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**Date**: 4/12/25

**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’.*

In the India chapter, Weiner explores how chaos and spirituality coexist in the pursuit of happiness. This belief that happiness can be found amongst feelings of chaos and mayhem, and that these feelings should be embraced instead of avoided has never crossed my mind. While I do believe that happiness can be found through unpleasant feelings like chaos or yearning, I feel that it’s because you lack a sense of happiness when you experience those feelings so you do everything in your power to gain your happiness back. But the mindset of “letting go” or “it is what it is” does resonate with me. I like how the path to happiness isn’t perfect, and that you must find a way to cultivate your path towards it amongst the mess life can bring. I had never heard of Ashrams prior to reading this chapter, but the concept and practice seemed interesting to me, that there was a way for you to disconnect from your day to day distractions to reconnect with your deeper values. The Ashrams talked about in this chapter reminded me of the yoga treats we have here in America, their focus on spirituality and meditation overlapped in my mind. If I were to visit India, I would want to take an Ashram class to see how I react to their breathing and meditation techniques. One major difference that I noticed was how unlike all the other countries Weiner has visited so far, happiness isn't tied to wealth, order, or social systems but instead is based on embracing chaos, contradiction, and from inner peace. India challenged my previous assumptions on how happiness should be achieved and pushed me to confront the idea that happiness doesn't always come from joy and comfort, but that it can also come from contentment in the midst of confusion.