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**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, we travelled to India to see how they perceive the “good life”. Mary Alice and I had the tour guide this week and we highlighted a couple of things that are staples in Indian philosophy:

* Harmony and chaos happily coexist in India because of their deep roots in their spirituality.
* Committing to service/duty and strengthening religious beliefs is at the core of Indian ideals.
* Practicing letting things go and letting life take its course makes staying present in the moment a lot easier.
* Committing yourself to living a life with many contradictions makes you more flexible and resilient as a whole.

These four things (in my opinion and per Weiner’s description in the chapter) encapsulate what the Indian “good life” is. After we spent time on the reading, prof. McMahan went into more detail about the more unhinged idea of the “good life” in cults, communes, and “utopias”. They commonly believe in shared resources/ideas, the hive mind mentality, isolation, strict adherence to a set of rules, and are oftentimes under the rule of an authoritarian leader. These ideas are definitely not grouped in with what people would think the “good life” is. But it is reality and some people do sadly fall into these groups in search of a life purpose. The Indian “good life” is all about juxtaposition but finding peace through it all. The values of their society have had crossovers with other places we have covered thus far, and I’m curious to see how Weiner’s view on American society will tie into all of the others.