

HAPPINESS. Happiness calls for five ingredients in equal measure. It requires good relationships with one's partner and family; then good relations can be extended to the community - love and be loved. Happiness comes with a healthy body: Eat well; exercise; no drinking, smoking or drugs; instead indulge in a cheap thrill: Lots of laughter. Happiness springs from a healthy mind, with a belief system that is tolerant, un-dogmatic and non-delusional, with purpose & a vision in life. Happiness does not call for riches - but it requires financial independence, a secure, adequately paid job and a safe home. Lastly, the foundation for happiness often is mutually pleasurable sex.

Furthermore, happiness flows from living purpose-fully and committed. If we do our duty and strive to live a spiritual and balanced life, we will be happy.

While the above scenarios look at external factors as contributing to happiness, another aspect of happiness is the notion that it comes from within.

'Happiness is an inside job' goes the saying. Then philosophy, contemplation and meditation become profound sources of inner peace and happiness.

*But notably happiness is just one ingredient of wellbeing, which flows from the confluence of happiness, meaning, purpose & being true to oneself.**

**(Associate Professor Lindsay Oades, director: Centre for Positive Psychology, UNIMELB; "The recipe for wellbeing ..." Sarah Berry, Sun Herald, 25 June 2017)*

*Yet another observer puts happiness in perspective: "It is through sadness, failure, disappointment, grief and doubt that people grow - not happiness."***

*** (the writer Hugh Mackay at the Happiness And Its Causes conference; Adele Horin, SMH, 6 May 2010: 'Couldn't be happier? Try feeling sad for a change')*

This notion of sadness, grief and doubt as a force for growth is at the core of the journey the young Indian prince Siddhartha Gautama undertook to find relief from suffering for his fellow human beings.

When he went to town to meet his subjects, he saw disease and misery. He soon left his wife and child to become an ascetic; in due time - as legend has it while sitting under the Bodhi tree - he became the Buddha.

**see also BELIEF*

There is a much misunderstood aspect of happiness, where we believe we will be happy once certain milestones are achieved: When we are promoted, or we find the person who shall be our life-partner, etc. The opposite is true: Those attainments are more likely to come to pass naturally, if we are happy to begin with.

*after The Happiness Advantage by
Shawn Achor*