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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 Weiner traveled to India. India is a bustling country that is home to over a billion people. One element that Weiner was quick to point out is the extreme chaos that takes place in India. Practically wherever you go in India’s major cities there is noise, crowds, smells, and overall chaos. At first after hearing this I thought how could someone ever achieve maximum happiness while living immersed in all this, but then I thought about my own life and being from outside of New York City. New York City is quite literally known as “the city that never sleeps.” Being from outside of the city, my life is fast-paced, I always have something to do or somewhere to be, and yet I do feel like I am happy and content with my lifestyle.

Another element I thought about was how Indians will visit what's called an ashram. He described how ashrams are part of Indian culture and how people will visit these sacred sites since there, happiness is seen less as pleasure and instead more as detachment from desire. When thinking about this in my own life, I obviously have never been to a real ashram, although I think it would be fascinating to attend and be fully immersed in, every summer I go to my beach house on Long Island and when I’m there life is way more simple and laid back than my life at home. It feels like an escape from reality and all my daily responsibilities during the winter time.