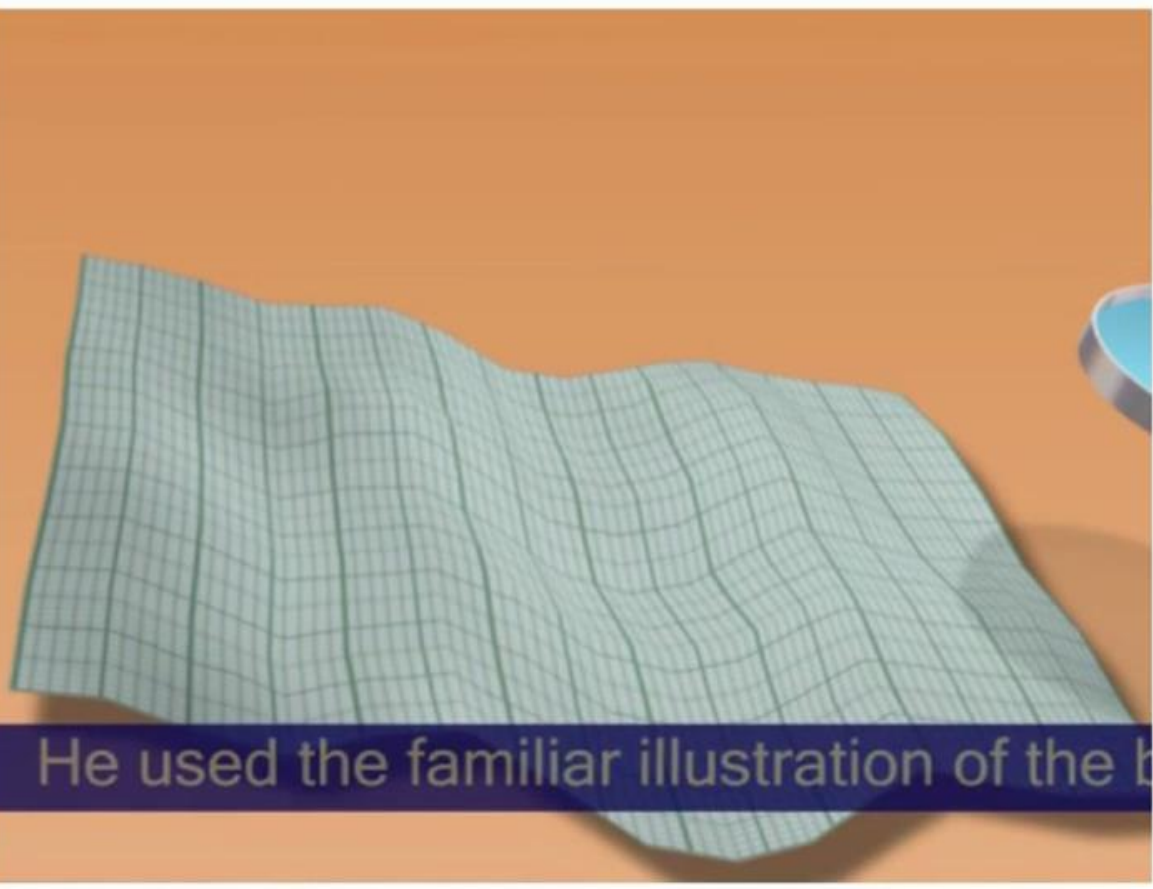
A British publishing house issued, some years ago, a volume of sermons, under the title, *If I Could Preach Only Once*. One of these sermons was by Gilbert Chesterton. "If I had only one sermon to preach." Chesterton declared, "it would be sermon against fear." Why should this eminent man of letters single out so ordinary an adversary? First of all, because fear is one of man's most common enemies. It touches every one of us in some way. Many people, for example, have financial fears. We have fears of ill health, anticipating the direful consequences of being overtaken by some bodily affliction. We allow ourselves to be made miserable by fear of what the future holds or fears of the consequences of past acts and decisions. Fears of one kind and another haunt us and cast a shadow over our happiness. No person is at his best or in full control of his powers if he is the victim of fear. In many ways fear lays its paralyzing hand upon an individual and becomes a chief obstacle to the full development of personality and to the achievement of success in life. The person who wishes to become adept in the art of living must learn to conquer and subdue his fears. This is a problem common to us all, and I want to state at the outset the encouraging fact that any and every individual can escape from fear. Remember this, however —only *you* can conquer your fears. Others may help you but ultimately *you* must do it

yourself. The first step and, for that matter, a large part of the campaign against one's fears is to get a complete and thoroughgoing knowledge of them. Bring them out into the light of day and watch them shrivel up. A fear is not unlike a ghost. It frightens you in the gloom, but there isn't much to it when you get it into the light. Most of the things one fears never happen; at least they do not amount to anything. As one frog in a pond may sound like a hundred when one is trying to sleep, so one little fact may be enlarged by mental fear and distorted imaging out of all proportion to its real size. Once in a lonely cabin on a dark night, deep in the North Woods, I heard on the porch noises that sent a shiver up my spine. It sounded like the cautious approach of several intruders. I sat transfixed, rooted to my chair, with every hair seemingly standing on end. Newspaper accounts of a recent murder in that section flashed across my mind. This is the end, I thought, but I was far from being prepared to die. I didn't want to die; I wanted to get out of there. Finally, unable to stand the suspense longer and desperation lending bravado, I leaped to the door and flung it open, expecting to see a whole array of gangsters with machine guns and pistols. Instead, a little chipmunk scurried off into the darkness, leaving me limp and mortified but yet the learner of a great lesson, namely, that it is very salutary to get a good look at your fears, and that when you do, they are much less impressive than you had imagined them to be.

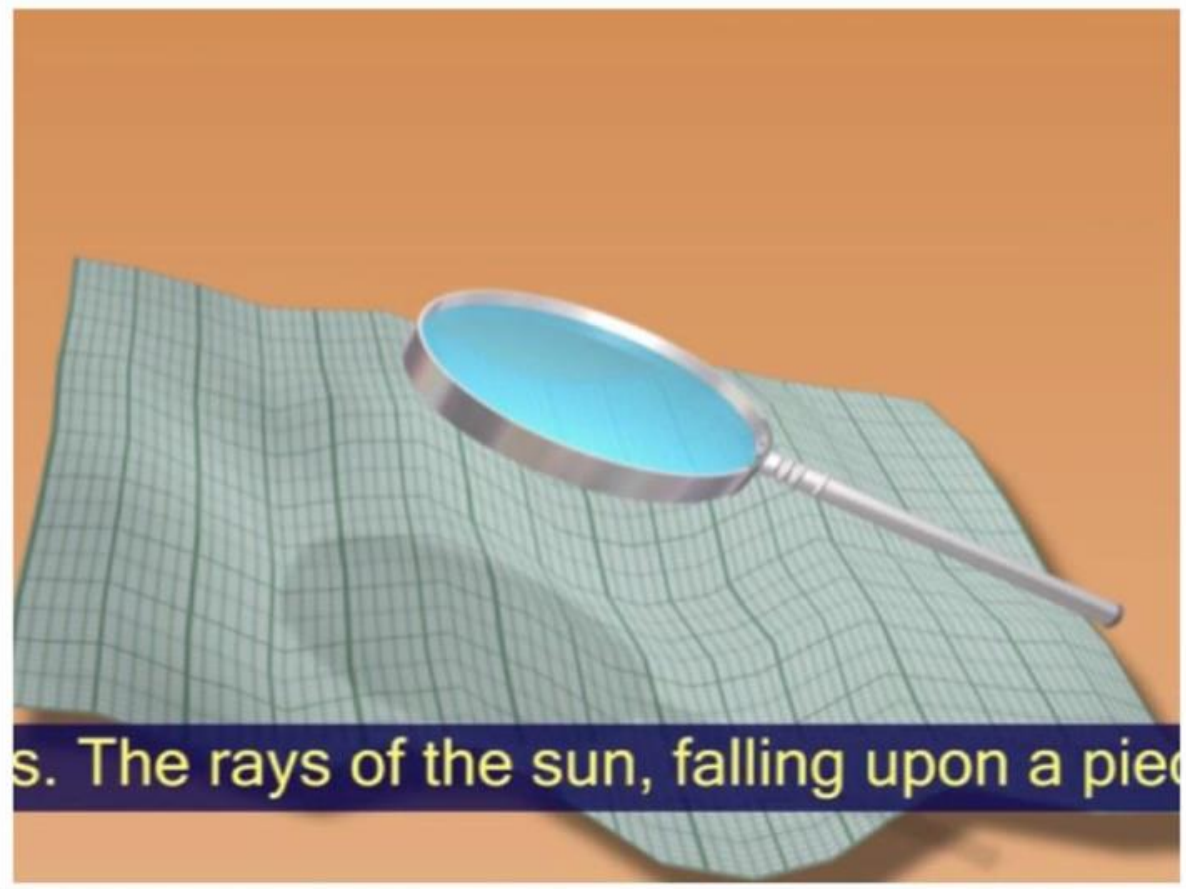




Psychology our student friend became enth



He used the familiar illustration of the b



s. The rays of the sun, falling upon a piec

IV Faith in Him

A great Japanese, Kagawa, a preacher and social worker, once visited our country. Everyone noted that he carried about himself a sense of peace and poise, an inner strength and confidence that was truly remarkable. Kagawa had discovered a priceless secret, and he gave us his secret by saying that if one will do as he did, “immerse himself over a long period in the grace of God,” he will enter into a profound calm that nothing can destroy. Kagawa said that encountering mobs, threatened by soldiers, hurt by opponents, the calm never left him. His eyesight was threatened; disease afflicted him: but he never lost his calm. He testified that he was often amazed by the depth of this peace. This he assured us he had found in God. In that relationship he lost his fears. There is the real escape from fear. Get a deep, unshakable faith in the fact that you are not alone, but that God watches over you and cares for you and will bring you through all difficulties. Then you will have total peace of mind. Confidence, not fear, will be yours forever. *Norman Vincent Peale*

Glossary:

I

Enthralled (adj): filled with wonder and delight I was simply *enthralled* at her dance performance.

Consolidate (v): joined together into a whole It is very necessary to *consolidate* your resources before embarking upon any ambitious project.

Illustration (n): example Give me an *illustration* to explain your point.

Familiar (adj): well-known the new boss is quite *familiar* with the state of affairs as he was here 3 years ago.

Focus (n): a central point, a rallying point you must bring the rays of light to a *focus* to produce the desired effect.

Dissipated (adj): weakened the sermon fired him to make use of his *dissipated* power to the full and he achieved success.

Futile (adj): useless All his effort to win the game proved *futile*. *a flashing illumination* : a sudden knowledge or realization In a moment of *flashing illumination* Lord Buddha became alive to the Truth of the mystery of life.

revelation (n) : a new knowledge It was a *revelation* to me that she was the daughter of the big boss.

potential (n) : having power and energy for something I am sure of his *potential* ; he can do real wonders in this field.

abundantly (adv) : in a large measure She was *abundantly* praised at the conclusion of her successful trip to the historic conference.

||

optimism (*n*) : looking at the bright side of things, a positive attitude of hope It was his sheer *optimism* that won him success in the trial.

reservoir (*n*) : a store Every human brain is a big *reservoir* of energy and power.



eminent (adj) : famous He is an *eminent* personality in this part of the country.

a man of letters : a scholarly person A *man of letters* like him should not commit such a minor error.

adversary (n) : enemy Fear is man's greatest *adversary*.

direful consequences : bad, dangerous results You must be prepared for the *direful consequences* if you insist on going against the stream.

obstacle (n) : obstruction, hindrance Her father's objection became a great *obstacle* in the way of her marriage.

intruder (n) : one who comes unseen as an enemy, an unwelcome, uninvited person The *intruders* from across the border generally attack the border villages and commit several crimes.

desperation (n) : a state of hopelessness In a state of *desperation*, he decided to do or die and won the game.

bravado (n) : bravery

Desperation produced in him a sense of *bravado* and he attacked the enemy with all his might.

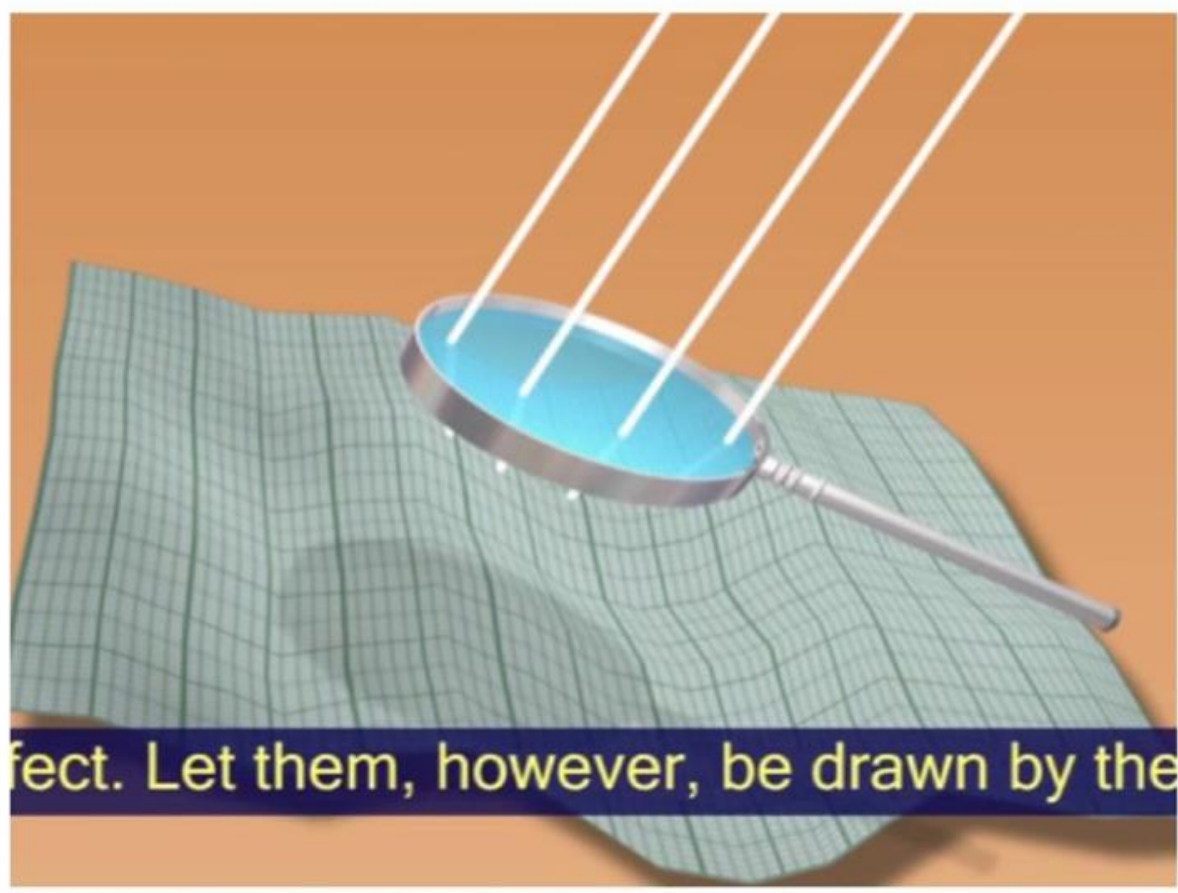
chipmunk (n) : a type of rodent or rat It was nothing but a small *chipmunk* that scurried off.

mortified (adj) : ashamed I felt badly *mortified* when I learnt of my folly.

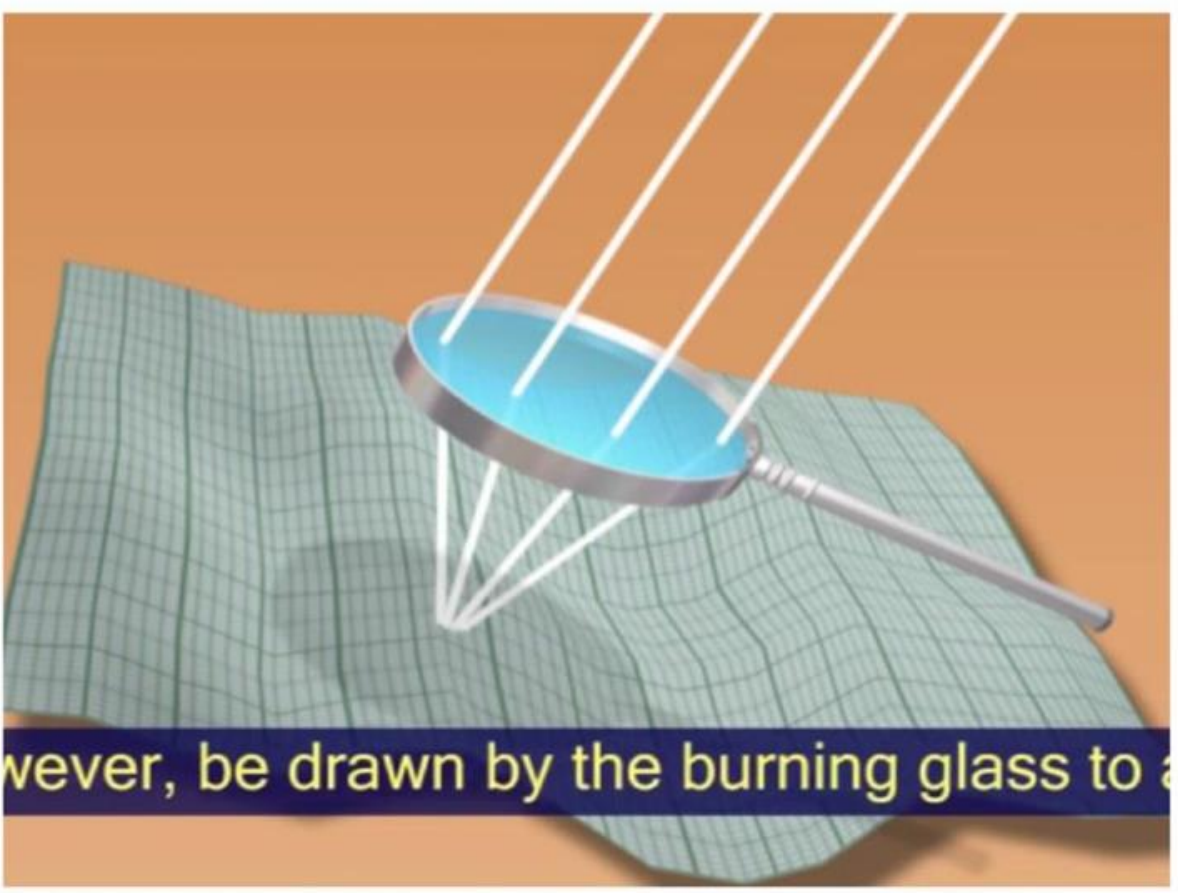
IV

poise (*n*) : a state of balance, calmness You must not lose your *poise*, especially in this hour of difficulty.

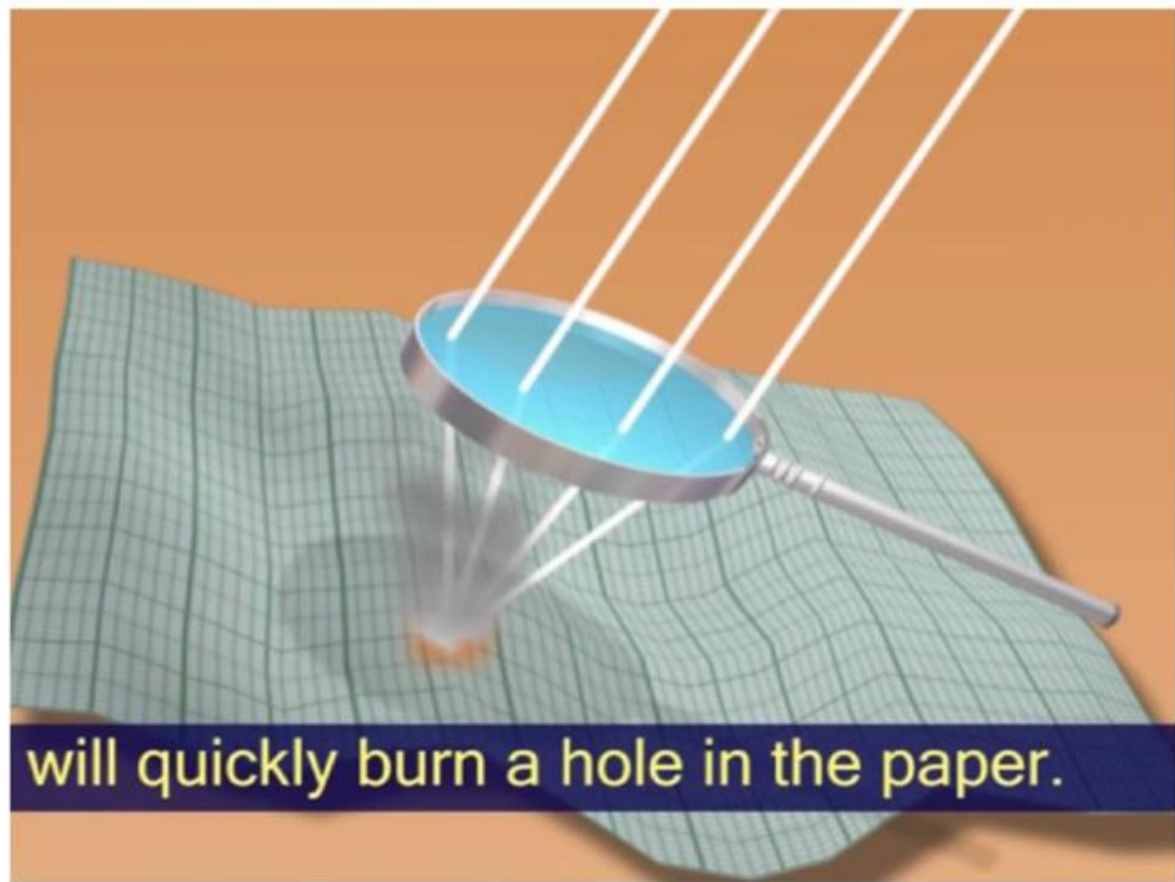
profound (*adj*) : deep His *profound* thoughts impressed everyone.



fect. Let them, however, be drawn by the



however, be drawn by the burning glass to a



will quickly burn a hole in the paper.



re had seen and the revelation changed

LANGUAGE EXERCISES

A. Comprehension Questions

(i) Answer the following questions in your own words:

1. Which is the greatest day in any individual's life?
2. What enthralled the student in the Psychology class?
3. Did the boy change as a result of the realization?
4. What is there in the personality of every man?
5. How can weak personalities become strong?
6. What would Chesterton preach if he had just one sermon to deliver?
7. What are the different types of fear experienced by the people?
8. What did the author of 'Secret of Happiness' find when he flung open the door?
9. How can one have a real escape from fear?
10. What was the priceless secret discovered by Mr. Kagawa?

.ii) Answer the following questions in 50 words each:

1. Describe, in your own words, how the professor changed the total attitude of the student.

2. Write a small paragraph on 'The Proper use of Human Energy.'

3. Relate the incident of North Woods in your own words.

4. Write, in brief, the message given by Mr. Kagawa

B. Vocabulary Exercises

(i) Give the synonyms of:

- a. eminent
- b. adversary
- c. profound
- d. poise
- e. obstacle
- f. illustration
- g. futile
- h. abundant
- i. conquer
- j. total

(ii) Give the antonyms of:

- a. destroy
- b. opponent
- c. shakable
- d. optimism
- e. strength
- f. ordinary
- g. ignorance
- h. real
- i. fact
- j. cautious

(iii) Give one word for each of the following expressions:

a. a science that studies the working of the human mind

b. a speech from the pulpit in a church

c. one who believes in the bright side of things

d. a daily or periodic paper that gives news and views

e. one who does not believe in God.

Words : Meanings

Enthralled : Terribly
(adj) impressed

Consolidate : Gather one's
(v) advantages for
further use

Illustration (n): Example

Words : Meanings

Familiar : Well-known
(adj)

Focus (n) : A central point,
a rallying point

Dissipated : Weakened
(adj)

Words : Meanings

Futile (adj) : Of no use or utility

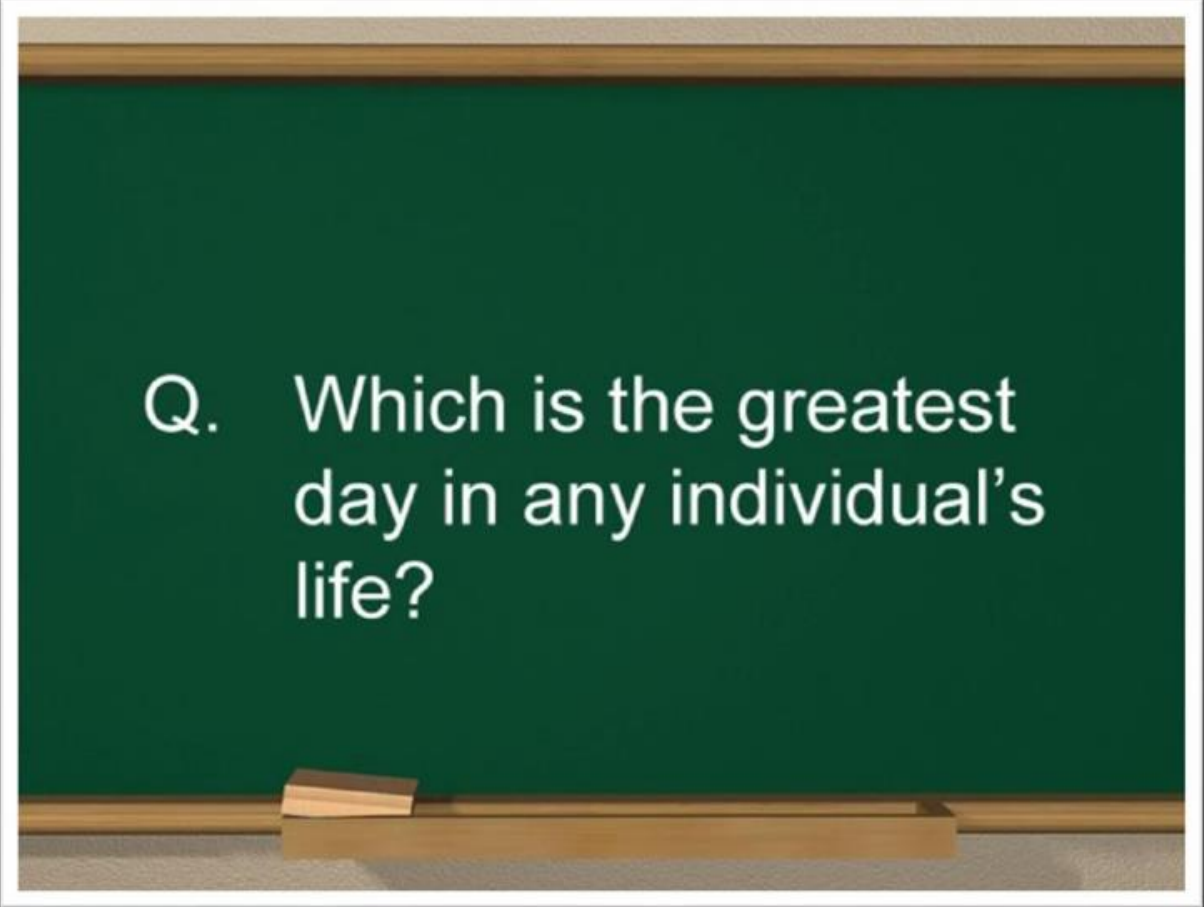
A flashing illumination : A sudden knowledge or realization

Revelation (n) : A new knowledge

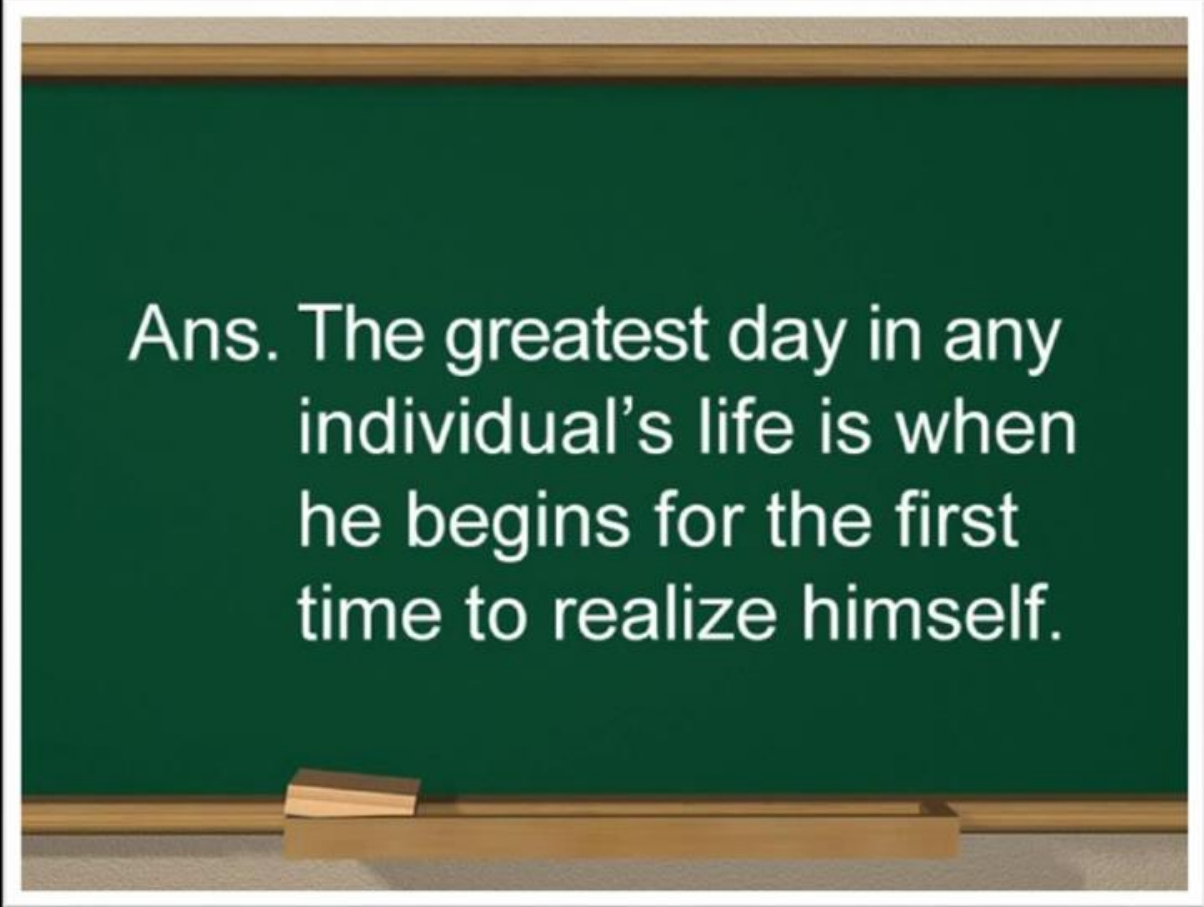
Words : Meanings

Potential (n) : Having power and energy for something

Abundantly (adv) : In a large measure



Q. Which is the greatest day in any individual's life?



Ans. The greatest day in any individual's life is when he begins for the first time to realize himself.

Q. What enthralled the student in the Psychology class?

Ans. The student in the Psychology class was terribly impressed by the wonderful idea that the average man fails because he does not learn to control and consolidate his powers.

(iv) Frame sentences to show distinction between the following pairs of words :

- a Birth- berth
- b. Familiar- familial
- c. Gate- gait
- d. Adept - adapt
- e. Mental- mantle
- f. Root- route
- g. Peace- piece

C. Grammar Exercises

(i) Fill in the blanks with suitable articles:

1. _____ dog is _____ faithful animal.
2. Tanuja is _____ honest girl.
3. I saw _____ American and _____ European at the market.
4. We visited _____ Golden Temple at Amritsar.
5. _____ Himalayas have many ranges.
6. I use _____ umbrella in the rainy season.
7. Chandigarh is _____ capital of Punjab.

(ii) Change the following sentences into passive voice:

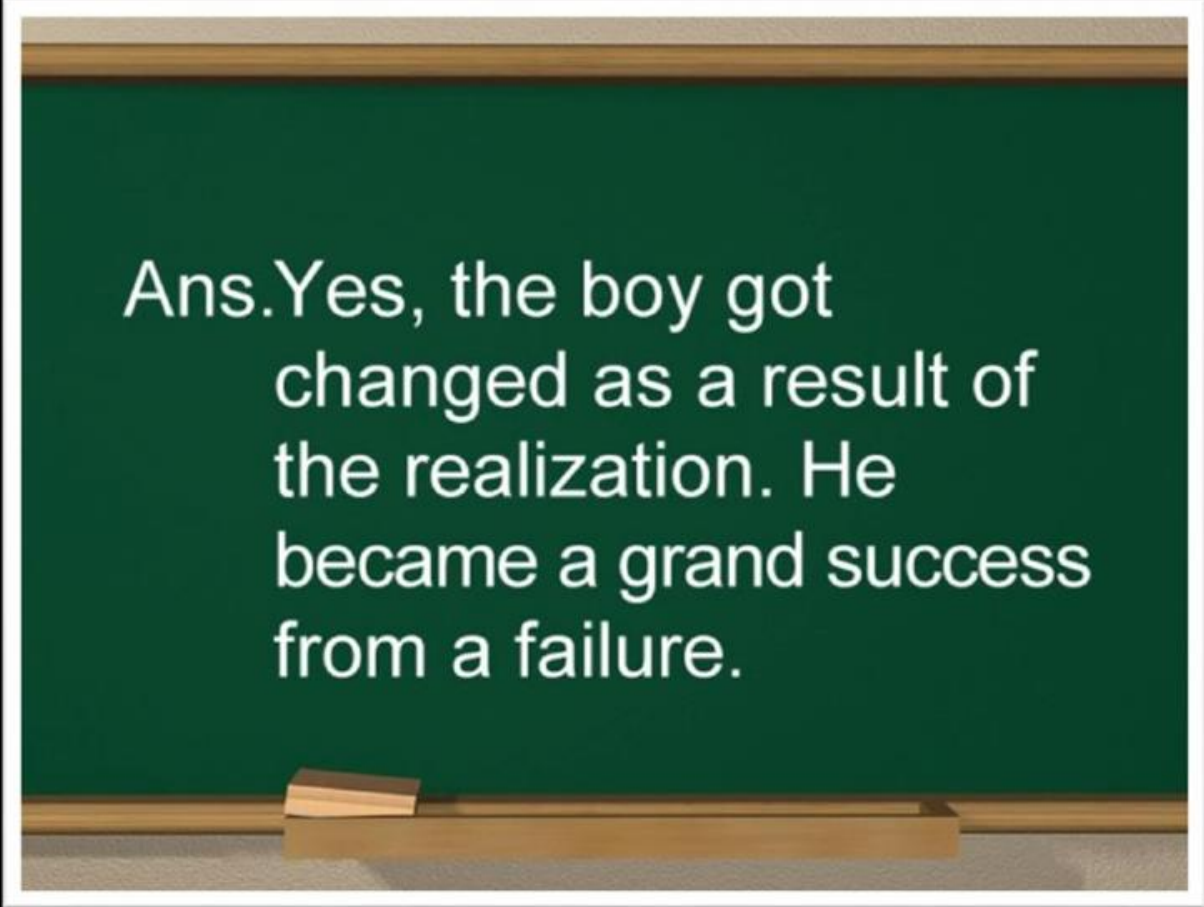
1. I know him very well.
2. They sought my help.
3. It is time to say goodbye.
4. This jug contains milk.
5. Don't use foul language.
6. My father will receive me.
7. I annoyed her.

(iii) Fill in the blanks with the appropriate comparatives or superlatives of the adjectives given in the brackets:

1. Milk is _____ than water. (thick)
2. Pen is _____ than the sword. (mighty)
3. Ludhiana is the _____ city of Punjab. (large)
4. It is _____ said than done. (easy)
5. The condition of the patient is much _____ now.
(good)
6. _____ late than never. (good)




Q. Did the boy change as a result of the realization?



Ans. Yes, the boy got changed as a result of the realization. He became a grand success from a failure.



You are Greater than
you Think



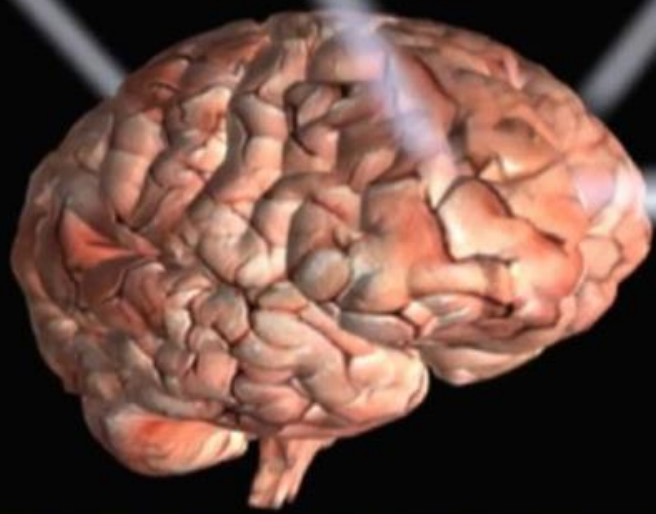
In his famous address on 'The Energies



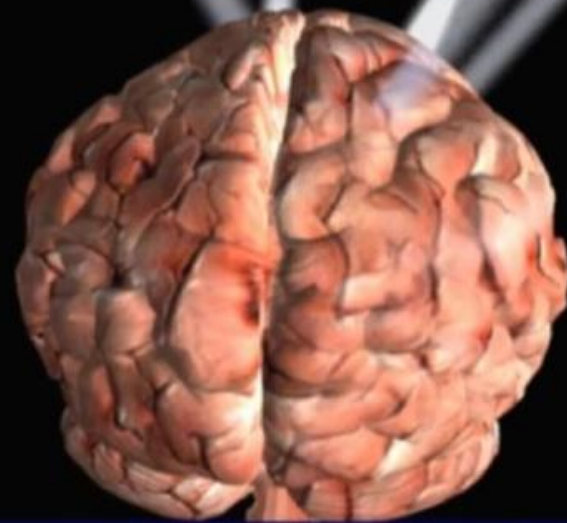
d, "Men habitually use only a small part of



of the powers which they possess and w



ss and which they might use under appro



entist is reported recently to have said tha

(iv) Fill in the blanks with a non-finite (to-infinitive, gerund or participle) :

1. He used the illustration of the _____ glass (burn).
2. The great success of life lies in _____ (put) a key into the lock and releasing that terrific power.
3. If I had only one sermon _____ (preach), I would preach people _____ (shun) fear.
4. We allow ourselves _____ (make) miserable by fear.
5. The person who wishes _____ (become) adept in the art of _____ (live) must learn _____ (subdue) his fears.
6. I sat _____ (root) to my chair.
7. I wanted _____ (get) out of there.
8. I found the door _____ (break).
9. He did not learn the art of _____ (control) his powers.
10. _____ (have) faith in God gives a lot of strength.

D. Pronunciation Practice

Speakers of English should learn to distinguish between the sounds /v/ and /w/

/v/ is produced with the help of upper teeth and lower lips.

/w/ is produced by rounding the lips as in the vowel sound in *shoe* and then *immediately* spreading the lips

as in the vowel in the initial position of the word *above*.

Now say the following words aloud:

Vest –west

Vile -while

Vale –whale

Vine –wine

Vie –why

Vend – wend

Vent -went

Vim - whim

Verse -worse

Vain – wane

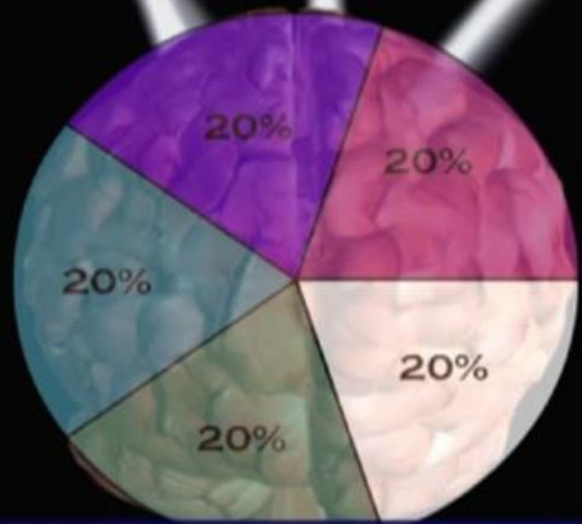
E. Creative Writing and Extended Reading

1. List out some pieces of advice for a man who wants to succeed in life.
2. Write a paragraph on:
 - i. Fear, Man's Worst Enemy
 - ii. Faith – Man's Saviour
 - iii. Self Realization as a Key to Success
3. Read any one of the books written by Norman Vincent Peale:
 - i. The Power of Positive Thinking
 - ii. Stay Alive All Your Life
 - iii. A Guide to Confident Living

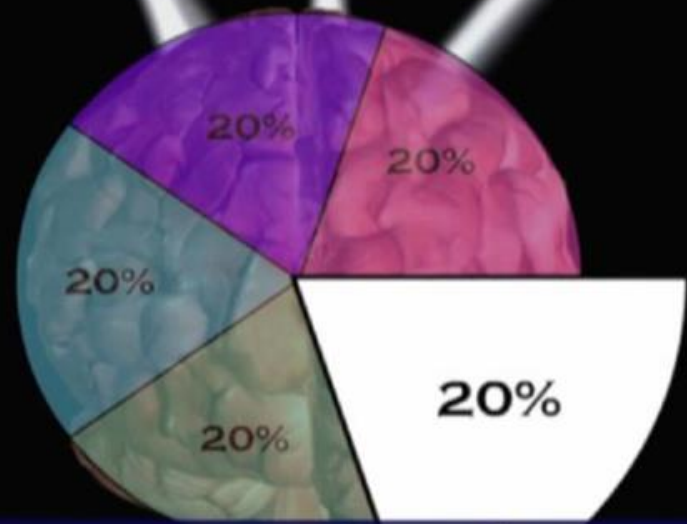
Just a little fun

For years a secret shame
destroyed my peace I'd not read Eliot
, Auden or MacNeice.

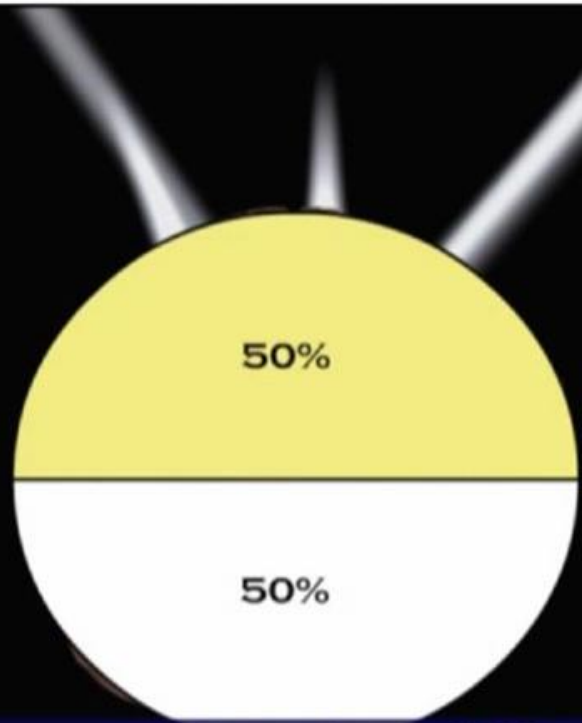
But now I think a thought
that brings me hope:
Neither had Chaucer,
Shakespeare, Milton, Pope.



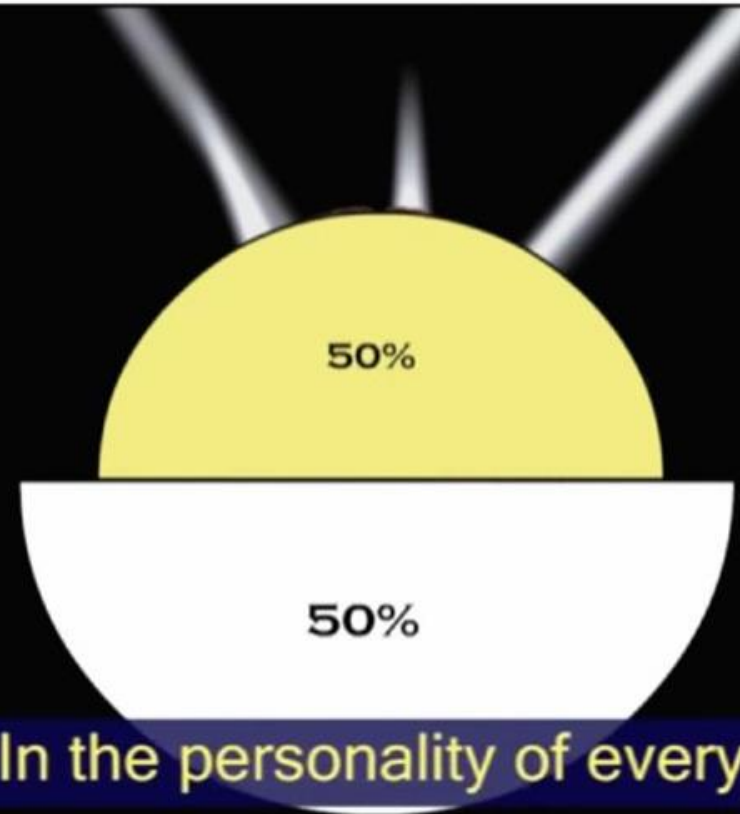
the average man uses but twenty percent of



Think of it -you are using, if you are an a



er what you could make of life if you incre



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Words : Meanings

Optimism (n) : Looking at the bright side of things, a positive attitude of hope

Reservoir (n): A store

The Escape from Fear

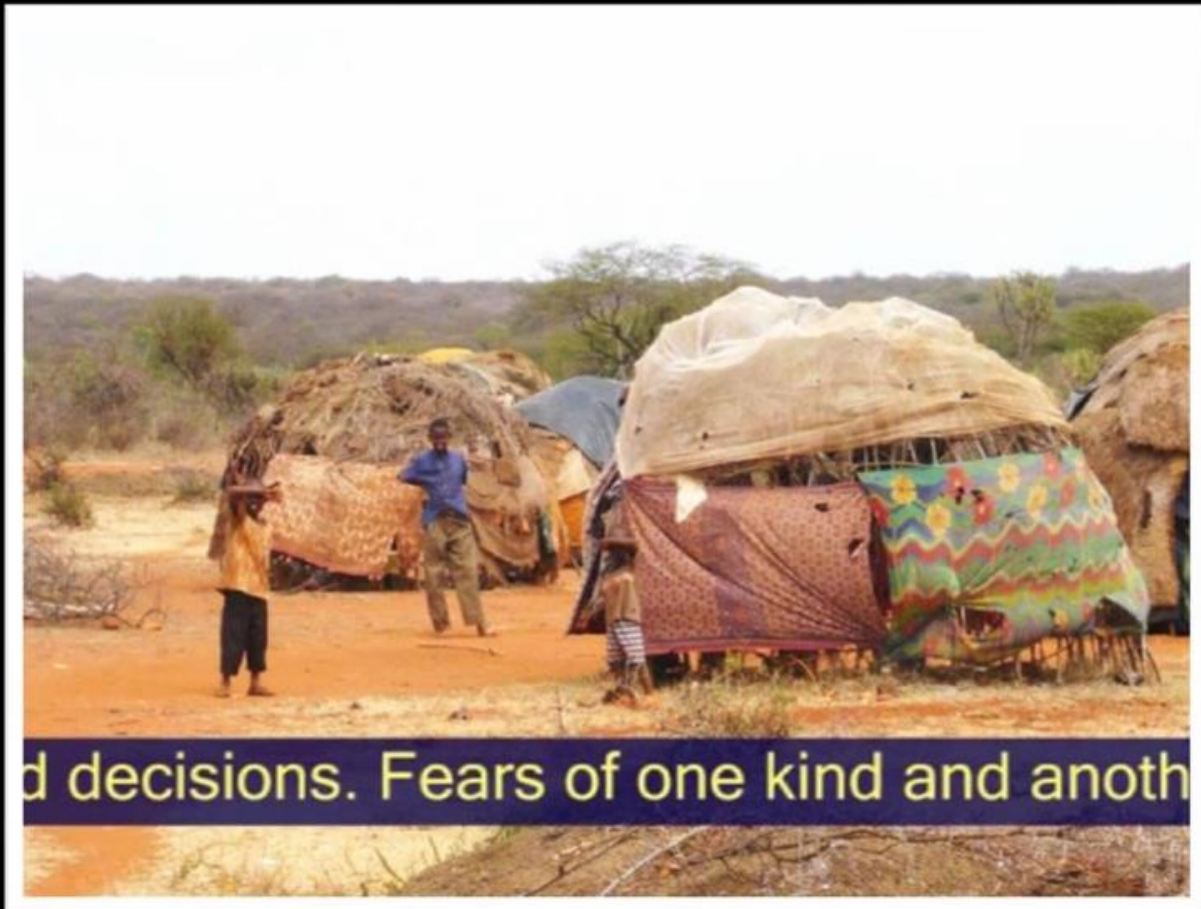


It touches every one of us in some way.



...ple, have financial fears. We have fears





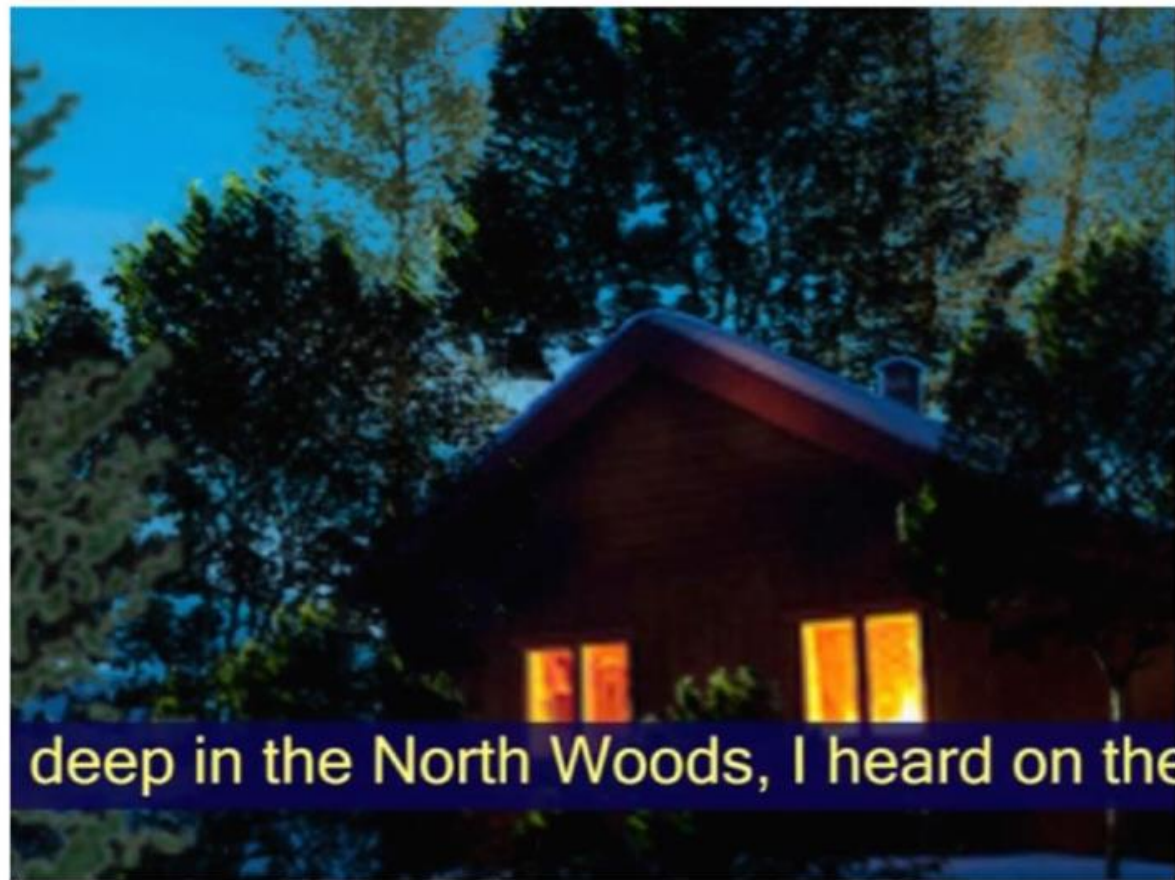


Fear

or in full control of his powers if he is the



problem common to us all, and I want to sta



deep in the North Woods, I heard on the



ne. It sounded like the cautious approach



the learner of a great lesson, namely, that

Words : Meanings

Eminent (adj): Famous

A man of : A scholarly
person

Adversary : Enemy
(n)

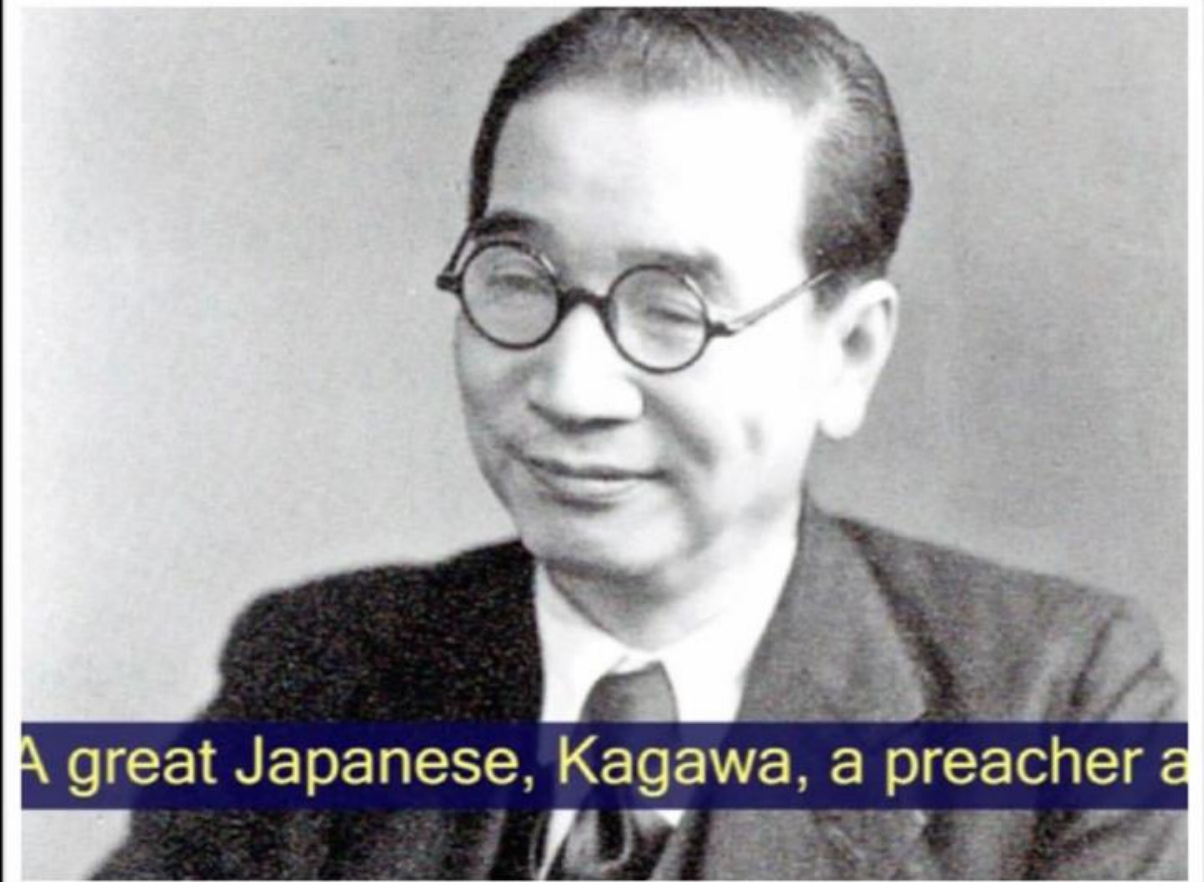
Direful : Bad,
consequences dangerous
results

Obstacle (n) : Obstruction,
Hindrance

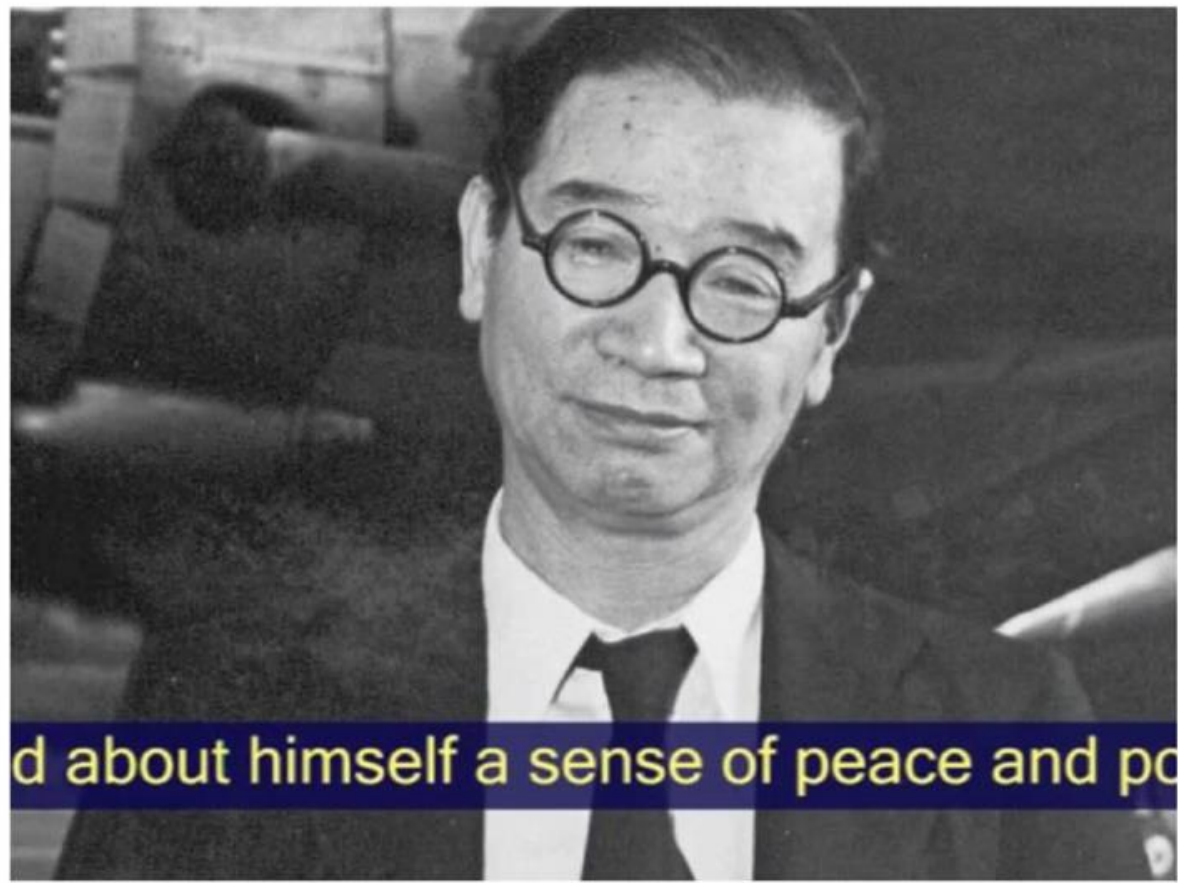
Intruder (n) : One who
comes unseen
as an enemy,
an unwelcome,
uninvited
person

Desperation : A state of
(n) hopelessness

Faith in Him



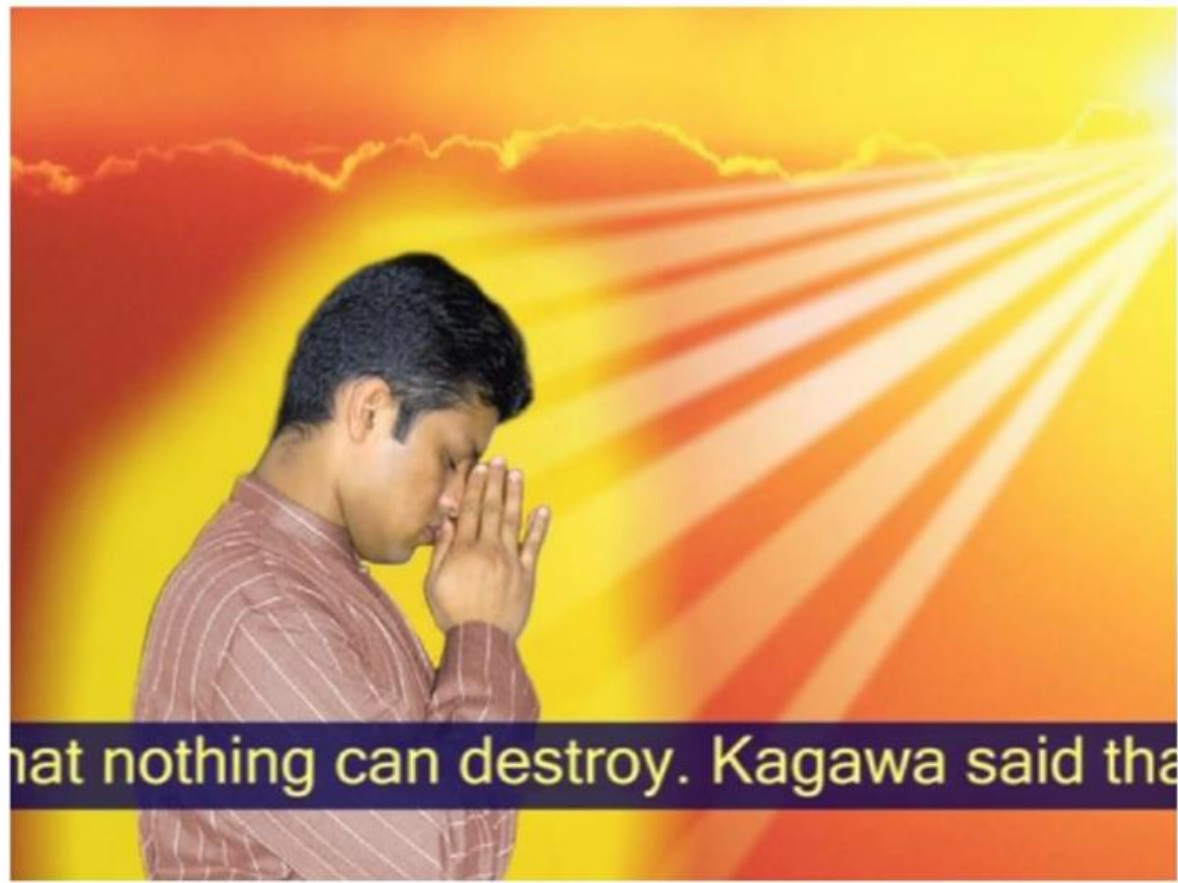
A great Japanese, Kagawa, a preacher a



d about himself a sense of peace and po



Kagawa had discovered a priceless secre



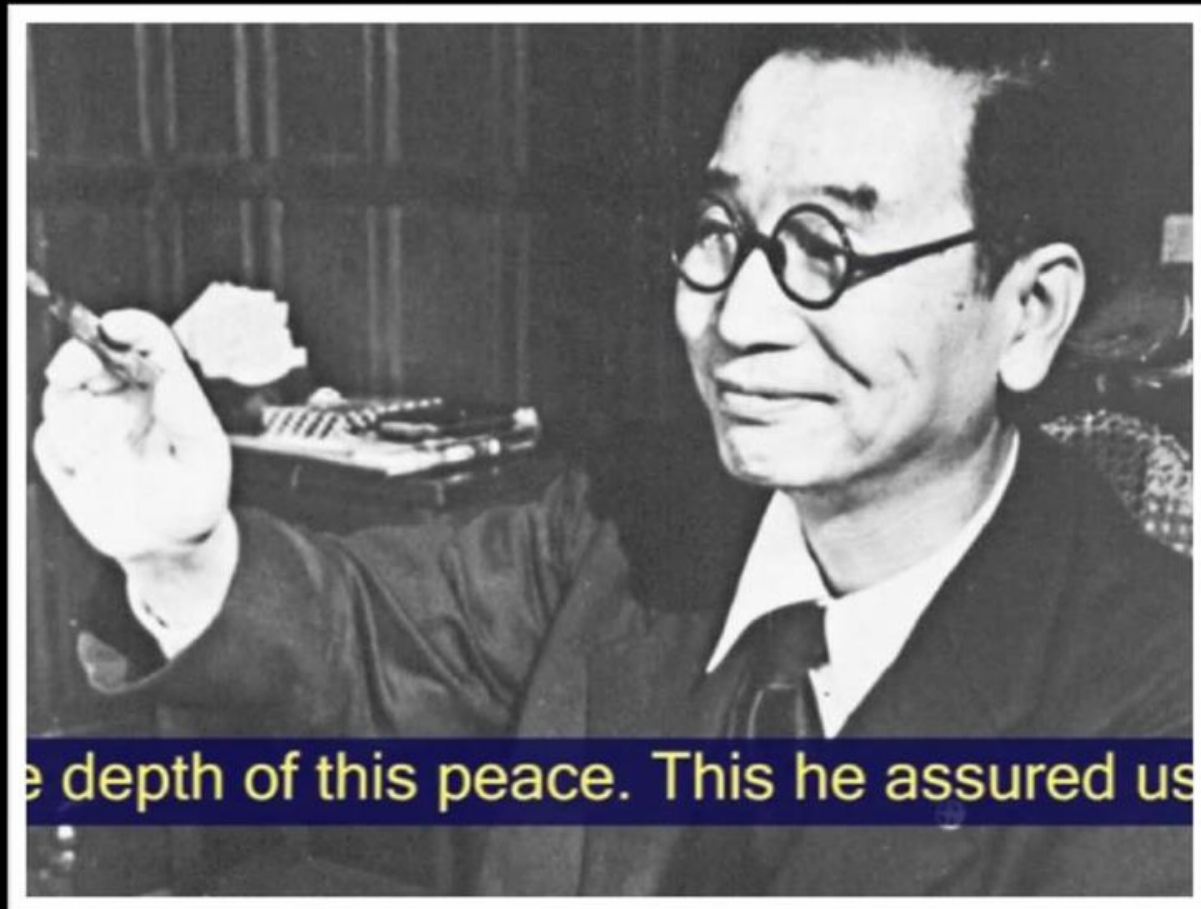
that nothing can destroy. Kagawa said that



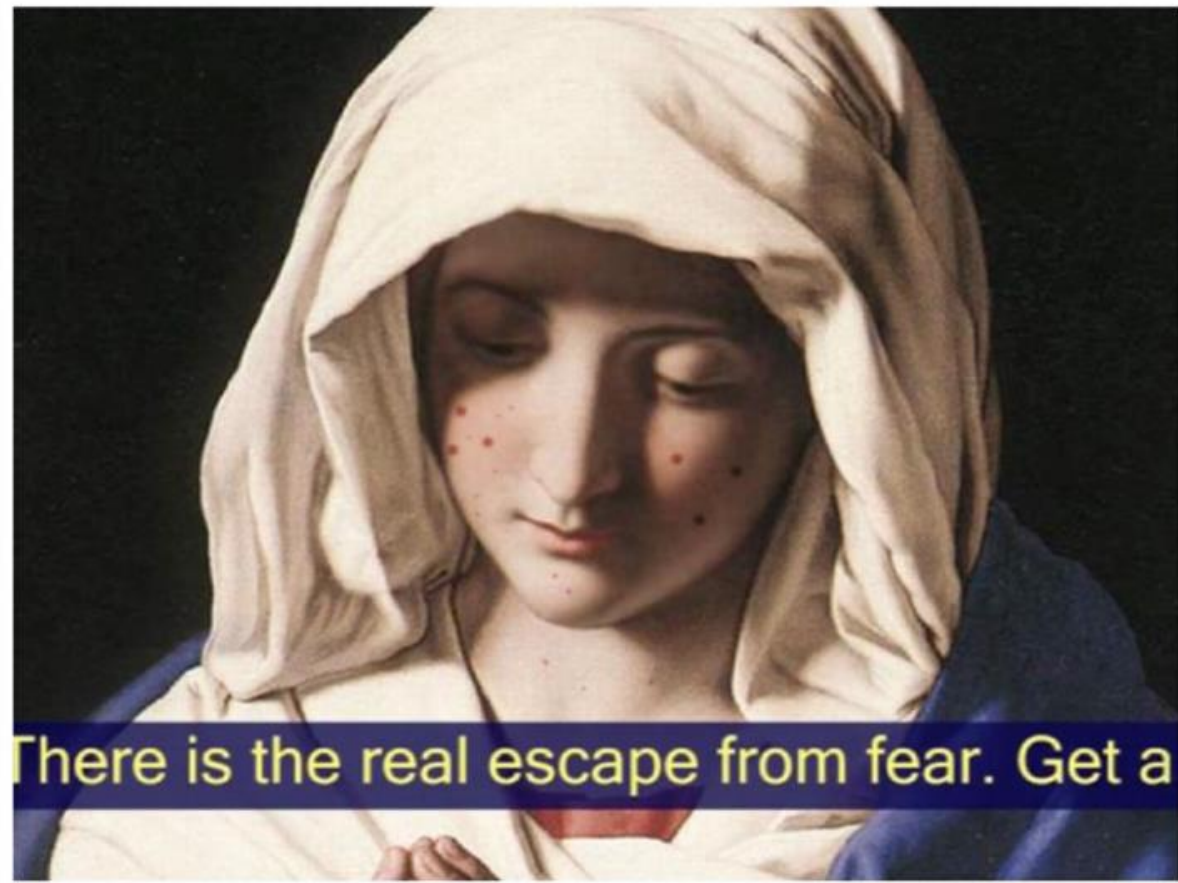
ned by soldiers, hurt by opponents, the c



n. His eyesight was threatened ; disease



e depth of this peace. This he assured us



There is the real escape from fear. Get a

Words : Meanings

Poise (n) : A state of
balance,
calmness.

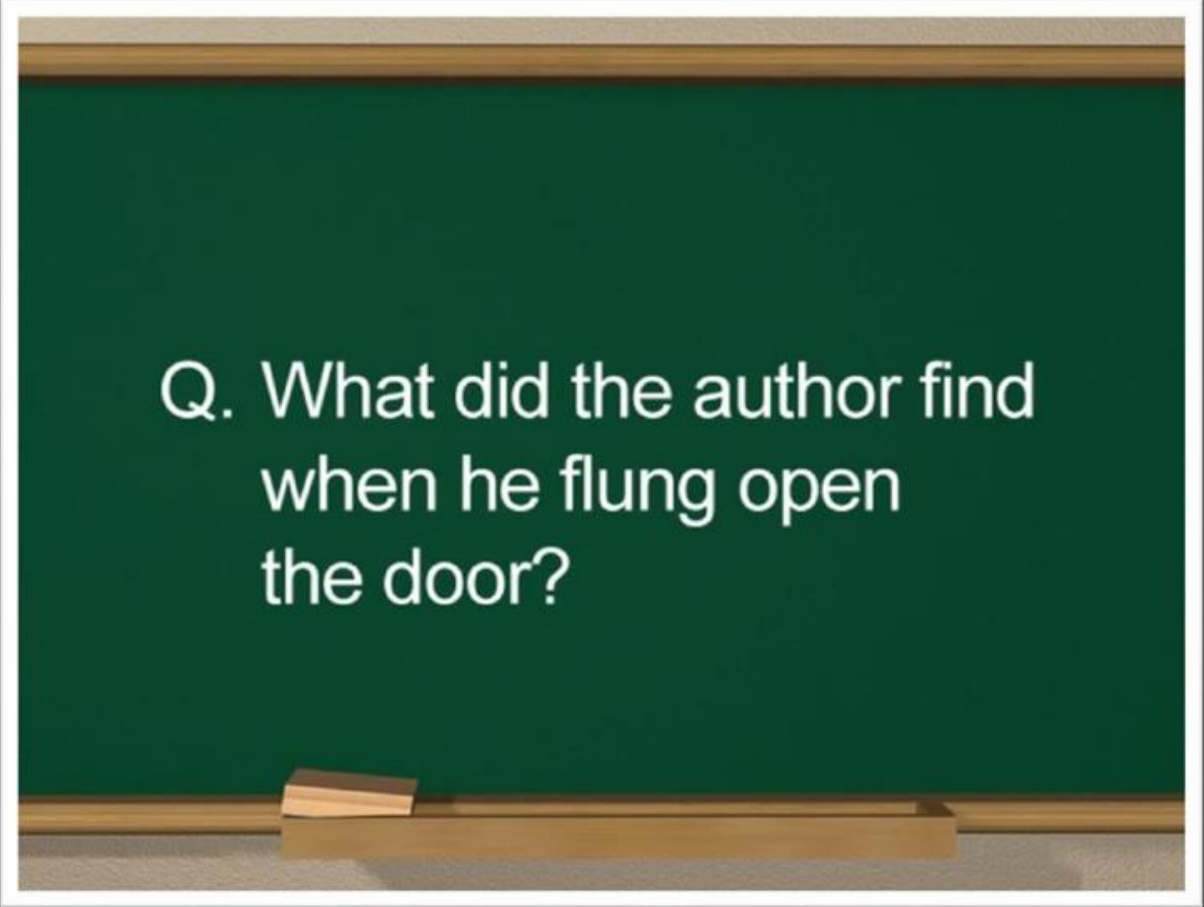
You must not lose your
poise, especially in this hour
of difficulty.

Profound : Deep
(adj)

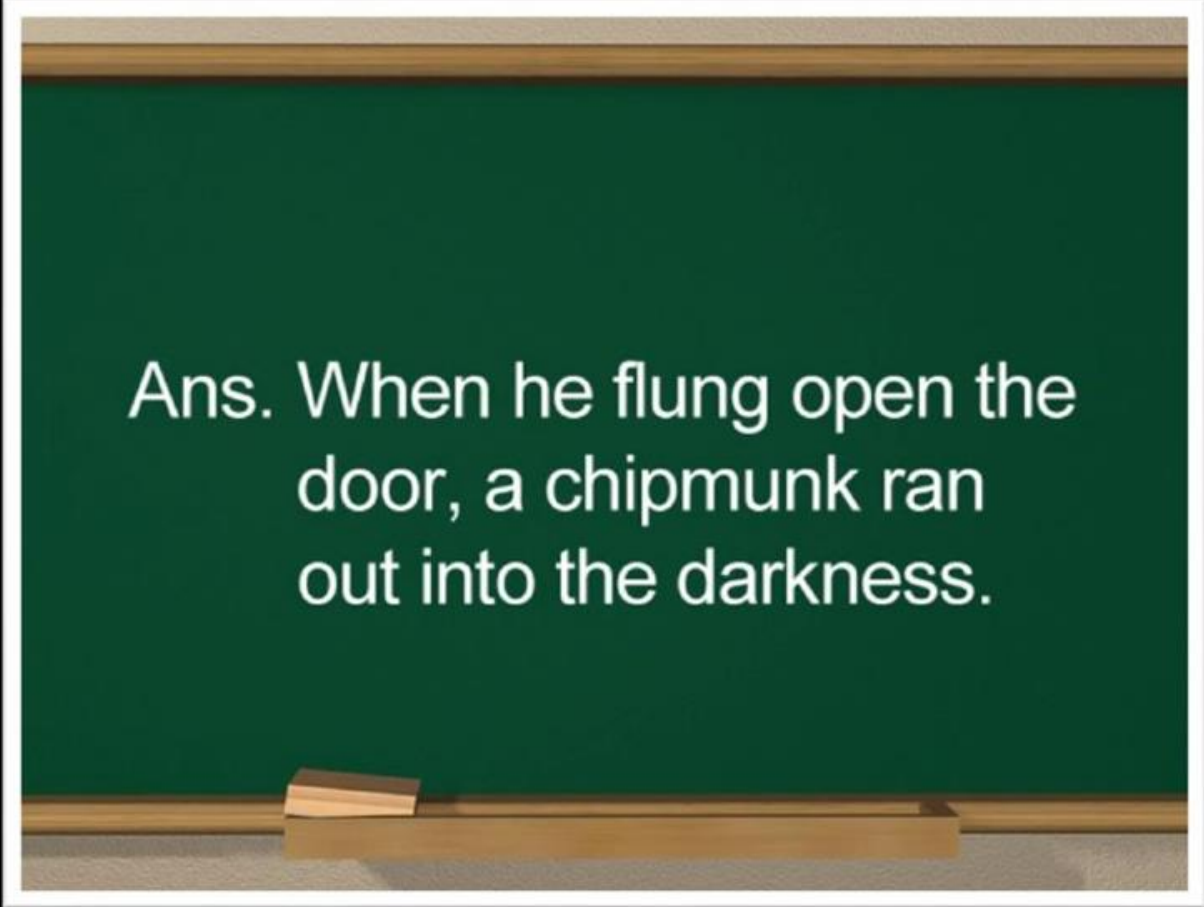
His profound thoughts
impressed everyone.

Afflicted (v) : Caused pain
and agony.

Cholera afflicted the city
in a big way last year.



Q. What did the author find
when he flung open
the door?



Ans. When he flung open the
door, a chipmunk ran
out into the darkness.

Q. How can one have a real escape from fear?

Ans. One can have a real escape from fear by getting a deep and unshakable faith in the fact that we are not alone, and that God watches and cares for us.

Q. What was the priceless secret discovered by Mr. Kagawa.

Ans. Kagawa had discovered a priceless secret, "immerse him self over a long period in the grace of God," he will enter into a profound calm that nothing can destroy.

Q.1. What are the different types of fear experienced by the people?

Ans. There are financial fears, fears of ill health and fears about future etc.

Q.2. How can weak personality become strong?

Ans. By making use of unused energy of the brain, a weak personality becomes strong.

Q.3. Which is the greatest day in any individual's life?

Ans. The greatest day in any individual's life is when he begins for the first time to realize himself.

Q.4. What did the author find when he flung open the door?

Ans. The author found a little chipmunk ran off into the darkness when he flung open the door.

Q.5. How can one have a real escape from fear?

Ans. We must have faith in God. We must have faith that God is always with us, we are not alone such faith can give us real peace of mind and we can escape from any fear.

Q.1. Describe in your own words how the professor changed the total attitude of the student.

Ans. The professor talked about the rays of the sun focused on a piece of paper through a burning glass. These rays had developed the power of burning a hole in the paper. He said that every individual had inwards power. If this power is focused properly on what that individual wants to achieve, he will surely succeed and reap the fruit of efforts.

Amrit

Amritsar

B.Sc.(Non-Med), M.A. (English, Political Science, History), M.Com, MBA, B.Ed.
National Awardee ICT 2017

Worked as District Coordinator English, DRP English, MRP English, British Council Master Trainer, CAL Trainer, Psychology Super KRP

Content Writer:- English Cornucopia, CNSW Books, ICT Blog

Member: PSEB Book Review Committee, PSEB Syllabus Review Committee.

Research paper presentation @ NCERT, New Delhi & CCRT Guwahati Assam

Member of CCE Committee two times at Punjab State level

Online Courses @ CIET, NCERT, New Delhi

YouTube Channel: ICTEDUin

Email master.amritpal@gmail.com

Blog:

