

# Tutorials and Practice Sessions

**Story of Stuff**

# Story of Stuff

Watch a 20 minute video Story of Stuff

It is a documentary about the materials economy – its motivation, process and outcome. It has been produced by a set of concerned people at [storyofstuff.org](http://storyofstuff.org), USA

(source: <http://storyofstuff.org/movies/story-of-stuff/>)

We will discuss your observations:

1. What is the program of the people shown in the video?
2. Reflect on your own notion of happiness & your program for happiness. Is your program similar to the program of the people shown in the video?
3. What is the outcome from these programs?



# Our Program depends on our Notion of Happiness

If we assume that consumption is happiness, then we consume

Tasty food → happiness

Latest mobile → show off → happiness

If we assume happiness will come from abstinence, we abstain

Torn clothes → happiness

Bunking classes → happiness

Like that, whatever our assumption or understanding about happiness is, we make a program accordingly

It is a matter of **understanding** happiness!

(it is not a matter of just focusing on the program or do's and don'ts)

We will explore into it...

## Problem (as shown in video)

Production of unhealthy products with focus on profit vs purpose (eg. carcinogenic pillows)

Exploitation of the people involved in production, consumption

Over exploitation of natural resources

Linear production process

Influence (influenced by media & marketing)

99% waste

## Solution (as shown in video)

??

??

??

Circular production process

??

Recycling can help (but it will never be enough)

Symptoms of assuming Happiness = Consumption

Can we have a holistic solution without Right Understanding of happiness?  
(including understanding of happiness)

# Prevailing Notions of Happiness

# Some Prevailing Notions of Happiness

Owning / accumulating physical facility

For human being, physical facility is required, but it alone does not suffice

Pleasure (from favourable sensation)

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

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

Attention, appreciation... (favourable feelings) from others

Dependence on the other, can't be continuous



Sometimes “happiness”, excitement...

Sometimes “unhappiness”, depression...

# Some Prevailing Means of Escape from Unhappiness, Depression

Over eating

Over sleeping

...

Gutka (Doma)

Alcohol

Drugs

...

Violence

...

Suicide



# Excitement and Escape – Not Happiness

## 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**

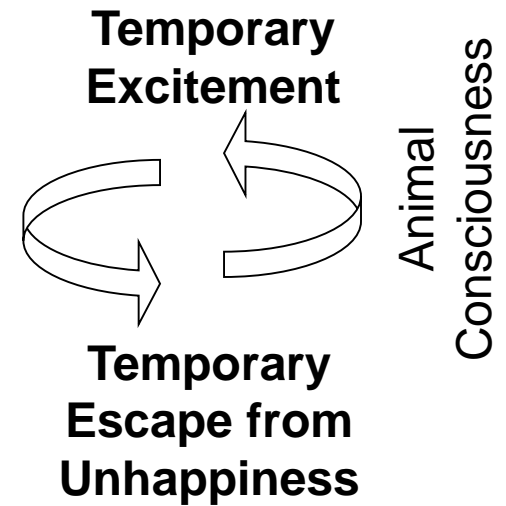
...

**Gutka / Tobacco**

**Alcohol**

**Drugs**

...



## Happiness (Harmony) Within

### Having the right understanding within

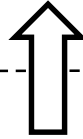
i.e. Understanding of the harmony at all levels of being  
(human being, family, society, nature/existence)

### Having the right feeling within

i.e. right feeling like trust, respect... love

**Continuous  
Happiness**

Human  
Consciousness



**Transformation / Development**

## 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...

**Temporary  
Excitement**

Animal  
Consciousness

## Escape (Running away from unhappiness)

**Over eating**

**Over sleeping**

...

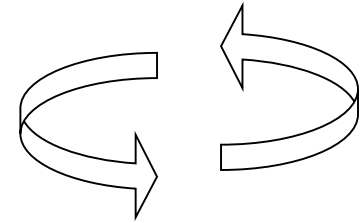
**Gutka / Tobacco**

**Alcohol**

**Drugs**

...

**Temporary  
Escape from  
Unhappiness**



## Happiness = Harmony

To have clarity, solution within

To be in harmony with family members

To be in harmony with the society

To be in harmony in nature/existence

**= Happiness**

## Unhappiness = Disharmony

To have confusion, problem within

To be in conflict with family members

To be in opposition with society

To struggle for survival

**= Unhappiness**