

# Art of Being Happy -

19 September 2023

## Happiness →

Introduction: Meaning of happiness, definition of

happiness - (a) According to Indian point of view

(b) According to western point of view, factors of happiness - (a) Social factors (b) Political factors

(c) Economical factors (d) Environmental factors

(e) Religious factors (f) Psychological factors

• Ecological factors of happiness, conclusion

↓  
Atmosphere      Social      Family

Overall point of view  
Our point of view  
Modern importance of happiness

## Unit-2

### Theory of Panchkosh

Introduction, Meaning of Panchkosh, Philosophical dimension of Panchkosh, Main Principle of Panchkosh Theory, Importance of Panchkosh theory in happiness, Spiritual meaning of Panchkosh theory, Benefits of Panchkosh Theory, Conclusion

1) Indian POV - spiritual happiness. ~~Spiritual~~ Religious happiness  
Firstly believe then practical.

2) Western POV - Natural happiness, practical happiness  
Firstly practical then believe.



- Happiness - internal satisfaction, completion of desires that comes from internal ethical values and short moments of anything. It is a self-realisation of internal, ethical and other values.

\* There are two segments of happiness

Positive Energy

→ creates positive thoughts which creates positive emotions for

→ Positive emotions creates positive actions

Negative Energy

→ creates negative thoughts which creates negative emotions.

→ thus negative emotions creates negative actions.

Note:- Happiness = Increasing positive energy and decreasing of negative energy.

Positive energy ÷ There are two factors of positive energy -

① External factors - motivational factors (a person, digital things, ~~external environment~~)

② External happiness

② Internal factors - Control over desires, ethical values, Internal happiness self-realisation, spirituality,

\* Classification of happiness →

• Internal happiness depends upon 3 types of guna -

① Sattvik - satisfaction with what they have

② Rajasik - more of materialistic factors

③ Tamsik - comfort prioritizing prioritising (eg. sleeping).



## Basic & characteristic of happiness :-

- Base of happiness depends upon internal satisfaction, +ve emotions, control of desire, self control, self-realisation.
- Self realisation - <sup>(Yoga)</sup> meditation, positive thoughts, remove all types of -ve energy.
- Yoga → Karma Yoga
  - Bhakti Yoga
  - Raj Yoga
  - Kama Yoga

## Factors of happiness :-

- ① Social factors :- depends upon liberal rules of society. It is also justified by principle of democratic rules like liberty, equality, fraternity, etc. Social rules are justified by ethical values of society.
- ② Political factors :- depends on democratic rights,
- ③ Environmental factors :- the environment should be have a clean, green, and peaceful & cooling surrounding,
  - Also the surrounding in which we are living, whatever that is, either for parents, family, others, there should be emotional connectivity between us. (ethical bonding)
- ④ Economical factors :-



# Art of Being Happy - 26 September 2023

4) Economical - It depends on equal factor of demand & supply without demand & supply,

\* There are many crisis of in society. In this condition we should try to maintain our desire according to the demand & supply.

5) Religious factor - It is the basic principle of Indian life. Religion provides spirituality in our life. It also converts negative energy to positive energy.  
Religious factor =  $\uparrow$  Positive energy,  $\downarrow$  Negative energy.

6) Psychological factors - It controls diversity of mind. It also controls your negative emotions.

## Conclusion:-

### Ecological factors of happiness :-

Family - Peaceful, educated, liberal

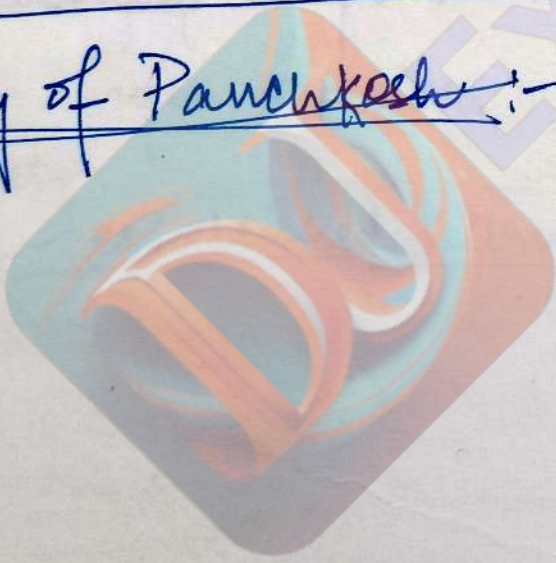
Social - accepting, liberal, respectful to everyone, no gender or social discrimination, right to speech, freedom to work, society should analyze the rituals of religion in a logical manner, a collective

Atmosphere - Clean, green, pollution free, sustainable,



- Conclusion - There are 3 dimensions of conclusion.
  - control over desires
  - Self realisation - Basic point of happiness
  - \* According to Indian point of view, there are many segments of self realisation like love energy, peaceful mind, self control, etc.
  - \* In modern time, happiness is the centric point of nature & all living things.
  - \* Happiness is part of internal thing & not external things which can be achieved through self control / realisation.
- 

Theory of Panchkoesh:-





## The Art of Being happy - 03/10/23

Meaning of Panchkosh Theory:- Panchkosh is formed by two words - Panch + Kosh, meaning five and layer of mind respectively. (spiritual development of mind).

\* This is the basic principle of mind to connect the relation between aatma and paratma.

### Philosophical Development of Panchkosh Theory:-

\* According to Upanishadic literature, Panchkosh is the development layer of mind, consciousness. It is the part of anand.

### Relation b/w Anand and Sukh :

#### Anand

- \* It is a long term
- \* Internal satisfaction of mind/soul.
- \* Get it from internal source
- \* Spiritual ↓
- \* Part of ~~Shukshma~~ body.
  - Internal part of body (mind, buddhi, ahankara, aatma.)

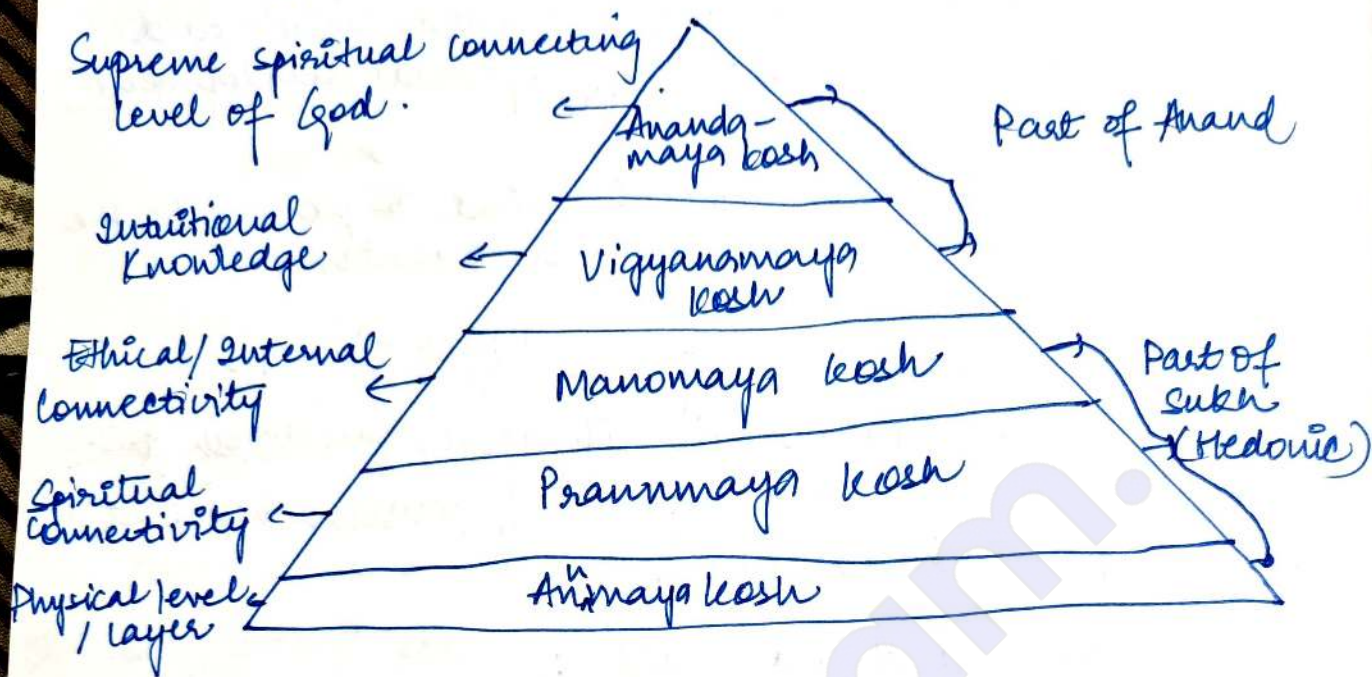
#### Sukh

- \* Short term
- \* External satisfaction of body.
- \* Get it from external source.
- \* Physical ↓ (External)
- \* Part of Sthula body
  - Physical mode of body (External part)

Note: mind is the connecting element b/w shukshma chakra & sthula chakra.



Development of mind :- Internal development of mind depends upon theory of Panchkosh.



Basic characteristic of Panchkosh Theory :-

- \* Happiness is the primary motivational stage of human life.
- \* Happiness is the centric point of human life and theory of panchkosh also explains internal happiness and also justifies the relation between external & internal happiness.
- \* Panchkosh theory is the primary framework of wisdom, knowledge.
- \* External happiness is a part of objective happiness but internal happiness is the part of subjective happiness.



\* Happiness is a part of freedom & completeness.

There are 3 segments of conclusion —

- 1) your point of view.
- 2) Overall point of view.
- 3) Modern Importance of happiness.

\* According to Panchkosh theory, it explains internal value of integral happiness. It explains spiritual happiness. This is a part of the development of mind.

- According to me, Panchkosh theory explains the philosophical development of mind, it's a part of liberation/moksha.
- In modern time, it is a necessary element to connect all human beings (all living things).



# The Art of Being Happy - 10/10/23

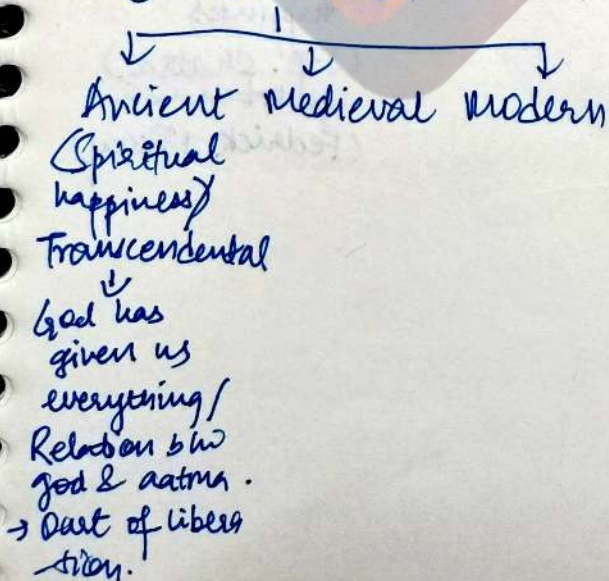
## Anthropology of happiness: [Origin of happiness - 20<sup>th</sup> cen]

- Introduction
- meaning of happiness in Psychological process
- parts of happiness ┌ SWB  
└ HWB
- Some important anthropological definition of happiness
  - Plato
  - Aristotle
- Happiness and human nature
- Relation b/w happiness & way of joy
- conclusion

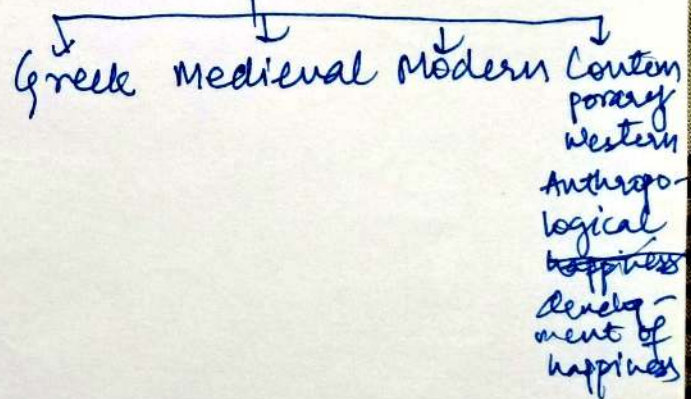
Introduction : This is a psychological part of happiness. It is affected by ethical & cultural, historical parts of human life. There are 3 segments of anthropological meaning of happiness —

- ① Cultural activity:
- ② Ethical activity (this activity is based on ideological and practical activity of parts of human life).
- ③ Historical Activity: ① According to Indian POV  
② " " Western POV.

### ① Indian POV



### ② Western POV





- Karma Yoga
- Bhakti Yoga
- Gyaan Yoga
- Raj Yoga

## Medieval

- based on rituals.
- effected by external forces.
- Main element of happiness
- cultural belief

## Modern

- social reform and external culture is the part of happiness.
- social - Rajaram Mohan Roy, Swami Vivekanand.
- M.E of H → Social belief

M.E of H - ~~for~~

Religious Beliefs

## Western POV

### Greek

- Natural element of happiness
- ① Water
- ② Fire
- ③ Earth
- ④ Air

### Medieval

- Believe in spiritual & ritual condition.

### Modern

- logical evidence (theory of doubt)
- Experimental & Practical activity is the part of happiness.

### Contemporary

- Analytical & Scientific evidence is the part of happiness.
- On the basis of discussion of Vinaya Circle.
- There are 2 segments
- On the basis of Scientific evidence (Vinaya circle).
- human centric happiness
- (J. P. Shatras)
- got Nobel prize
- (Friedrick Nietzsche)





Cultural activity in happiness  $\Rightarrow$  dance, classical music, traditional foods, cultural activity, festivals, language, dress.

• Meaning of happiness in psychological process :- mind  
emotions - works on activity

+ve activity

-ve activity

- increase +ve ~~tho~~ activity
  - decrease -ve activity
- } for happiness

• Parts of Happiness :- there are 2 types.

$\downarrow$   
 $\rightarrow$  on the basis of  
External value

$\downarrow$   
 $\rightarrow$  on the basis of  
Internal value

• There are 7  
segments of  
external value.



17/10/23 -

Philosophy

## Art of Being Happy

Source of meaningful life :- There are 8 segments of meaning life.

- 1) Happiness & fulfillment of desires.
- 2) Achieving something new.
- 3) Marriage & happy family.
- 4) Good relationship with friends & family.
- 5) Self Acceptance.
- 6) Spiritual Belief.
- 7) Fairness & Justice
- 8) Trustworthy.

## Dimension of Happy life

According to Martin Seligman, there are three parts / dimensions of happiness —

- ① good life : realisation
- ② meaningful life : aim of life
- ③ Happy life

② Meaningful life :- Look beyond happy and feel good factor about life.

- \* Look for larger meaning and purpose of life
- \* This is the sustainable happiness of life.

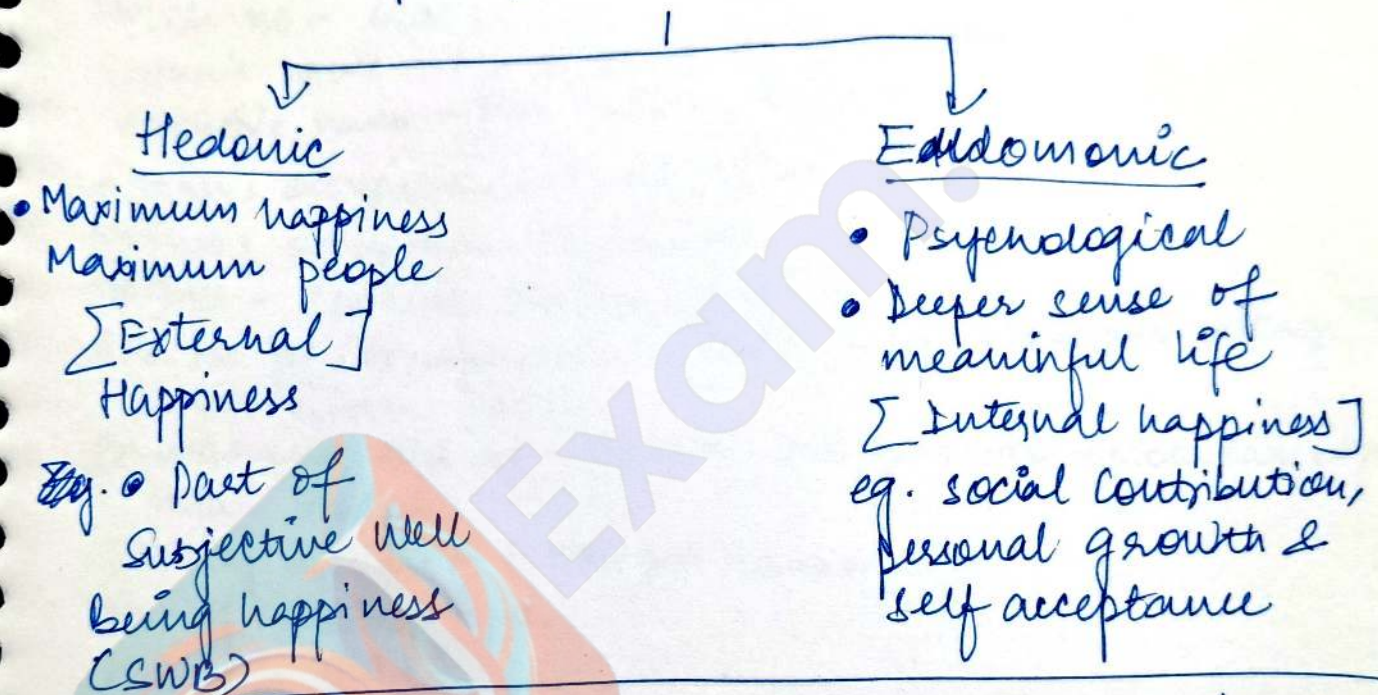
- ① focus on realisation of everything.
- ③ life majorly dominant by experience of positive emotions.
- ④ Unhappy life: negative activity, thoughts, emotions.



## Mantras of happy life :

- 1) Eat well.
- 2) Sleep well.
- 3) Exercise well.
- 4) Think well : rational thinking (balancing emotions)
- 5) Relative Good behaviour

## Perspective of happiness



Q. What is SWB? Explain basic factors of SWB in happiness.

- SDG Development
- Happiness Index (HDI)

There are 4 factors of happiness (4F's)

- 1) Family - understanding, supportive,
- 2) Friends - good friends
- 3) Fitness - physical, mental
- 4) Faith
  - a) Spiritual faith
  - b) Behavioural faith
  - c) Political faith
  - d) Economical faith (Trustful)



Art of Being Happy

this only 31/10/23

Test 0 - Unit 2  
Practical activity - Unit 4

### Unit - 3 Happiness in Cultural Point of View

\* Importance of happiness in Cultural Aspect

\* Role of Self Actualisation in happiness \* imp.

• Self Analysis of thought process

Q. Explain importance of Self Actualization in happiness. <sup>imp</sup>

→ Introduction

- Philosophical dimension
- Psychological dimension
- Social dimension

→ Basic need of Self Actualisation in human life/behaviour

→ Benefits of Self Actualization in human life.

- They are realistic / practical person.
- Experienced in nature / self actualised people have the highest experience in the society.
- They have a continuous sense of humour.
- They are problem solving in nature.
- They are independent person.
- They have philosophical sense of humour.
- They focus on the journey.

→ conclusion



- What was the mistake?
- Why did you make that mistake?
- What could have done to reverse it?

Introduction \* According to philosophical dimension self actualisation is a part of self analysis and relation b/w soul & God. This is the purification path of jeeva. There are many paths of self actualisation in philosophical dimension :-

- 1) According to Hindu / Shanti philosophy, ~~Ashtanga~~ <sup>Ashtanga</sup> yoga is the process of self actualisation.
- 2) According to Buddhist religion, Vipassana is the method of self actualisation.
- 3) According to Jainism, Prakhyana dhyana Vidhi / method is the process of self actualisation.

\* According to Psychology, self actualisation is the process of finding out about addicted activity & non-addicted activity.

- It also analyzes, positive thought process and negative thought process. Thought process will also change according to your positive & negative emotions. And the +ve & -ve emotions also change your the +ve & -ve activity / work process. And the +ve & -ve work process / also change human behaviours like happiest life & unhappiest life.

\* According to Sociological dimension, self actualisation process is that analyzes not only social behaviours but also political, religious, moral, ethical behaviours, etc. for eg -

- Social : how to survive in the society, communicate with other, do other things in the society.



- Political :- how to utilize our rights,
- Moral :- what is right or wrong.

### Basic needs of self Actualisation in human behaviour

- Social sector - gender discrimination
- Political Sector - inequality
- Economical Sector -
- Religious sector - religion discrimination
- Environmental sector

