

Lecture 5

Understanding Happiness

Happiness is to be in a state of harmony

Content of this Session

इस सत्र कि विषय-वास्तु

Prevailing notions of happiness

सुख के बारे प्रचलित मानताएं

Happiness

सुख

Continuous happiness

निरंतर सुख

Program for continuity of
happiness

सुख की निरंतरता के लिए जीने का
कार्यक्रम

Prevailing Notions of Happiness

Some Prevailing Notions of Happiness

Owning / accumulating physical facility

For human being, physical facility is required, but it alone does not suffice for human being

Pleasure (from favourable sensation)

Sound, Touch, Form, Taste, Smell – Through the Body

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Attention, appreciation... (favourable feelings) from others

Dependence on the other, can't be continuous

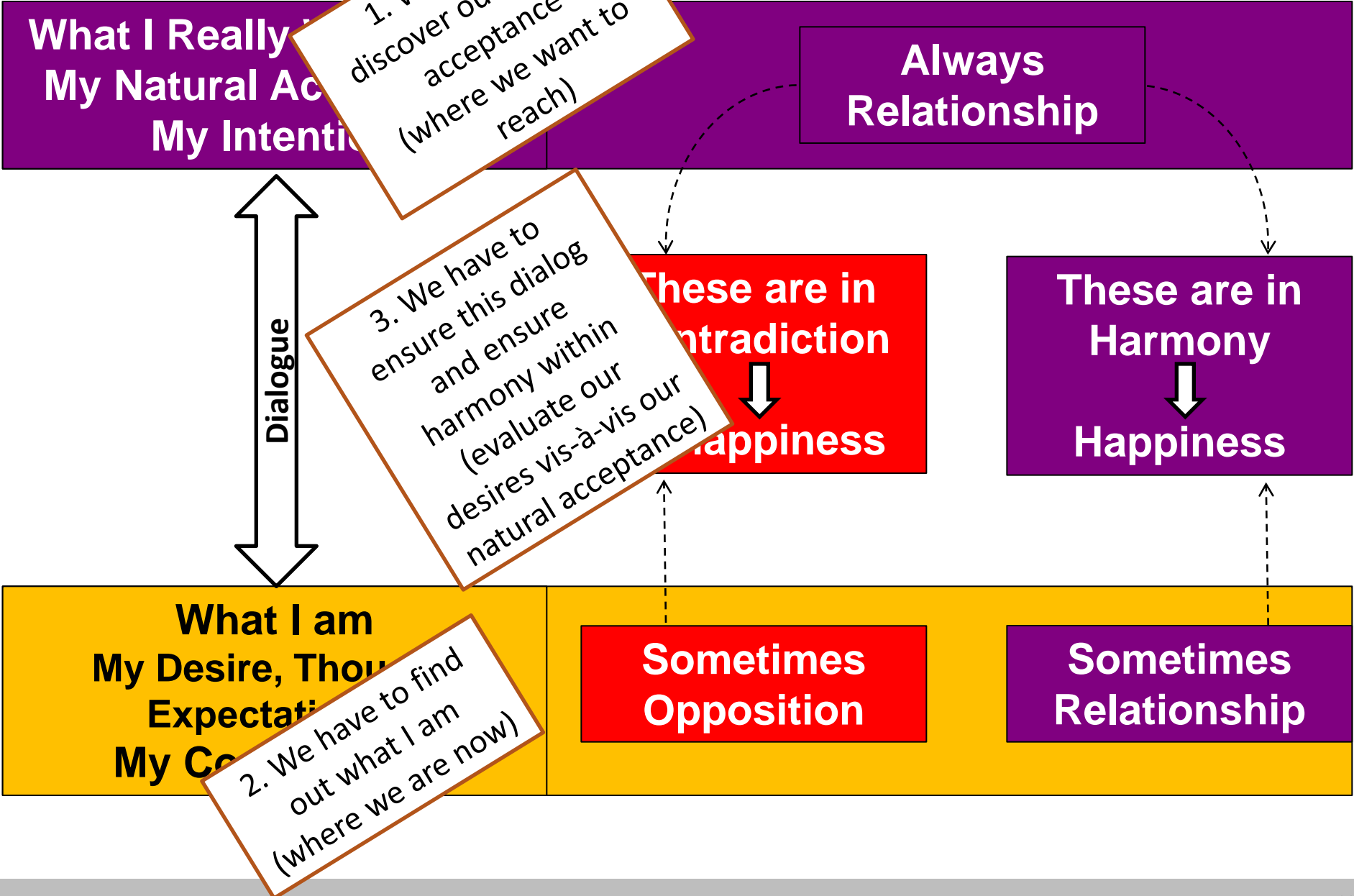


Sometimes “happiness”, excitement...

Sometimes “unhappiness”, depression...

**Happiness
To Be in Harmony**

Happiness



Happiness

The state or situation, in which I live,
if there is harmony / synergy in it,
then it is Naturally Acceptable to me to be in that state / situation



To be in a state of Harmony / Synergy is Happiness



Happiness = To be in Harmony

Unhappiness

The state or situation, in which I live,

if there is **disharmony / contradiction** in it,
then it is **not Naturally Acceptable** to me to be in that state / situation



To be forced to be in a state of **Disharmony / Contradiction** is **Unhappiness**



Unhappiness = Disharmony

Happiness

The state or situation, in which I live,
if there is harmony / synergy in it,
then it is Naturally Acceptable to me to be in that state / situation



To be in a state of Harmony / Synergy is Happiness



Happiness = To be in Harmony

Continuity of Happiness

State / Situation in which I live or
expanse of my being:

1. As an Individual Human Being
2. As a member of a Family
3. As a member of Society
4. As an unit in Nature/Existence



Continuity of Happiness

= Harmony at all levels of being

i.e.

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

Our Program

To facilitate understanding of the harmony at all levels of being

1. Harmony in the Human Being
2. Harmony in the Family
3. Harmony in the Society
4. Harmony in Nature/Existence

} **Proposals**

To understand & to live in harmony at all levels of being

1. In the Human Being
2. In the Family
3. In the Society
4. In Nature/Existence

- 1 **Verify the proposals
on the basis of your
NATURAL ACCEPTANCE**
- 2 **Experiential validation
by LIVING ACCORDINGLY**

↓
**Right Understanding
Right Feeling**

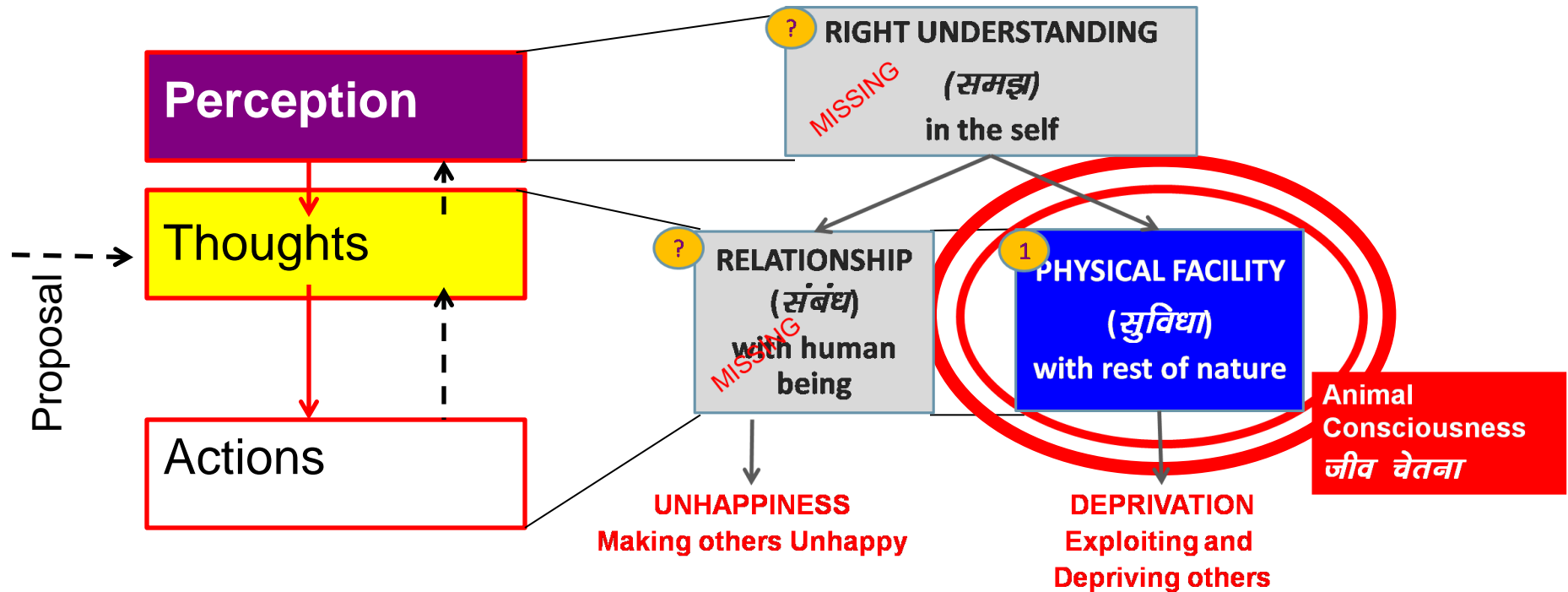
Self Reflection

Home Work

1. Look within and find out if your perspective about happiness is based on assuming or it is based on knowing.
2. Find out if you have a need to understand harmony / refine your understanding of harmony

Perspective based on Assumptions (without Knowing)

Our perception (perspective) drives our thoughts, actions

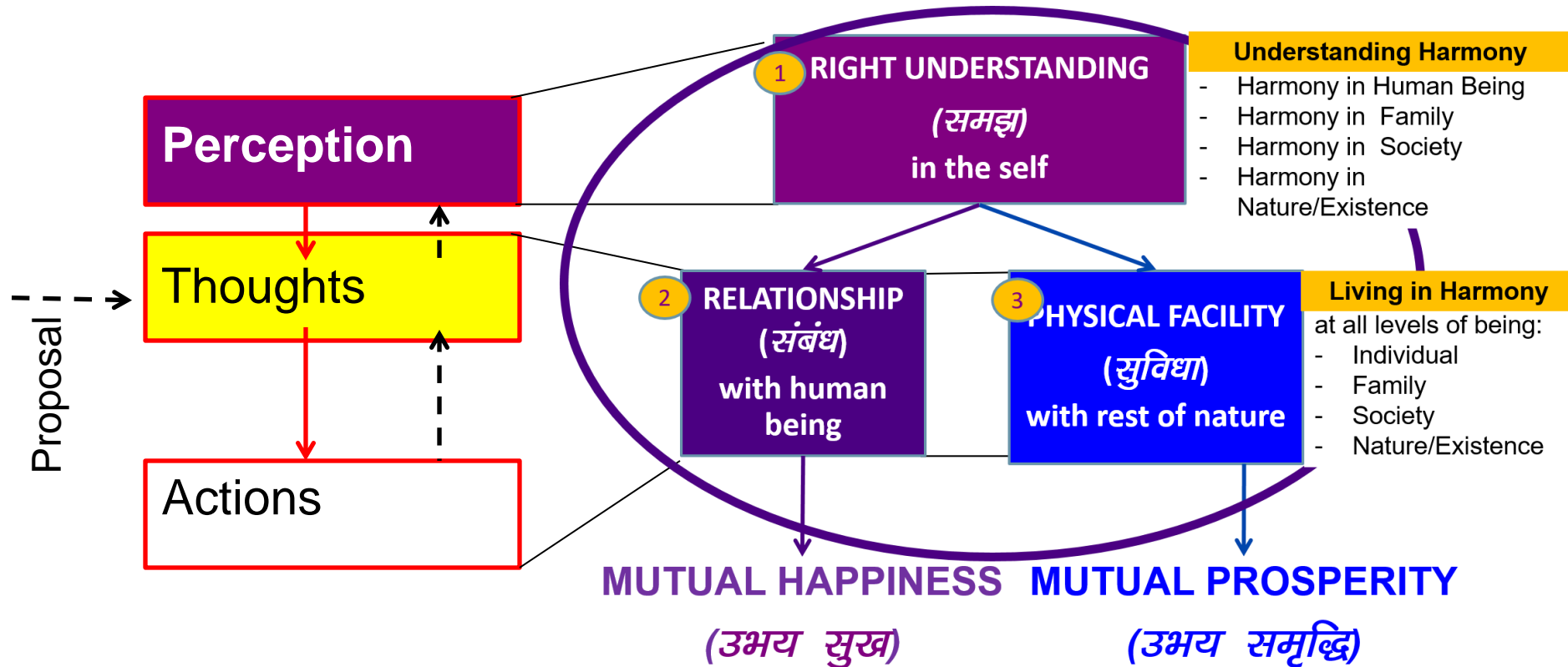


Without right understanding, our perspective is based on assumptions like:

- I am special
- The other is hell
- Money is everything...

Holistic Perspective – based on Right Understanding

Our perception (perspective) drives our thoughts, actions



- We need to develop the right understanding (of harmony) (and a holistic perspective based on it)
- We need to develop the skills to live accordingly (in harmony)

Education is expected to facilitate in this process

FAQ

1. We have to follow social norms and live as per family traditions to be accepted in the society, or even in the family. This has been working for a long time. Do we need to verify these norms and traditions also?
2. What is the source of the proposals? If the source is verified, is authentic, then we can accept the proposals – and do we don't need to verify them again. Right?
3. What we accept is something quite subjective, different things appeal to different people – How can we say that natural acceptance is same for everybody? Actually what is this natural acceptance?
4. How is it possible to understand everything by through the self? Just being aware of “what I am” and “what I really want to be” itself is so difficult.
5. Isn't swatantrata and freedom the same? (please give examples of swatantrata at each level of being – individual, family, society and nature)

Happiness (Harmony) Within

Right Understanding

– in Self (I)

Understanding harmony at all levels of being (human being, family, society, nature/existence)

Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance, Reverence, Glory, Gratitude, Love

Realised
(Dorji)

Excitement (Temporary Happiness) From Outside

Sensation for Happiness

– Through Body

Sound, Touch, Form, Taste, Smell

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Expression of Feeling for Happiness

– from Other

Escape (Running away from unhappiness)

Over eating
Over sleeping

...

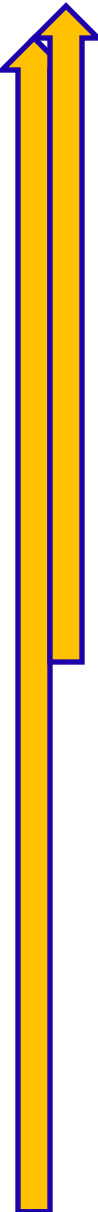
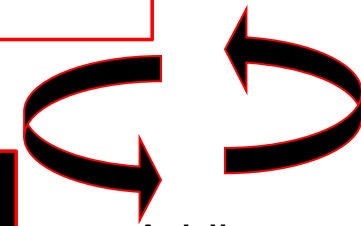
Gutka
Alcohol
Drugs

...

Suicide

Recovering
Addict

Addict



Happiness (Harmony) Within

Right Understanding

– in Self (I)

Understanding harmony at all levels of being (human being, family, society, nature/existence)

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