

# SHINZEN YOUNG'S 'HAPPINESS CHART'

00:00:00 Here, the basic formula, as you'll recall, is mindful awareness leads to six factors  
00:00:24 that constitute, let's just say it's for you, this is the happy pointing to you.  
00:00:34 There's six things that are thought of as being, whoops, let's do it surface first.  
00:00:42 Surface or ordinary human happiness, and remember it was get pleasure in the body, avoid discomfort  
00:00:53 in the body, get various answers in the mind, avoid don't know mind, in the mind, get situations  
00:01:05 that you want and avoid situations that you don't want, okay.  
00:01:12 This ordinary happiness plus deep happiness for yourself.  
00:01:20 Deep happiness, you remember the difference, okay, here you want fulfillment, here you  
00:01:27 want to elevate fulfillment, you want to avoid suffering, you want to get the answer and  
00:01:36 you want to be able to experience don't know mind as an okay thing.  
00:01:47 And then here, instead of situations, it's behavior.  
00:01:50 You want to manifest a love cause and effect, positive behavior, cut down on negative objective  
00:01:56 behavior, those are the objective factors, these are the sensory factors.  
00:02:01 This leads to a motivation to help other people and I mentioned why that is and what form  
00:02:13 that takes.  
00:02:15 So this is a love of the human condition.  
00:02:21 What I drew there, it was a heart and this is the Chinese character for humanity.  
00:02:27 This is bodhicitta.  
00:02:32 This leads to bodhicitta in the Buddhist context, which then leads you to spread surface and  
00:02:42 deep happiness to others and all of this, this plus this and this equals total human  
00:02:57 happiness.  
00:03:01 It's this plus this.  
00:03:02 It's not just learning how to get fulfillment, it's also getting pleasure.  
00:03:10 It's not just avoiding suffering, it's also avoiding discomfort.  
00:03:14 It's not just getting enlightenment answers, it's getting these two, these together, the  
00:03:20 situations you want.  
00:03:22 So this plus this leading to this, leading to this, you'll be happy in every way.  
00:03:35 So that's details about happiness.