Lecture 5
Happiness and Prosperity – Current Scenario

Every human being aspires for continuous happiness

The program for it depends on whatever s/he has understood or assumed about it
e.g. big house, lots of money… tasty food, loud music, fast car… attention, name, fame…

Keeps shifting from one program to another when the program is not successful
e.g. not getting attention of spouse… shift to watching TV… add tasty food… smoking, drinking...
Indulgence… renunciation…

PAUSE & THINK

- I will be bored of happiness if I am always happy
- I will grow only if I am unhappy. If I become happy, my growth will stop
- I need to be unhappy to recognize that I am happy
- We think of others only when we are unhappy. Thus it is important/useful to be unhappy so that one can help others
- Happiness and unhappiness go together, they cannot be separated
- Yes, I want happiness. But my desiring does not guarantee it. So, why to talk of desire?
- My happiness depends on the others. What can I do about it
- We do not want happiness for ourselves – but we want to make others happy (while we stay unhappy)
- Happiness is a small thing. We have higher aspirations – like contentment, peace, bliss etc.
- Do not bother me with happiness. I have to live and deal with things in my real life.

Owning / accumulating physical facility

Physical facility is required, but it alone does not suffice for human being

Dependence on physical facility, can't be continuous

Pleasure (from favourable sensation)

Sound, Touch, Form, Taste, Smell – Through the Body

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Dependence on sensation, can't be continuous

Attention, appreciation… (favourable feelings) from others

Dependence on the other, can't be continuous

Sometimes "happiness", excitement…

Sometimes "unhappiness", depression…

PAUSE & THINK

Over eating

Over sleeping

…

Gutka (Doma)

Alcohol

Drugs

…

Violence

…

Suicide

Excitement (Temporary Happiness) From Outside

Consumption of physical facility, enjoyment of favourable sensations (sound, touch, form, taste, smell)

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

Receiving favourable feeling from others
Attention, appreciation…
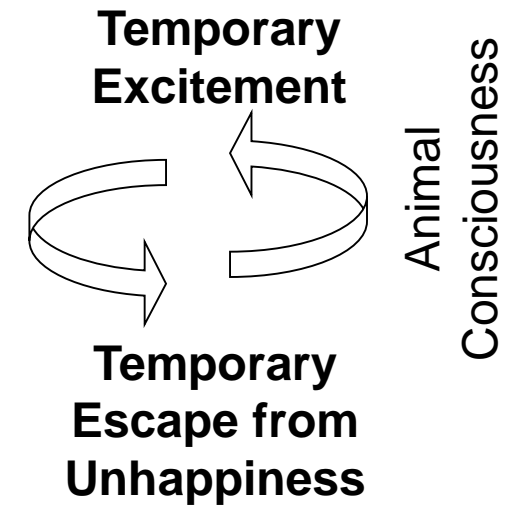
Escape (Running away from unhappiness)

Over eating
Over sleeping
…
Gutka / Tobacco
Alcohol
Drugs
…

Temporary Excitement

Temporary Escape from Unhappiness

Animal Consciousness

1. Right Understanding

Harmony at all levels of being

Human Being, Family, Society, Nature/Existence

– in Self (I)   Definite completion point, Continuity is possible,

Self-organization (*Swatantrata*)

2. Right Feeling   Trust, Respect, Affection, Care, Guidance,

Reverence, Glory, Gratitude, Love

– in Self (I)   Definite completion point, Continuity is possible,

Self-organization (*Swatantrata*)

– From Other   Temporary, Dependence on Other,

No completion point, Continuity not possible

3. Sensation, PF   Sound, Touch, Form, Taste, Smell

– Through Body   Temporary, Dependence on Body & Other,

No completion point, Continuity not possible

Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable

- Accumulation of Wealth = Prosperity?

- The richer you are, the more prosperous you are, i.e. the more you have accumulated, the more prosperous you are.

FAQs for Lecture 5

Happiness and Prosperity – Current Scenario

- I am happy when I get favorable sensation (tasty food, nice music…). Isn't that fine?

- I feel happy getting the attention and love from my mother and also some friends. What's the problem if I live like that?

- I personally do not want so many physical facilities. But I want to make my family secure for the future, hence I have to keep working for more and more physical facilities.

- ...

Self Reflection