




Four Sources of Happiness in Buddhism

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[Abstract]

Every human being in the world is in search of happiness Today the goal of human being is acquiring happiness. Much attention is focused on Buddhism. Buddhism explain how to be happy and free from sufferings. Happiness and sorrow of our human life depends on way of life. Buddhism described middle way of life. In practicing middle way of Life a person can get a happy life. Central point of the happiness of Buddhism is based on the holy book Dhammapada. The Dhammapa describes: health, contentment, trust, peace (Nirbvana) or the aggregate which covers whole range of human Endeavour. Health Is Paramount, good health means free from disease of passions. Health is the highest gain of Contentment: an effective source of supreme happiness. Contentment is the greatest wealth. The best means of attaining supreme happiness is contentment. Trust: faith is also must for happiness. Faith is the base of social and spiritual system . Trust in parents is the best relation. The trusty whether related or not are the best kinsmen. The best kinsmen is a man you can trust. Peace is the highest bliss of perfect happiness. Nirvana is total cessation of all sufferings. It is the absolute

negation of all pain Some Buddhist regard it's as a state of pure bliss. Buddhism all these noble utterance should be put in to accrual practice in the course of ones daily life to happiness.

Keywords: Supreme happiness, peace of mind, source of happiness

Introduction

Indian philosophy Orthodox and heterodox both school discuss the concept of happiness. Charvaka a skeptical materialistic school, They do not believe in authority of the Vedas. They are hedonists. They regard pleasure as the Summum Bonum or the highest good of life .Charvaka prouponds the doctrine: *“Eat drink and be merry”*.(Sinha, 1949)

Vedanta philosophy hold that liberation consists in eternal happiness. According to Vedanta philosophy “Brahmanas Anand or bliss. Ananda is pure unlimited and unexcellable bliss. The happiness derivable and experienced from objects of sense is appearance of Brahman bliss” (Upadhyaya,1959). A sparkle, can never be substitute for the substance or reality. Worldly happiness is never free from the impression caused or influence exerted by the medum, the mind and it modification (i.e. the psychosis) in the process of emergence. Psychosis is of three kinds: the calm and sober state (sattvika), restless state (rajas), and the dull (tamas) state. In all these psychosis the bliss nature appears only in the calm and sober state.

Lord Buddha the great man of India, said “when the fire of lust is extinguished, when the fire of hatred and infatuation is extinguished, when ambition, error, and all sins and sorrow are extinguished, then the heart of happy find repose” (Olderberg, 1992). The concept of happiness is described in Indian philosophy. Buddhism philosophy explain one of the most systematic concepts of happiness.

The general happiness or worldly happiness is derivable and experienced from objects of sense. Starting from man, this happiness increases hundred times in each succeeding stratum of the living beings. The gradation of

happiness depends upon the proportion of the man, Quality and the purity of mental medium.

General happiness lies in the acquisition of any desired object or the achievement of any desired aim and it also contributes to happiness in the world. In this way General Happiness is ordinarily mistaken to depend upon attainment of the desired objects or aims. Different degrees of the human Quality and the nature of Psychosis are determining factors of different degrees of happiness.

General happiness depends upon the angle of human vision as to how a particular object is looked upon in Life. That is why one and the same object is sometimes gives pleasure to some and misery to others.

General happiness depends on mind set and attitude. It is as revealed through Psychosis of the internal origin. The truth is that our mind itself is the home of all happiness.

Disadvantages of general happiness are –

General happiness is an impediment to progress, is an enemy of evolution, the warper of mans judgement and the cause of new sins.

General happiness teaches man's to take pride in wealth, objectifies his tendencies, draws the veil of ignorance on his correct vision and smothers the natural current of life.

General happiness makes a man a slave of affluence and power entangles him in the illusive chimera of future happiness.

General happiness develops attachment and a craving for the pleasures of sense, perverts man's intellect, arouses feeling of apathy towards the destitute and stimulates an insatiable lust for power.

General happiness excites and develops in a man envy for others, a man treats others as fools because of advancement of mind.

General happiness diverts a person's attention from the supreme aim and addicts him to luxuries and pleasures, obscures the spirit and frustrates a man's human birth.

Lastly in conclusion we can say disadvantages of General happiness deflects a man from the path of virtues.

Hence, we have to find Buddhist happiness. Dhammapada declares “The importance of the mind lies in assessing morality the Buddhist Law of Moral causation (kamma) the problem of pain and happiness, self responsibility etc. Buddhist Philosophy teach us to remove the desire and effect of unhappiness will cease to appear. The origin of unhappiness is desire (trnsna). It is desire which is charged with pleasure and passion. Pleased with whatever is encountered, it is desire for pleasure, desire for existence, desire for non existence. Buddhism’s message is that right intension, speech, work and livelihood are for the welfare, benefit and happiness of men. A man can perceive the happiness according to his capacity. A Layman, a house holder, a politician, a student, trader, monk using inner peace and happiness receives knowledge and happiness.

Mahayan Buddhism leads to material welfare and happiness of all creatures. Buddhism is not the advocate of happiness to Buddhists alone but to men and brutes alike. Buddhism approaches the goal that the world will grow from good to better.

Every human being in the world is in search of happiness. Dhammapada is an inspiring universal application to impart happiness in life. Happiness is achieved when established and accepted manners are known and practiced. The Buddha fully advises that we should live happily not hating those who hate us. He further says, among those who hate us live free from hatred, let us live happily and free from ailment, let us live happily and be free from greed, among those who are greedy.

*“Arogya Parma LabhaSantuthi Parmam Dharam
Visasa Parma nati Nibbanam Paramam Sukham”* (Thera, 2014)

Happily he lives who drinks of the Dhamma. The ultimate object of all endeavours of human life is only to become happy. Happiness is the state of mind. A controlled mind and guarded mind (guard your thoughts) is conducive to happiness, Real happiness is the realization by the mind. In this way peace of mind is the Base of Supreme Happiness.

The term for happiness is ‘*Sukh*’ (etymologically) explained as ‘*Sukha*’ means having a good axle hole that is a vehicle moving, smoothly without

constraint.

The early discourse refers to two forms of happiness. First is material happiness in other words- worldly happiness or sensual pleasure. “The pleasure of the senses are those pleasures that are evoked in us through the objects of our five senses, Buddha calls them Kama”(Grimm, 1965). “The Five different objects of sensual desire are- form, sound, odors’, juices and objects of touch” (Grimm, 1965). Second is mental happiness or spiritual or supreme happiness. Happy the solitude of the peaceful.

The stubbornness of the ego is truly the supreme happiness. Buddhism explains or describes “four sources of happiness”(Thera, 2014) as (1) health (2) Contentment (3) Trust (4) Peace.

1. Health (Health means physical and mental health):

Health is vital for Happiness, “to keep the body in good health is our prime duty, otherwise we shall not be able to light the lamp of wisdom and keep our mind strong and clear” (Caus, 1975).

Health is the highest gain, Once upon a time a man of great wealth who suffered from many ailments came to treat Buddha with folded hands and said: World Honored Buddha pardon me for my want to respect is not saluting thee as I ought, But I suffer greatly from obesity, excessive drowsiness and other complaints, so that I can not move without pain.

The Tathagatha seeing Luxuries with which the man was surrounded asked him: Have thou a desire to know the cause of thy ailments? And when the wealthy man expressed his willingness to learn, the blessed one said; there are five things which produce the condition of which thou complains:

“Opulent dinner(dinner)
Love of sleep
Hankering after pleasure
Thoughtlessness
Lack of occupation” (Caus, 1975)

A – Opulent dinner (Sumptuous dinner) –Eating rich and large quantity of food leads to diseases. Exercise, control on food intake and doing some

work manually helps to lead a healthy life. Good health is the first ingredient of happiness. Good health signifies freedom from the disease of passion. According to Dhammapada “Hunger is the greatest disease”(Thera, 2014). Food is the biggest menace, ordinary diseases are usually curable by suitable remedies but hunger has to be appeased daily thus making it as one of the greatest problems of this world. Buddha has declared it as the greatest of diseases. It is for satisfaction of the elementary need of the body that men, women and even children rush up and down the streets of all modern cities to-day.

The hunger which has so far baffled the modern governments and probably there is no suffering which is greater than this. A balanced meal or dinner is ideal for good health. The message of Buddhism is moderation in food.

B – Love of sleep– Love of sleep means lethargy, it is the root cause of pain. In this stage a person cannot move without pain. It is harmful for lightness of body and youthful energy. If a person sleeps well his mind will be clear, intelligent, bright, sharp and pure. If a person sleeps painfully his mind would be unfit for work, thus do not live in love of sleep. Love of sleep should be despised always.

C – Hankering after pleasure: Let us enjoy ourselves today, for we know not whether we shall be alive tomorrow. “Hankering after pleasure is dangerous for good health. He who is involved in it finds it to be endless and he cannot escape from it” (Caus, 1975). All who are wise deny the pleasures of the body. They leave lust and seek to promote their spiritual existence, message of Buddhism is that abstain from impurity and lead a life of chastity.

Abstaining from impurity implies an ill directed mind which is attracted to ten kinds of evil namely killing, stealing, sexual misconduct, Lying, slandering, harsh speech, Vain talk, covetousness, ill will and lastly false belief.

Acts lead to happiness, Acts which are done well leads to happiness. There are ten kinds of meritorious deeds (*kusal*) namely; generosity, morality, meditation, reverence, service transference of merit, rejoicing in others

merit, hearing the doctrine, expounding the doctrine and lastly straightening one's right views. Buddhism exhorts to lead a life of chastity. Message of Buddhism is do not live in luxury.

D – Thoughtlessness – Good thoughts are a great source Energy. “Thoughtlessness is the path of death” (Caus, 1975). Good thoughts will produce good action and bad thoughts will produce bad action. Buddhism's message is that be mindful and thoughtful and act always with full presence of mind.

E – Lack of occupation – Occupation is necessary for life. People with right occupation livelihood can make themselves comfortable in this world and any occupation that did not keep their family in comfort is not good. Hence as elsewhere, right occupation must not cause unnecessary harm to others. Right occupation have led people to occupy their time right from the very beginning. Even in the simple economy of 500 BC there were jobs which were not considered good. Even the it was advised to avoid occupations such as the earning of bread with work of butcher, tanner, soldier etc. Lack of occupation is the cause of ailments. Occupation is must for living a happy life. Social aim takes on new forms in every age. Occupation is the base of social good, healthful exercise and development of faculties which yields happiness without fail.

Buddhism's teaching is that greatest happiness lies in the following of right livelihood. Right livelihood means that we should earn Living without violating these principles of moral conduct. Buddhists are discouraged from being engaged in the following five kinds of livelihood; trading in other living beings for slaughtering, trading in weapons, trading in flesh by causing the slaughter of animals, trading in intoxicating drinks and drugs and trading in poison. Most of our activities are related to our business, and source of income.

It affects deeds of human life. In this way lack of occupation is harmful for health of person and employment and right livelihood is useful for good health and happiness.

Happiness of our life depends on choice of right livelihood. By practicing right livelihood a person gets a happy life, through it, a person can establish

humanity and happiness in the world. It will also characterize and emphasize the essence of right livelihood in modern society.

Medical science stated the rules of psychosomatic disorder. Religion and science do not contradict each other, they are complementary in nature. Albert Einstein the great scientist has stated that if there is any religion that could cope with modern scientific needs, it would be Buddhism.

The concept of medical science is supported by some issues which relate physical or mental health to happiness. Achievement of complete mental health is a contemplative neuro-scientific self enquiry based on the Buddhist Noble Eight fold path. Noble Eight fold Path (NEP) is totally experimental.

Medical science strives to achieve the unification of the body and mind. Stress (abnormal Mental health) induced disorders like hypothyroidism, obesity, schizophrenia, panic attack and toxics are many more disorders and diseases which hamper our physical strength or health. It happens only because of abnormal mental health issues.

Medical science proves that in physiotherapy we take treatments like REIKI and Neurolinguistic of brain, Hypnosis, Memory enhancer, tips for students and so many emotional strength just to build perfect mental and spiritual growth to control our physical health.

Mind can cure the body that is a self healing process and medical science corroborates this statement very well.

2. Contentment (*Santosa*)

Contentment consists in lack of desire to acquire anything except what comes of itself without exertion and what is absolutely necessary for bare living. Cultivate contentment as it is an effective source of happiness. Discontentment converts a man into a thief, a cheat, a dacoit, and a demon usurping others' rights. Discontentment alone fosters ill-will, anger, animosity and violence. Virtues Like Mercy, Karuna, Mudita, Love, tranquility and a spirit of service never appear in the life of a discontent man. Dhammapada teaches us that a wise Bhikkhu must possess this cardinal virtue of contentment.

It is a great wealth. Contentment is the ultimate pleasure of human life. Thus, the best means to attaining happiness is contentment. Happiness can be achieved by the eradication of desire. A discontent man will always be unhappy. Buddhism teaches 'Be content for happy life'.

3. Trust (Complete Faith)-

The trustworthy are the best of king's men. The best kings man is a man you can trust. "Trust is Faith in the Buddha (the teacher) the Dhamma(The teaching) and the Sangha (the order)based on knowledge, one is not expected to accept anything on mere unreasoning faith"(Thera, 2014). Trustful confidence is based on knowledge. Buddhism has no place for Blind faith. Buddhism is a Religion of experience, of exploration and of discovery. The Buddha said "Come and See" (Cours, 1975). The Buddha based his Religion solely upon man's knowledge of nature of things upon probable truth. Third is trust in religious life. The way of life in Buddhism is a training which we have to undergo for the higher attainments offered by life.

The eight steps for this path namely: "Right understanding, Right thought, Right speech, Right action, Right livelihood, Right efforts, Right mindfulness, Right concentration". (Thera, 1995)

Right understanding-In order to acquire right understanding one has to be unbiased with regard to all ideas and facts of life.

Right thought- It consists in keeping one's goal before one's eyes and not deviating from the right path.

Right speech- It consists in telling the truth and avoiding slander, harsh speech and foolish babble.

Right action-It consists in refraining from killing, stealing, adultery and drinking strong liquor.

Right livelihood-It consists in earning one's living by fair means. Five kinds of trades are denied viz. slaughter of animals, hunting , selling intoxicating articles and dealing in slaves and deadly weapons. Thus Buddhism by insisting on right living shows the right path. Rightefforts-It consists in not allowing bad thoughts to arise in the mind.

Right mindfulness-It underlines the importance of developing the

quality of awareness.

Right concentration-It is the highest stage of development in the Buddhist way of life through which one comprehends the peace of Supreme happiness.

Thus we trust the Buddhist way of life leading to perfect peace and happiness. If we follow the Noble Eightfold path, there will be peace, happiness and harmony definitely in this world of ours.

So we should trust Buddhism. Trust is a way of happy life. Due to lack of trust or faith, doubt begins leading thereby to unhappiness and worries.

4. Peace –

Last source of happiness is peace. The world today seeks peace through Religion. Buddhism proposes happiness to attain Mental peace. The teaching of Buddhism says that man himself is mainly responsible for his own happiness through peace.

The concept of peace is expressed by the word '*Shanti*', in other words, forbearance is described as the ideal state of man in Buddhist literature. We can say that Buddhism has aimed at peace as its corner stone in its long history. Today its followers have a special duty to work for promulgation of peace in the World.

The teachings of Buddhism continue to be relevant in the present day and ages like all religions. The teachings of love, kindness, the conduct of non-violence, tolerance and especially the Buddhist theory that all things are source of inner peace and fraternity continue to be source of unfiltered happiness.

Buddha fixed peacefulness as the final goal. Nirvana is the path of everlasting peace. The exalted and sublime the 'GREAT PEACE' and emphasizes again and again that the higher we ascend on the path of Happiness, more peaceful we become with ourselves and our environment.

Profitable to happiness is peace. The fire of love, hate and infatuation are the causes of suffering. When a person deviates from these evils he finds the

path of painless happiness. He who has conquered ignorance and separation of desire enjoys the supreme reward in this life.

When greed, anger, haltered, ignorance and other evils are removed from the heart, there will then arise that spark called '*Bodhi*' which would bring us serenity, peace, contentment and perfect happiness.

A person who wants to attain happiness following the four sources of happiness in life is on the right path. In Buddhism the foundation of happiness is Ideal life. Health to happiness is a classical way in Buddhism. Health is the Paramount source of Happiness, after health contentment is the second step of happiness, third step is trust, fourth step is peace. Peace is a natural state, without good life peace is not obtained and without peace happiness is not gained.

My article's objective is to achieve Gross National Happiness through the development of inner virtues viz. contentment, peace, trust. They are vital in leading a systematic ideal life. The objective of the study is to suggest ways to propagate happiness at grass root levels.

Engaging the GNA (Gross National Awareness) is the best approach through spread of Bhutan's unique concept of Gross National Happiness (GNH) as distinct from the usual Gross National Product (GNP) coined and developed in Bhutan. The later is based on economic performance while the former appears to be more holistic and deserves further engagement and debate at the international level. It is because the pursuit of happiness is not the primary aim for all of us.

This Study is related to realizing G.N.H through present ideal life and thereby delivering happiness to all men, women and children. In my paper analytical methodology is used. Discussion of the study is useful and applicable to all aspects of human life which contribute to world's welfare. It is simply following each attribute in a balanced manner and simultaneously underlines the message of gross national happiness of Buddhism. This pure way of happiness, contentment, peace makes man's life eternally hopeful and cheerful.

Conclusion

A person who wants to attain happiness following the four sources of happiness in life is on the right path. In Buddhism the foundation of happiness is Ideal life. Health to happiness is a classical way in Buddhism. Health is the Paramount source of Happiness, after health contentment is the second step of happiness, third step is trust, fourth step is peace. Peace is a natural state, without good life peace is not obtained and without peace happiness is not gained.

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