



Lecture 5

Happiness and Prosperity

– Current Scenario

Continuous Happiness – Basic Aspiration of every Human Being

Every human being aspires for continuous happiness

The program for it depends on whatever s/he has understood or assumed about it

e.g. big house, lots of money... tasty food, loud music, fast car... attention, name, fame...

Keeps shifting from one program to another when the program is not successful

e.g. not getting attention of spouse... shift to watching TV... add tasty food... smoking, drinking...
Indulgence... renunciation...



Some Prevailing Notions related to Happiness

- I will be bored of happiness if I am always happy
- I will grow only if I am unhappy. If I become happy, my growth will stop
- I need to be unhappy to recognize that I am happy
- We think of others only when we are unhappy. Thus it is important/useful to be unhappy so that one can help others
- Happiness and unhappiness go together, they cannot be separated
- Yes, I want happiness. But my desiring does not guarantee it. So, why to talk of desire?
- My happiness depends on the others. What can I do about it
- We do not want happiness for ourselves – but we want to make others happy (while we stay unhappy)
- Happiness is a small thing. We have higher aspirations – like contentment, peace, bliss etc.
- Do not bother me with happiness. I have to live and deal with things in my real life.

Some Prevailing Notions of Happiness – Excitement not Happiness

Owning / accumulating physical facility

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

Dependence on physical facility, **can't be continuous**

Pleasure (from favourable sensation)

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

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

Dependence on sensation, **can't be continuous**

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

Dependence on the other, **can't be continuous**



Sometimes “happiness”, excitement...

Sometimes “unhappiness”, depression...



Some Prevailing Notions about Escaping from Unhappiness, Depression

Over eating

Over sleeping

...

Gutka (Doma)

Alcohol

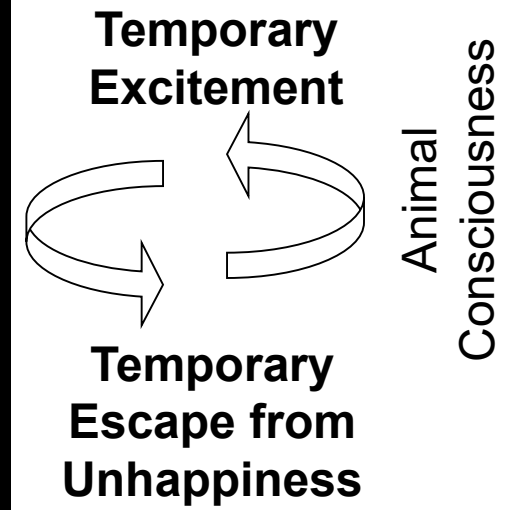
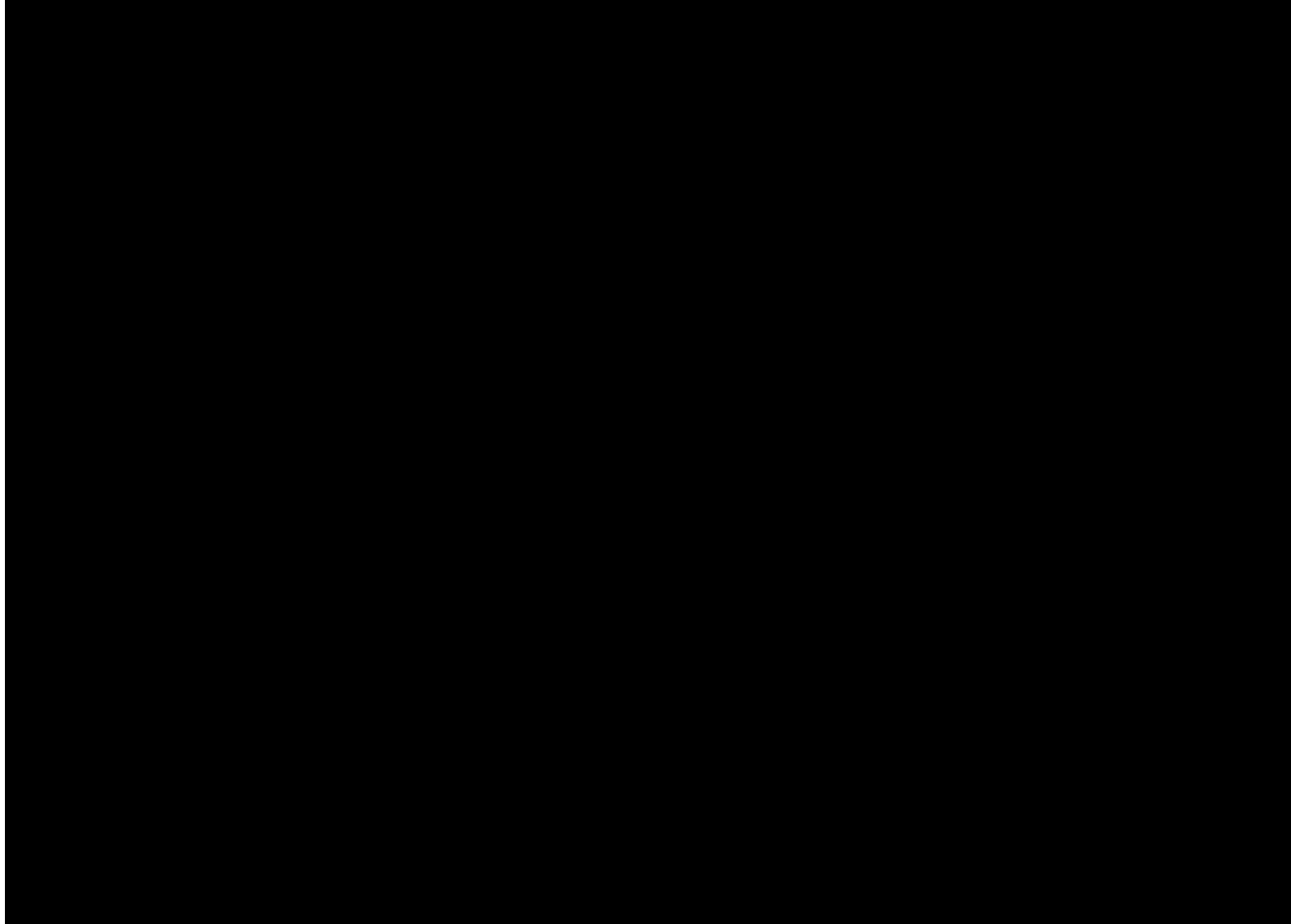
Drugs

...

Violence

...

Suicide



1. Right Understanding

– in Self (I)

Harmony at all levels of being
Human Being, Family, Society, Nature/Existence
Definite completion point, Continuity is possible,
Self-organization (*Swatantrata*)

2. Right Feeling

– in Self (I)

Trust, Respect, Affection, Care, Guidance,
Reverence, Glory, Gratitude, Love
Definite completion point, Continuity is possible,
Self-organization (*Swatantrata*)

– From Other

Temporary, Dependence on Other,
No completion point, Continuity not possible

3. Sensation, PF

– Through Body

Sound, Touch, Form, Taste, Smell
Temporary, Dependence on Body & Other,
No completion point, Continuity not possible

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

Some Prevailing Notions related to Prosperity

- Accumulation of Wealth = Prosperity?
- The richer you are, the more prosperous you are, i.e. the more you have accumulated, the more prosperous you are.





FAQs for Lecture 5

Happiness and Prosperity – Current Scenario

Questions

- I am happy when I get favorable sensation (tasty food, nice music...). Isn't that fine?
- I feel happy getting the attention and love from my mother and also some friends.
What's the problem if I live like that?
- I personally do not want so many physical facilities. But I want to make my family secure for the future, hence I have to keep working for more and more physical facilities.
- ...





Self Reflection