**Name**: Anders Bartholdson

**Date**: 4/13/25

**Cohort**: (**Francom**, French, McMahan)

*In what follows, reflect on your learning and personal growth at this point in our course. Consider this week’s readings, multimedia sources, presentations, discussions, activities, etc. To your best ability attempt to integrate these experiences into our own developing understanding of the ‘Good Life’.*

This week, Weiner visits India, where he visits both an ashram and an anti-ashram to see the different ways of achieving happiness. The ashram is a self-contained group that lives together and shares the same belief. The week's most interesting part was our Friday lecture about different cults throughout history. I found it very interesting that many of the cults are formed around saving themselves from the world ending. This was very interesting to me because often the end goal was eternal happiness, and the people in these cults wanted eternal happiness so bad that they often were involved in mass suicides. This was very intiguing to me since it shows just how far some people will go to be happy, which just adds a interesting perspective as we look at what the “good life” really looks like.

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