

The DIVINE LAWS

The LAW of Happiness

$$“H=(R-E)”$$

A Partial Teaching on the Determination of A Working Definition of Happiness

Discourse

Introduction to the Hypothesis

In any philosophical inquiry, it is important to obtain or present proof of the hypothesis or concept.

Let us examine Happiness as a concept by itself to obtain a basic working definition to determine the validity of the solution obtained during the process of answering the [question ‘Can I make ‘someone’ happy?’](#)

It is discovered therein that I cannot make someone happy because [I cannot come to know that ‘someone’ in totality](#).

A Working Definition of Happiness

It is not necessary that the working definition that we finally acquire be the total solution, as we only need to proceed up to the point where the solution to the equation obtained during the inquiry into the question ‘Can I make ‘someone’ happy?’ is validated.

Qn. Is Happiness an internal matter or dependent on external sources for a given individual?

Ans. Happiness is an internal matter for any individual.

Points for Consideration

1. A common misunderstanding is that Joy, for example having an ice cream or a chocolate, is the same as Happiness.
2. People mistake Joy and Pleasure for Happiness.
3. Joy and pleasure is transitory whereas Happiness is permanent.
4. Joy and pleasure is obtained through externalities while Happiness is internal.
5. Pain, sorrow and grief whether physical, mental or emotional is to be treated similarly as joy and pleasure.
6. When you ignore your pain, sorrow and grief, it stops bothering you after a period of time.
7. Happiness trumps pain of any kind every time.

Conclusion: Happiness is an internal matter.

Qn. Is Happiness a matter of choice and decision?

Ans. Yes, Happiness is a matter of choice. Nobody can be compelled to be happy. Happiness is real, tangible, can be felt, seen and is actionable. Therefore, it requires that an individual who wants to be happy has to **make a decision** to be happy.

Points for Consideration

1. In numerous groups of people, one may find an individual who seems to have an unending supply of jokes or anecdotes, which can keep his or her friends and colleagues amused and occupied for long periods of time.
2. In some groups, one may discover an individual who is forever complaining or whining about something or the other.
3. Occasionally, one may come across an individual who is able to say or demonstrate that he or she is happy to be alive.
4. The happy individual is the one who has made a conscious Choice and Decision to be Happy at all times so that life may be enjoyed.

Conclusion: Happiness is a matter of choice and decision.

Qn. Is happiness a matter of choice and decision for me or can someone make that decision on my behalf?

Ans. My Happiness is a matter of MY choice and decision.

Points for Consideration

1. [The Right](#) gives me the Freedom of Choice and Freedom of Decision in all matters affecting me alone.
2. Happiness is a purely personal matter and The Right vests in me alone.
3. It is my right to exercise my choice and decision to be happy or otherwise.

Conclusion: My Happiness is a matter of my choice and decision.

Qn. Can Happiness be demanded from another person?

Or

Can another person compel Happiness?

Ans. No, Happiness can neither be demanded nor be compelled since Happiness is an internal matter of my own choice.

Points for consideration

1. The [Derived Right to Privacy](#) is given to me so that I can **think and plan in private** without anybody coming to know.
2. The Derived Right to Privacy is given to me so that I can **decide** my course of action without anybody coming to know.
3. [Rule 3: I am Self-Enabled.](#) includes self-discipline and self-motivation.
4. Happiness is a decision for me to make in private.
5. Therefore, nobody can demand happiness from someone nor can be compelled to be happy.

Conclusion: Happiness can neither be demanded nor be compelled.

Qn. Is Happiness dependent on external events?

Or

Is happiness internal or dependent on externalities?

Ans. Happiness is a purely internal matter for an individual and is not based on any externality.

Points for Consideration

1. The body+mind thinks and plans in private.
2. The body+mind makes decisions in private.
3. External events are for different purposes for example, knowledge, education, experience, amusement and so on.
4. Happiness being an internal matter is neither influenced nor dependent upon external event or phenomenon.

Conclusion: Happiness is not dependent on externalities.

Qn. Is Happiness dependent upon material items or things?

Ans. No, Happiness is not dependent on material things.

Example

I like chocolate ice cream. A friend offers me a large cup of chocolate chip ice cream, which gives me immense pleasure. My friend gets another large cup of chocolate chip ice cream, which I enjoy, and my teeth are chilled. My friend gets the third large cup of chocolate chip ice cream for me and suddenly I do not [want](#) to look at chocolate chip ice cream now.

Conclusion: Happiness is not dependent on material things.

Qn. Is pleasure, joy, sorrow or pain an impediment to my being happy?

Ans. No, because pleasure, joy, sorrow or pain are short lived and transient in nature whereas Happiness being a matter of choice is for life.

Example

An injury to any part of the body brings pain and tears et cetera. However, physical, mental or emotional pain does not in any way prevent me from remaining balanced and happy.

Pain, joy, pleasure or sorrow are transient in nature and will soon be forgotten with the passage of time.

Happiness is a lifelong matter because it is the result of a well thought out planned decision.

Conclusion: Happiness is for life when it is by choice.

Qn. Is Happiness dependent upon the state of the body or the state of the mind or the state of Being (body+mind)?

Ans. Happiness is neither dependent on the state of the body alone nor on the state of the mind alone. Happiness is a state of Being (body+mind).

Points for Consideration

1. The body by itself cannot be the controller of happiness for the being.
2. Similarly, the mind by itself does not control the happiness of the being.
3. The body+mind which is the being has to make a decision to ignore the minor issues of pain, sorrow, grief, joy or pleasure externalities during the process of thinking, planning and making the decision to be happy.

Conclusion: Happiness is a state of Being (body+mind).

A Working Definition of Happiness

Thus, a working definition of Happiness may be defined as:

1. Happiness is an Internal state.
2. Happiness is a matter of Choice and Decision.
3. My Happiness is a matter of My Choice and Decision.
4. Happiness can neither be demanded nor be compelled.

5. Happiness is not dependent on externalities.
6. Happiness is not dependent on material things.
7. Happiness is for the long term, preferably for life.
8. Happiness is a State of Being (body+mind).

The LAW of Happiness has been discussed to understand its different aspects in the form of several Partial Teachings as listed below:

1. A Partial Teaching on [The LAW of Happiness](#).
2. A Partial Teaching on [The Continuum of Life](#)
3. A Partial Teaching on [the question Can I Know 'Someone'?](#)
4. A Partial Teaching on [the question Can I make 'Someone' Happy?](#)
5. A Partial Teaching on [the question Can I make 'Someone' Unhappy?](#)
6. A Partial Teaching on [the question Can I make 'Anyone' Unhappy?](#)
7. A Partial Teaching on [the question Can I make 'Anyone' Happy?](#)
8. A Partial Teaching on [an Example of Radiating Happiness](#)