

# JAM SANDWICH

the key to  
ultimate



H A P P I N E S S

T.C. MOSIA

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## Dedication

Dedicated to Daniel Murphy, a brother and friend in Christ. It was our correspondence that sparked in me the idea to write this book. Though it was never really about happiness, it eventually evolved into it. I remember how you used to say that our meeting each other was no coincidence; that God was up to something. Well, it turns out you were right. He was up to something, and herein lies the proof. The fruit of our short exchange is something quite extraordinary. So thank you, friend!

An irony of ironies, my convictions to write this book came during the time of one of my strongest bouts with depression. But maybe it isn't ironic after all. I mean, if it is not the unhappy man who will go searching for the formula for true happiness, then who else? Is it not the thirsty who go looking for water? Or the hungry for food? In this regard, I would like to thank the Lord Jesus Christ for showing me the way that leads to a better place (in fact, the best place) spiritually. I share what this way is. Hopefully, it will also lead those who read this book to their various places of supreme comfort.



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## Introduction – Happiness

We will define happiness as the all-encompassing feeling of pleasure, contentment, satisfaction, fulfilment, joy, laughter, excitement, hope, peace, oneness, rest, refreshment, and renewal. This feeling is created through various ways and means, and no two people can achieve the same state of happiness through the exact same channels. This is to say that, the way to true happiness is as broad and diverse as the billions of people upon this earth, and, every human has their own specific path, which no one else can know. This book will help you discover where your own path to happiness lies.

### Ultimate Happiness

People are not just looking for any kind of happiness, but ultimate happiness. What is ultimate happiness?

#### Happiness levels

Happiness has levels. Like any other feeling: anger, stress, sadness, disgust, etc., it has levels of intensity; it falls on a spectrum. At some point in your life, you may have come across a questionnaire prompting you to indicate how "happy" you were with some or other thing. It will have shown you a scale of let's say 1 to 5, with 1 indicating extremely unhappy and 5 signalling extremely happy. You will have then proceeded to indicate your *level* of happiness.

Indeed, happiness is not always of the same quality. As people, we can experience it on so many different levels or degrees.

The aim of this book is happiness of the highest degree or level; that is, happiness of the highest intensity possible for any given individual. This kind of happiness is what we may perhaps refer to as *extreme happiness*.

## Happiness comes and goes

Furthermore, in addition to its levels, happiness also lives on a time scale: from short-lived to ever-present. A person can be happy one moment and sad the next. Nevertheless, they can also stay happy for a considerable amount of time. This is to say that, the feeling of happiness can last anywhere from a few seconds to a few hours, days, weeks, months, or even to a great number of years.

The aim of this book is the type of happiness that lasts a very long time. Let us call this kind of happiness *enduring happiness*.

There are thus two distinct qualities to happiness to which the reader's attention is being called. These are: degree (or level) and longevity. The degree of happiness can be intense or weak, or anything in between. Longevity can be short or lengthy, or anything in between.

## Ultimate happiness

It is the author's belief that, when people say they want to experience happiness in their lives, they are talking about experiencing it in its highest degree and for the longest time possible. No one wants to experience fleeting happiness, but rather, true happiness; the kind that is both *extreme* and *enduring*. You may be one of these people.

Let us refer to the brand of happiness that is of the highest intensity and that endures long, as *ultimate happiness*.

Ultimate happiness is the best form of happiness that anyone can experience. It is what people are really after. It encompasses both the *extreme* and *enduring* aspects that many of us are looking for in happiness. *Ultimate happiness is true happiness*.

The burden of this book is to help you, the reader, discover the key to your ultimate happiness. How can you attain to that feeling of pleasure,

## Happiness

contentment, satisfaction, fulfilment, joy, laughter, excitement, hope, peace, rest, oneness, refreshment, and renewal, at its highest level of intensity, and for the longest time possible?

First rule: Do not follow other people's paths.

### Wrong Paths to Follow

In a world where every other person seems to know the solutions to all our problems, can anyone really be trusted to know where our own true happiness lies?

A million ways

How to be happy? Your friends will persuade you to quit school and pursue all types of pleasures; your parents will tell you to stay in school and pursue a career in the sciences; colleagues will urge you to get a salary increase; your spouse will convince you to change careers; your financial manager will persuade you to invest in such and such a scheme; would-be entrepreneurs will tell you that true liberation rests on starting your own company; society will have you believe that the way is through college, work, a car and a house, marriage, and 2.5 kids; the media will constantly bombard you with images of "happy" celebrities and their "fulfilling" lifestyles; religion will have you quit everything, become a monk, and go live out the rest of your life in obscurity in some foreign country; Ted talkers will prescribe a change of attitude – they will tell you to smile more often, to always ask, "Hi, how are you?", to complement where necessary, to say "Thank you!", and to be more generous; there seems to be no end to my blabbering – for the sake of space, and considering that you probably have a life to get back to, I think it's best we leave it here.

In all the noise and confusion of every other entity trying to lead us towards happiness, just what is the way!?

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Should we be relying on the input of others to lead us in the direction of true happiness? Do others actually know our own personal path to ultimate bliss?

Perhaps we should ask, why do people think they know what will bring us happiness?

The madness in people

The gift and the curse of humanity is to operate on the basic instinct that all humans are more or less the same. Anything that affects me this way should also affect you the same way. If I find certain things pleasurable, then you should also find the same things pleasurable, and vice versa. A gift because it helps us relate to one another; a curse when it causes us to impose our expectations on others, sometimes even to the point of coercion.

"Hey, this food is so delicious! Man! I've never tasted something so good in my entire life! I've got to let Siphon try this!" Nevertheless, upon taking a nibble of my "delightful" cuisine, Siphon frowns at it in disgust, and immediately stops eating. You should see my reaction. How do I react? Exactly as any other person would, I become puzzled and astonished (and a little bit hurt). How is it possible for him not to like my cuisine!? I mean, this is the best cuisine this side of the cosmos! In the heat of the moment I might even exclaim, "Dude, there is something seriously wrong with you!"

The truth of the matter is there is nothing wrong with Siphon, or for that matter, Susan, Mehal, or Youssef. These people are different to me and you. They are them, and we are we, and always assuming that what makes us ecstatic, or pensive, or frustrated, should also make others ecstatic, pensive, or frustrated, is something that is fundamentally flawed, and a little irrational, considering that no two

people are exactly the same. Nevertheless, this irrationality is something (an instinct is the best way to describe it) that is rooted so deeply in us, and that comes through so naturally, that we often don't always discern its potential flaws.

As for me, I genuinely expect everyone I meet to express their undying love for soccer, cartoons, hip hop music, and phutu mixed with fresh milk (an African cuisine). If they don't, I tend to get beside myself. I will seriously get the shock of my life. Nevertheless, just to make sense of it all, I will always conclude that there must be something seriously wrong with the other party. According to me, every soul in the universe should find pleasure in same things I find pleasure in. I mean, I'm the standard, right? And every other person my clone and resemblance? Should not everyone thus behave as I do and thus find happiness in very same things I find happiness in? For the most part, this is how we all think.

This instinctive assumption that we are all the same is the mental glitch that causes people to believe they know which paths we ought to follow in order to find happiness. In extreme cases, it can even lead to coercion.

### Coercive believers

Though I struggle to fathom people who are different to me, I would never go so far as to force anyone to do as I do (or as I would do) to find happiness. Nevertheless, some people believe so strongly that their path is the right one, that they would go to extreme lengths to lead others through it. (This is especially true of parents and family members in general). This, then, is the curse of operating on the basic instinct that we are all cut from the same cloth.

Paulo Coelho

Paulo Coelho, author of the famous book *The Alchemist*, which sold millions of copies and was translated into more than 50 languages worldwide, is a prime example of the victim who is forced down other people's conceptions of happiness.

The son of an engineer, Paulo Coelho was born in Rio De Jeniro. Growing up, he wanted to become a writer, however, his parents were against the notion. Their idea of happiness for their son was in him pursuing a more stable career. When young Paulo rebelled against their wishes, he was committed to a mental institution. This happened no less than three times, but on each occasion, he would escape. Finally, Paulo gave in and enrolled into law school. Nonetheless, a year later, he would drop out. This was followed by a life in the hippie counterculture movement of the 70s, where he travelled throughout Mexico, North Africa, and South America, and experimented with all sorts of counter-productive habits. He began experimenting with drugs. Fortunately, however, through what I believe was strong will and determination, Paulo would eventually attain his life-long dream of becoming a writer. Upon returning to Brazil, he worked as a lyricist. He would also go on to become an actor, a journalist, and a theatre director, before finally pursuing and successfully reaching his dream of writing.

It's funny and sad that Paulo's parents would commit him to a mental institution for not envisioning happiness the way they did. They felt so strongly that their way was the only way, that they literally forced their son through it. Nevertheless, this only caused him to become more rebellious. Having dropped out of college, he would eventually enter the hippie life of drugs, sex, and rock and roll. Had it not been for Paulo's strong desire to achieve his dream, he might have never experienced the sort of contentment that would come with being a

writer. His parents might have actually led him away from it.

The weakness that is inherent in people's approaches to helping us find happiness, is the unwarranted assumption that we are all the same; that what brings them and others happiness should also bring us happiness. *They assume the path is more or less the same for everyone.* This, however, is not the case.

### Happiness is not what makes me/you happy

As humans, we will often conceive of what happiness is and how it can be achieved as coming from our own points of view, which are necessarily informed by our own personal experiences of what makes us happy. *What we know or think can make us happy is what we often extend to others.* Nonetheless, and in all honesty and fairness, what makes one person happy may not necessarily make the next person happy. If pizza ushers your very soul into heavenly bliss, there is no guarantee it will work the same wonders for me. It may, in fact, upset my stomach, which will in turn upset me. Again, if mountain climbing makes me feel more alive, it may, however, be the death of you, literally. Therefore, to correlate happiness (and define it in relation) to pizza, or mountain climbing, or anything else that works for us personally (whether it be charity work, a career in the sciences, music, a sacred trip to the mountains, etc.), and to advise others in this manner, could actually be misleading. Instead of guiding people to their ultimate happiness, we may instead be dragging them still further away.

### Don't take other people's paths

Though most people mean well, and what they say or do to persuade us to walk according to their notions of happiness comes from a genuine place, most are unwittingly governed by the instinctive assumption that one person is as good as the next, and thus what works (or would work)

for the one should necessarily work for the other. Since this is not the case, and every human is different, and hence a special case, their advice will less likely lead us down the path of true happiness. Therefore, as a lesson, we should always be wary of taking other people's advices and formulas on how to find happiness, because quite simply, they do not have the answers they claim to have.

It is unwise to follow blindly the paths that are laid out before us by others, whether it be friends or family. *People don't really know where our happiness lies.* They may think they do, but they don't. No one actually knows, *nor can know*, precisely, where our route to ultimate happiness lies.

### The Monkey See, Monkey Do Syndrome

It is not always the direct and deliberate effort of other people to cause us to follow in their ways. Often, because we are ourselves ignorant of where our own contentment lies, we willingly go along with the crowds, thinking we will somehow stumble upon happiness. This, however, is also doomed to failure, as most of the people in the crowds are themselves lost and as blind to their own paths to happiness as we are to our own. *"Can the blind lead the blind? Will they not both fall into a pit?"* (Luke 6:39, NIV). Another lesson is in order here: We should stop doing like others do and following in their footsteps, hoping to find genuine fulfilment. To reiterate, our personal path to happiness is not known, neither is it shared by any other person or group. No one can lead us to it.

### Is it Ultimate Happiness?

Agreed, it is sometimes possible to find happiness through the advice of spiritual gurus, the insights of self-help books, or the influences of parents, mentors, or role models. We do not want to discount the best

efforts of those who truly want to see us happy as being utterly worthless – sometimes, their formulas can lead us down a path where happiness is found. Nevertheless, is the happiness that we *might* eventually find ultimate happiness? Is it that deep and long lasting kind of happiness our hearts truly desire?

### Common happiness

Common happiness is the happiness that is found by two or more people travelling the *same* path.

Because all humans descend from a common ancestor (the man Adam), this means that all of us will have lots in common with each other. This is where now our basic instinctive assumption about people (that they are all the same) will have some sort of a basis. Due to our many similarities as humans, our assumptions regarding what other people may or may not like will not always be off. For instance, if I like the taste of something, chances are many others will too. If Siphon did not like my cuisine, Chang, on the other hand, might. Furthermore, if I have found happiness in money, materialism, a certain career, fame, etc., chances are there are others who will find happiness in the same. This is to say that, to the degree that we are similar to other people, we will tend to like the same things they do, and hence find some sort of happiness in these things. Therefore, it is certainly possible to find happiness while travelling the same path as others – especially those who are like you.

Unfortunately (*and this is the crux of the matter*), because we are not (and will never be) exactly the same as anyone else, the quality of happiness that we will ourselves experience, while being or doing the same things as others (i.e. travelling the same path), may differ considerably to the quality of happiness that everyone else experiences.

Common happiness is inferior

Except if completely misled, those who go down a path that is not truly theirs will get to experience a certain amount and quality of happiness. Therefore, the advices of our families, friends, strangers, mentors, role models, the crowd, or even the media, may not always be completely without profit. To the degree that we are similar to these people, some of what brings them joy and happiness will also bring us joy and happiness. Studying engineering just because our friends are doing it, being in business just like our parents, following the advice of self-help authors, etc., may grant us some form of happiness. Nevertheless, because we are not exactly the same as these people, we may never get to be as happy as they are. Though they may find ultimate happiness in following a certain path, we may only get to be “mildly” happy whilst travelling the same path.

Chances are, though we may find happiness by following the paths of others, this happiness will not be of a superlative nature. In all likelihood, it will be weak and inferior. It will lack those two most important and sought-after attributes of *extremity* and *endurance*.

Because someone else’s path is not exactly tailor-made for us, the happiness found therein will not exactly be “fitting”. Though our friends (family, colleagues, etc.) may find true happiness by being in business (or following any other life path), we, on the other hand, by doing the same, may only get to find a fleeting form of it.

This is all to say, although following other people’s models may grant us some form of happiness, it will never be ultimate happiness. Though there may be happiness in becoming a millionaire, owning a fleet of cars, doing a certain kind of job, etc., *if the path you have followed is not your own personal path, then it can never yield true and enduring happiness.*

### A dangerous deception

Unfortunately, there is also a deceptive kind of danger in following other people's paths and finding some form of happiness. Substandard happiness can be quite fatal to our prospects of finding true happiness. It is even better for the one who finds despair than the one who finds false (that is, weak and inferior) happiness whilst following the wrong path.

You may have heard of the saying: "*Good is the enemy of great*". Well, in this case, inferior happiness is the enemy of ultimate happiness.

The danger that exists in being "sort of" happy living a life that was (directly or indirectly) dictated by other people's ideas of happiness, is that you may never get to pursue and find out where your own ultimate happiness lies. Since your current "path" pays rent, puts food on the table, is able to send you on the occasional vacation, and guarantees "lit" weekends, you may generally be happy with it. On a scale of one to ten, your happiness might rank five or six. This may then convince you to live the rest of your life in this path you have chosen, which only just yields semblances of happiness. The idea of seeking greater fulfilment might look too risky to pursue, hence, you would rather remain where you are and with what you have. This is the majority of middle class people.

### Unhappiness: Going About it the Wrong Way

Lastly, not only are other people's ideas of pursuing happiness either utterly useless (cannot lead us to any kind of happiness) or limiting (can only lead us to substandard happiness), but *most are fundamentally flawed*. Because people do not know how to address the problem of unhappiness, nor do they respect the science behind it, their solutions for it are necessarily ineffective.

## The happiness doctor

Let us define a *happiness doctor* as someone who attempts to begin others on a path of finding happiness. It may be a blogger (I'm sure you've come across happiness articles online), a spiritual guru (such as those associated with eastern mysticism and new age movements), an author (of self-help books on happiness), a salesman (who tries to convince you that their products will make you the happiest person on earth), an international speaker (who claims to know your path to happiness), or even a friend, a brother, or a parent (that is, those close to you who want to see you happy). Basically, this term may apply to anyone who seeks the happiness of others through a discernible effort of some sort.

Unfortunately, most happiness doctors don't know how to administer happiness medication.

## Flawed prescriptions

The way most happiness doctors go about trying to remedy people's lack of happiness shows a great deal of ignorance of, or a blatant disregard for, the factors at play. See, unhappiness, moodiness, depression, irritability, deep seated anger, etc., are merely indications and symptoms of an underlying problem. Nevertheless, instead of investigating the real issue, people tend to just throw solutions around ("*Oh you just need a girlfriend.*"; "*Oh you just need to socialize more.*"; "*You just need to get out more.*"; "*You need to learn something new everyday.*"; "*You need to go on a holy trip.*"; "*You need this... You need that.*"), hoping somehow to solve the problem without really knowing the cause behind it. This is as foolish as trying to play darts in pitch black darkness. As a result, the solutions brought forward, if they do seem to work, tend to just do away with the symptoms of unhappiness, and only for a short period, rather than getting rid of the underlying problem. They simply

brush the surface.

As such, most of the advice we receive on happiness can be qualified as mere “feel good” exercises, rather than genuine solutions to the problem of unhappiness.

### Feel good exercises

At the heart of it, the goal of most happiness doctors is simply to make you feel good, that is, to alter your mood. Since they are not familiar with the deeper issues underlying your unhappiness, and do not care to become informed, their solutions are necessarily superficial. They will deal with the symptoms rather than the real problem. Therefore, all that most happiness doctors prescribe is tantamount to feel good exercises that only just yield a semblance of happiness.

A quick Google search of some of the suggestions proffered by well-meaning happiness doctors yielded the following:

- Exercise more;
- Change your thoughts;
- Spend more time with friends and family;
- Get outside more;
- Help others (100 hours a year);
- Practice smiling;
- Visualize your "best possible self";
- Call your mom;
- Listen to music;
- Give money to charity;
- Watch a funny video;
- Plan a trip;
- Set meaningful goals for yourself;
- Move closer to work;

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- Whip up a good meal.

All these “shooting-darts-in-the-dark” solutions may make you feel good, but are they getting rid of the problem?

If you have ever had a rat die in your house, you will know that, no matter how much air freshener you use, the relief is only temporary. Until you look for and get rid of the source of the stench, "true" freshness will never be forthcoming. To turn this into an analogy: our body is the house, the dead rat is the source of our foul moods, and feel good exercises are just mood “fresheners” that ignore the rat. Watching a funny video or calling your mom will certainly change your mood, but what happens when this mood wears off? What happens when you finish eating that good meal you have whipped up? Or, when the end credits of your feel good film begin to roll? Will it be like watching the end credits to your happiness as well?

### Fleeting happiness

How enduring is the “feel good” kind of happiness?

Jesus spoke of a wise man who built his house on the rock, and the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall. He also spoke of a foolish man who build his house on sand. *The elements of nature strove against it and it fell.* A famous fable tells of three little pigs that built their houses using different materials. The third pig made his of brick, thus it remained steady despite the wolf's valiant attempts to blow it down. *The first two houses, however, were made of straws and sticks respectively, and the big bad wolf was able to blow them down.*

The brand of happiness sold by most spiritual teachers, speakers, authors of self-help books, friends and family members, the media and business capitalists, is almost always comparable to the

house that was built on sand and the two that were made of sticks and straws. *It is extremely fickle.*

The aim of helping others find happiness should not merely be to make them feel good, that is, to create pleasant moods. Drugs, alcohol, partying, sex, masturbation, cussing, and binge eating, for example, can also have similar effects. I eat often when I feel depressed, and it makes me feel good. The only difference between me and the person who uses exercise to feel good is that he burns a lot of fat, while I am putting it on. Other than that, we are the same. The results are only temporary; our newfound “happiness” is easily perturbed by the winds of life. So what now after the effects wear off? Should I then eat another slice of cake? Should he run another 5 kilometres? Beyond that, how long before our next “fix”, and the next, and the next?

True happiness runs deeper than our moods. So instead of looking for temporary fixes, we should really be looking for sustaining solutions.

### In Summary

Happiness is the feeling of pleasure, contentment, satisfaction, fulfilment, joy, laughter, excitement, hope, peace, rest, oneness, refreshment, and renewal. The way to this feeling is diverse for everyone. Though certain common pleasures between people may trigger general happiness, the highest quality and longevity of happiness for each person can only be achieved through a unique path that is specifically set out for them. Other people’s ideas and ways can only either be one of three things: worthless, limiting, or fundamentally flawed. They simply cannot lead us to where true happiness lies.

### Why This Book?

Why are you reading this book? If there is no specific path to happiness

that applies to everyone, then what is the purpose of this book?

There may not be a said path for reaching ultimate happiness that applies to everyone, but there are paths as many as there are people in this world. Finding happiness means finding your own unique path. This book will seek to enlighten the reader on how they can discover their own personal path to happiness.

Each one of us holds the key to our own happiness, and no one else can know of this key except ourselves. Here provided is the formula that will help the reader discover their own key and path to true happiness.

*The way to ultimate happiness lies within you.* No self-help book in the world contains it; the seminar on "*How to be Happy*" is not the solution; not even your parents are privy to it. The road to happiness is within you and is you.

### Real happiness

The brand of happiness that this book promises the reader is comparable to a house that is made of bricks and built upon the rock. The rain will fall, and the floods will come, and the winds will blow and beat on that house, *but it will not fall*. The big bad wolf will try to tear it down but will never succeed. If you are in search of this kind of happiness, the kind of happiness that stands as sure as the foundations of this earth, then this book is for you.

### The science of happiness

To find genuine happiness, we will first need to understand the science behind this emotion. We will need to understand how it is *engineered* and then apply the pertinent principles in our lives.

## Chapter 1 – Happiness, the Science of

We live in a scientific world. The word science is derived from the Latin *scientia*, which means knowledge. Therefore, we live in a world of knowledge, or, a world full of knowledge, or, if you will, a knowledgeable world. "*By wisdom the LORD founded the earth. By understanding, he established the heavens.*" (Proverbs 3:19, NHEB). Everything we see, hear, smell, feel, and touch, is necessarily governed by knowledge, that is, reason, understanding, logic, intelligence, wisdom, a set of laws, a discernible pattern of some sort. The phenomena called "happiness" is no exception; it too has a science (or a knowledge) behind it.

By understanding the laws and principles that govern the phenomena we call happiness, we can have a sure way of consistently and controllably inducing it to such an intensity and longevity as we want.

In this chapter, we discuss the most elementary dynamics of how the feeling of happiness for human beings (as well as other physio-spiritual systems) can be achieved. We seek to define a science and a formula through which the reader can know exactly how, in general, happiness is attained. The tenor of this discourse will be advised by asking two simple, yet utterly important, questions. The first: What is happiness? By laying down an adequate definition of the subject matter, we can know what we are aiming for and working toward. The reader can know the end goal of what they are getting out of this book. The second question: How is happiness achieved? Now, this is not how my (or your) own personal happiness is reached, but rather, how happiness is achieved in general. That is, how the extremely complex physio-spiritual system that is called "human" can be made happy; what is the science behind human happiness?



### Part I: What is Happiness?

In the introduction, we defined happiness as the feeling of pleasure, contentment, satisfaction, fulfilment, joy, laughter, excitement, hope, peace, oneness, rest, refreshment, and renewal.

Happiness is:

The feeling of pleasure

It is a nice feeling; an agreeable feeling. It is a sweet and luscious feeling. It is the feeling of gratification. It is that feeling when a certain need has been met and the innermost being is rejoicing, and it feels mighty good.

The feeling of contentment

Happiness is the feeling of not needing anything else. Things are alright just as they are. Though better things are always welcome, there's no urgent need for change or improvement.

The feeling of satisfaction

Things are as we want them to be. All of reality has aligned itself according to our wishes. Our wants and desires have duly been met, and that puts a smile on our faces.

The feeling of fulfilment

The end of the rat race. Happiness is the feeling of "I've arrived." It is meeting one's own end – not in terms of death, but of who we were meant to be – and living in it. It is the feeling of consummation; a perpetually heightened state of emotional pleasure; a climax that never comes to an end.

### The feeling of joy and laughter

Happiness is enduring gladness and deep delight. The spirits are up and it is difficult to dampen one's mood. Our eyes are forever smiling; our faces are as the sun shining in all its strength. We are forever anticipating to crack into laughter. There is no worry or stress. Life is one big jol.

### The feeling of excitement

We look forward to waking up, watching the sun rise, taking a bath, getting dressed, stepping outside, greeting the usual strangers, waiting at the bus stop, climbing the bus, sitting down, taking out a book to read, climbing off the bus, meeting with friends, conversing, enjoying lunch, doing random stuff, catching a movie, going window shopping, taking the bus back home, taking a shower, watching funny videos over a bowl of ice cream, and then finally, retiring to bed. That is, every day is filled with its own little adventure, and we take great delight in everything, no matter how small or seemingly insignificant. A happy soul always seems to find excitement in anything they are engaged in.

### The feeling of hope and positivity

Our energy is always positive. When things head south, we are always hopeful of a positive outcome. Though things may seem to be greatly aligned against us, we always have this feeling deep inside of us that everything will be okay. In whatever situations we find ourselves, we remain adamant that they will not defeat us. We take courage from the fact that the power of the universe is always on our side.

### The feeling of rest, peace, and oneness

Happiness is the feeling of being at rest. Everything within us is at peace; there are no conflicting emotions. There is no stress, fear, or

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anxiety. We are one with ourselves, thus we are not so easily perturbed by external circumstances. We move at our own pace as nothing dictates how we should think or feel.

The feeling of refreshment and renewal

Happiness is that feeling that energizes and renews one's strength. It vitalizes the inner sanctums of the soul, granting us access to what may seem to be supernatural vigour. A true novelist is happy when they write, and so they can write for hours upon hours, without need of food, water, or taking a break. The person who is not a natural will soon begin to feel tired without having done much. Happiness is the reason children are much more energetic than adults, who are often bowed down by depression, stress, anxiety, uncertainty, and fear.

Refreshment and renewal promote health and life. Scientific studies have proven that happier people tend to live much longer than their stress-laden counterparts. Happiness is indeed the best medicine, as according to the Scriptures: *"A joyful heart is good medicine, but a broken spirit drains one's strength."* (Proverbs 17:22, ISV). Happiness, therefore, means long life.

Happiness is all these feelings and maybe even slightly more. Feel free to add to this list any other emotions that you feel resonate with the essence of happiness.



### Part II: The Science of Happiness

Now, it is obvious that the type of happiness we have defined is very rare, and some may even think it is impractical. It just seems too exaggerated. It seems like we have described heaven in all of its beauty and glory and splendour. Nevertheless, like we said, there is a science

(knowledge) behind every earthly phenomenon. The degree to which we stick to the knowledge (science), is the exact degree to which we will be successful in recreating whatever phenomenon we want. Finding happiness is thus tantamount to applying certain knowledge that guarantees it, every time without failure. Therefore, the kind of happiness we have defined in *Part I* is of a certainty possible.

What is the science behind happiness?

To everything there exists a basic formula. The effort of humanity is just to find this knowledge and apply it. Regarding happiness in general, and ultimate happiness specifically, what is this basic formula?

The happiness formula

The science behind happiness is quite simple. Are you ready for it? Well, here goes:

*Happiness is achieved when our desires are satisfied.*

*Ultimate happiness is achieved when all our desires are satisfied completely.*

Let this soak in for a moment. Contemplate on whether this formula hits the nail on the head. As you do that, we will take an insightful detour that may help you further in this exercise.

Before speaking directly on and seeking to justify the above formula, it will help to get some perspective. This will happen in the way of seeking to understand the opposite of happiness (that is, unhappiness) and how that is achieved. Having then understood one opposite, the other shouldn't be too difficult to decipher, at least according to what math would have us believe.

Reverse physics

If happiness can be thought of as a force (which is what emotions

essentially are, forces), then its equal but opposite force would be, needless to say, unhappiness (or sadness). If then, we can understand what causes unhappiness, we can also understand the cause for happiness. By simply reversing the equation, we can consequently discover the formula for happiness. This is how mathematics works. By understanding one opposite, we can simply flip the whole thing around to get clarity on the other. Let us do this and observe if the outcome will lead us anywhere in terms of understanding happiness a bit better.

### Unhappiness

Unhappiness, like happiness, is more of a range of emotions. Anger, stress, depression, grief, sadness, frustration, bitterness, irritability, emptiness, restlessness, etc., are all indications of an unhappy soul. A grieving person and an angry person are not exactly going through the same emotions, but both are obviously unhappy. Unhappiness is thus an umbrella term for a spectrum of negative feelings, just like how happiness is an umbrella term for the spectrum of positive feelings we discussed in *Part I*.

What causes unhappiness?

#### The cause

Unhappiness is created when things are not happening according to our desires – when that which we desire does not occur, or when that which we do not desire occurs; in other words, when our desires are not being met. In order to prove this, I have researched the causes of anger, stress, and grief. In every case, we will see that the root cause of each of these emotions is *a fundamental violation of that which we need, want, require, desire*.

*Here are some of the things that are said to cause anger:*

- *Being verbally or physically attacked or assaulted.* The desire is to be treated with dignity and to be free of any sort of physical harm. Verbal or physical attack or assault does not meet this desire.
- *Being put down or disrespected in front of others.* The desire is to be treated with respect.
- *An interruption to your plans.* The desire is to stay on track.
- *Financial losses or difficulties.* The desire is for financial safety and stability.
- *Unfair situations or treatment.* The desire is for justice.
- *People saying bad things about you.* The desire is for our names and reputations to not be tarnished.
- *Lack of sleep.* The body's desire to rest is not being met.
- *Being hungry or thirsty.* The body's desire for food and water is not being met.
- *Being lonely.* The desire for fellowship or companionship is not being met.

***Here are some of the causes of stress:***

- *Death of a spouse.* The desire is for them to carry on living.
- *Divorce.* The desire is for the marriage to carry on functioning.
- *Imprisonment.* The desire is for freedom.
- *Injury or illness.* The desire is for fitness and vitality.
- *Job loss.* The desire is to keep the job or have financial stability.
- *Marriage problems.* The desire is for a smooth marriage.
- *Being late for work.* The desire is to be early or on time.

*Here are some of the causes of grief:*

- *Loss of a job.* The need is to keep the job.
- *Loss of a beloved pet.* The need is for the pet to carry on living.
- *Loss of a friendship.* The need is for the friendship to carry on.
- *Loss of a romantic relationship.* The need is for the relationship to stay alive.

I'm sure you get the point. Anger, which is a source of unhappiness; stress, which is a source of unhappiness; and grief, which is a source of unhappiness; are all caused when a certain of our desires are not met. A passage about frustration from Wikipedia nicely reiterates this perspective. It reads thus:

*"Frustration originates from feelings of uncertainty and insecurity which stems from a sense of inability to fulfil needs. If the needs of an individual are blocked, uneasiness and frustration are more likely to occur. When these needs are constantly ignored or unsatisfied, anger, depression, loss of self-confidence, annoyance, aggression, and sometimes violence are likely to follow."* (Wikipedia)

Unhappiness is therefore caused when our desires, needs, requirements, wants, etc., are not being met.

Do note that the "*death of a spouse*", the "*loss of a job*", the "*loss of a romantic relationship*", "*being late for work*", etc., are not in and of themselves the causes of anger, stress, grief, or frustration (i.e. unhappiness). A person may lose their spouse and subsequently throw a huge party. They may be late for work or even lose their job and yet not be affected in the least. The critical thing here is whether we are *desirous* of the opposite outcome. Do we desire our spouse's health, strength, and long life? Do we desire to keep our jobs or to arrive early

or on time? If not - if we do not care, if we are indifferent - then we cannot be affected in any way. The person who does not desire financial security will not feel stressed or angry when they lose their job. One who has no desire for justice will not care when there is injustice. Therefore, unhappiness is rooted in the things we desire, whatever they may be, and their failure to become or stay fulfilled.

### Degrees and longevity of unhappiness

Like happiness, unhappiness also has the two aspects of *intensity* and *longevity*. The degree to which we undergo pain and suffering, and for how long, is directly proportional to how great our unfulfilled or violated desires are.

Usually, the desire for the safety and protection of our loved ones is greater than the desire for money and material things. Therefore, in such cases, the death of a loved one would cause greater and much more enduring grief than the grief of accidentally dropping one's phone in water. Undesired weather may cause a bit of anger, disappointment, and unhappiness, but in normal circumstances, that should not be comparable to the pain of let's say losing your house in a blaze of fire.

The greater the desire, the greater the intensity and longevity of the pain and unpleasantness when its demands cannot be met.

In a nutshell, unhappiness also possesses those two qualities of intensity and longevity. In this sense, it is very much like happiness.

### Ultimate unhappiness

Since we have asserted that there exists such a concept as ultimate happiness – which we defined as the highest form of happiness in terms of *intensity* and *longevity* – then in theory at least, there should also exist that of ultimate unhappiness (or something that closely resembles it), since unhappiness also conforms to the same two metrics of

measurement (i.e. intensity and longevity).

How should we imagine ultimate unhappiness is reached?

If, according to our scientific formula, ultimate happiness is reached when *all our desires have been satisfied completely*, then reversing this formula should create the exact opposite of ultimate happiness. This is to say that, *if none of our desires are met, even in the slightest*, then we should expect to experience the highest form of unhappiness possible. Let us call this *ultimate unhappiness*.

Let us plug this “unhappiness formula” into a made-up scenario and see if the outcome we imagine to be true will meet our expectations.

When everything goes wrong

Imagine the following scenario. You wake up one morning to go jogging in preparation for next week's marathon, a special event that takes place once every twenty years. As you are running along, you get a call from your boss informing you that the company has been liquidated. You should therefore look for a new job. On your way back, you accidentally trip and fall, severely injuring your ankle. Now you cannot fulfil your lifelong dream of participating in the marathon; at least not for another twenty years. Somehow, you manage to limp back to your place, but as soon as you get there, you find that your garage has been broken into and your car stolen. Furthermore, your home has been ransacked and all your valuables taken. Your dog is lying in a pool of blood. At this moment, you get a call from the hospital informing you that your mother, partner, and two children, have been involved in a car accident and have all died.

How do you imagine you would feel if this was to happen to you? Unhappy? Obviously yes, *but that would be putting it very mildly*. Your suffering would be of such a degree that there may not be a fit

vocabulary in which to express it.

This then would seem to justify our premise that unhappiness (and extreme unhappiness) is the result of unmet desires. In this particularly fictitious scenario, the desire to participate in a sporting event, the desire for job security, the desire against the loss of valuables, and the desire for the health and safety of loved ones, would have all either been violated or unfulfilled. This would be the root cause of the sadness we imagine we would subsequently feel. The unfulfilment of any of our desires is what causes us pain. If then, *all* of them are left unfulfilled, then the grief can only be so much greater in terms of intensity and longevity.

A more factual example of unmet desires and (ultimate) unhappiness is found in the book of Job.

### Job's Despair

Job, a faithful servant of God, went through something quite akin to our fictitious scenario. His unhappiness was great to say the least.

Almost all that Job had was taken away from him. His desire for health, wealth, and the welfare his servants and children, became unmet all at once, hence his great distress. Let us read his story.

*"And there was a day when [Job's] sons and his daughters were eating and drinking wine in their eldest brother's house: And there came a messenger unto Job, and said, The oxen were plowing, and the asses feeding beside them: And the Sabeans fell upon them, and took them away; yea, they have slain the servants with the edge of the sword; and I only am escaped alone to tell thee. While he was yet speaking, there came also another, and said, The fire of God is fallen from heaven, and hath burned up the sheep, and the servants, and consumed them; and I only am escaped alone to tell thee. While he was yet speaking, there came also*

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*another, and said, The Chaldeans made out three bands, and fell upon the camels, and have carried them away, yea, and slain the servants with the edge of the sword; and I only am escaped alone to tell thee. While he was yet speaking, there came also another, and said, Thy sons and thy daughters were eating and drinking wine in their eldest brother's house: And, behold, there came a great wind from the wilderness, and smote the four corners of the house, and it fell upon the young men, and they are dead; and I only am escaped alone to tell thee... So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown. And he took him a potsherd to scrape himself withal; and he sat down among the ashes" (Job 1:13-19; 2:7-8, KJV)*

Job's desire for the welfare of his children is highlighted in the following passage, where he is found to be continually interceding for them, regardless of whether they had actually sinned.

*"And his sons went and feasted in their houses, everyone his day; and sent and called for their three sisters to eat and to drink with them. And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, it may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually." (Job 1:4-5, KJV)*

I am sure you are able to get a sense of how much Job loved his children, as well as how he must have felt when he learned of the their untimely deaths.

Furthermore, all of Job's livestock had either died or been stolen, and most of his servants killed. His bodily sickness would only make matters worse. Therefore, the situation was dire, and Job's reaction, as we shall see, was only natural.

The level of unhappiness Job went through was of a very profound nature. Let us read the passages regarding this and see if we will not come to the impression of the degree of the grief that this man suffered. See if you will not agree with me that this is what unhappiness (and more especially, ultimate unhappiness) would look like.

*"After this, Job opened his mouth and cursed the day of his birth. He said: "May the day of my birth perish, and the night that said, 'A boy is conceived!' That day—may it turn to darkness; may God above not care about it; may no light shine on it. May gloom and utter darkness claim it once more; may a cloud settle over it; may blackness overwhelm it. That night—may thick darkness seize it; may it not be included among the days of the year nor be entered in any of the months. May that night be barren; may no shout of joy be heard in it. May those who curse days curse that day, those who are ready to rouse Leviathan. May its morning stars become dark; may it wait for daylight in vain and not see the first rays of dawn, for it did not shut the doors of the womb on me to hide trouble from my eyes." (Job 3:1-10, NIV)*

*"Why did I not perish at birth, and die as I came from the womb? Why were there knees to receive me and breasts that I might be nursed? For now I would be lying down in peace; I would be asleep and at rest...why was I not hidden away in the ground like a stillborn child, like an infant who never saw the light of day?" (Job 3:11-13; 16, NIV)*

*"Oh, that I might have my request, that God would grant what I hope for, that God would be willing to crush me, to let loose his hand and cut off my life!" (Job 6:8-9, NIV)*

*"Why then did you bring me out of the womb? I wish I had died before any eye saw me. If only I had never come into being, or had been carried straight from the womb to the grave!" (Job 10:18-19, NIV)*

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*“Why is light given to those in misery, and life to the bitter of soul, to those who long for death that does not come, who search for it more than for hidden treasure, who are filled with gladness and rejoice when they reach the grave? Why is life given to a man whose way is hidden, whom God has hedged in?” (Job 3:20-23, NIV)*

Job's distress was obviously great. Not only did he want to die, but he wished he had never been born at all. He wished he had been carried straight from the womb and into the grave. So profound was Job's grief that he describes it in the following words:

*“If only my anguish could be weighed and all my misery be placed on the scales! It would surely outweigh the sand of the seas — no wonder my words have been impetuous...” (Job 6:2-3, NIV)*

*“For sighing has become my daily food; my groans pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.” (Job 3:24-26, NIV)*

Though maybe not to the same exact intensity, but many of us can still relate to Job's torment. Though we have all the money we need, the fancy clothes, cars, houses, etc., we still have no peace, no quietness, and no rest; only endless turmoil. Job's groanings continue:

*“...I have been allotted months of futility, and nights of misery have been assigned to me. When I lie down I think, ‘How long before I get up?’ The night drags on, and I toss and turn until dawn. My body is clothed with worms and scabs, my skin is broken and festering.” (Job 7:3-5, NIV)*

*“Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul...When I think my bed will comfort me and my couch will ease my complaint, even then you frighten me with dreams and terrify me with visions, so that I prefer*

*strangling and death, rather than this body of mine. I despise my life; I would not live forever. Let me alone; my days have no meaning.”* (Job 7:11; 13-16, NIV)

The foregoing passage speaks of Job experiencing nightmares. His soul was so sad and embittered that it would not let him have a good night's rest. It would often manifest its unhappiness through dreams that were so unsettling, that Job preferred "*strangling and death.*" Have you ever been in such a situation? Maybe you are as you are reading this book. Have you ever thought, like Job, that perhaps your expensive bed or couch, your car, house, upper class friends, well-paying job, etc., would comfort you in times of great need? Nevertheless, you have never been so miserable and depressed? Has life caused you to hate your own life?

*“I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul.”* (Job 10:1, NIV)

Have you ever thought that maybe being with people will ease your pain, but then, when you are with people, that maybe being alone, and nothing seems to help? You speak your anguish, yet there is no comfort. You refrain from speaking, but the grief still persists?

*“Yet if I speak, my pain is not relieved; and if I refrain, it does not go away.”* (Job 16:6, NIV)

Is your spirit broken? Do you have dark shadows around your eyes?

*“My face is red with weeping, dark shadows ring my eyes”* (Job 16:16, NIV)

*“My spirit is broken...”* (Job 17:1, NIV)

*“My eyes have grown dim with grief; my whole frame is but a shadow.”* (Job 17:7, NIV)

### Ultimate unhappiness?

Job's ordeal is the perfect example of what is, or greatly resembles, ultimate unhappiness. Anger, stress, depression, grief, sadness, frustration, bitterness, irritability, emptiness, and restlessness, are what I believe Job experienced to an utterly profound degree. In him, it would be hard to deny that the phenomenon we call "unhappiness" was perfected.

How was unhappiness perfected in Job? Two words, one phrase: *Unfulfilled desires.*

### Unmet desires

What was the reason for Job's ordeal? Simple, his desires became unfulfilled. Whereas they were previously met – in that his wealth (livestock), health, and the welfare of those who were his own (servants and children), were all in order – now they were no longer met. His riches were gone, and so were his children and servants. On top of that, his health was failing him. Job no longer had what he wanted, and this was the source of his pain.

If, perhaps, like Job during his affliction, you are acquainted with overwhelming grief, and total despondence, bitterness, and frustration, are your life-long friends, now you will know why: *You presently do not have what your heart is yearning for! Your heart's desires are not presently being met!* You may think they are but they aren't. Your money, popularity, and big circle of friends, aren't exactly meeting your soul's true longings. Do not be fooled by them.



Now that we have learned about the polar opposites of happiness and ultimate happiness (unhappiness and ultimate unhappiness,

respectively), what precious insight has this given us into understanding the concept of happiness and how it can be brought about a little bit more?

### Reversing the equation

If not having what we want is the source of our unhappiness, then having what we want should qualify as the source of happiness, right?

### Happiness

If the science behind unhappiness is the unfulfillment of our desires, then reversing the equation should yield a working formula for happiness.

### How happiness is achieved

If sadness is reached when our desires, needs, requirements, and wants, are not met, then it would make sense for happiness to be the result of fulfilled desires, needs, requirements, and wants.

To prepare us for developing our thesis a bit further, and maybe as a needed reminder, let us restate our formula for happiness:

*Happiness is achieved when our desires are satisfied.*

***Happiness is synonymous with having desires met.*** In the following sections, we strive not only to prove how this axiom applies to humans, but to also show, with the aid of appealing slightly to our anthropomorphic instincts, how it may also hold true across the whole spectrum of physical and physio-spiritual entities – plants; animals; non-conscious objects.

### Common physics

Living in a physical world, especially where the “physics of things” (i.e.

how things function) is similar, we are enabled to study various aspects of one thing through the properties of another. In order to lend credibility to our theory (*Happiness is achieved when our desires are satisfied.*), we will first look at how it applies to other physical systems, other than the one called "human". We should find that it works in a similar manner. We should find that everything else in the world (no matter what it is) is made happy by meeting its specific desires. Let us begin with the plant.

### Plants

Let us appeal to our anthropomorphic natures for a moment. For this exercise, have a picture of any type of plant(s) in your mind (an orchid, a daisy, grass, etc.). We will ask and answer the following questions: What does a happy plant look like? And, what does it take to make a plant happy?

### A happy plant

I think all of us will agree that a "happy" plant is one that looks, depending on its type, healthy and full of life, crisp and fresh, plump and succulent, fertile, blooming, fruitful, lush and abounding, aromatic, bright, colourful, and iridescent. For a plant, this is what happiness is.

We can certainly know for a fact that, on some spiritual level, "happy" plants are indeed genuinely happy because, when we take the time to appreciate their presence, they can inspire happiness in us as well. Merely looking at reeds dancing gently to the rhythm of the wind, or listening to the swooshing sound of trees, can bring a sense of calm. Smelling the sweet scent of a sunsprite can inspire a smile. Simply looking at and appreciating the beauty of a healthy plant can bring a sense of delight. In the same way we can sense and recognize happiness in humans, and this happiness is often contagious, we can also sense the

mood of a plant, and in some transcendental manner, partake in it. If we have the spiritual sensitivity, happy plants will make us happy, whilst unhappy plants – that is, drying and dying – will often make us feel unpleasant emotions.

### What it takes

What does it take to make plants happy? If we were to modify our formula for happiness to benefit plants, it would look something like this:

*Plant happiness is achieved when a plant's desires are satisfied.*

What are the desires of a plant? These are the requirements it needs for it to be and stay healthy, fruitful, fresh, and full of life. A typical plant needs good soil, water, carbon dioxide, sunshine, and sometimes fertilizer and pesticide. If these things are not supplied, then the plant will never know happiness. In fact, chances are, it will not live long. Therefore, to ensure that a plant attains to the experience of what happiness is for a non-conscious yet living thing, *its desires must be met.*

### Animals

Now, let us turn our focus to animals, which are alive and conscious, unlike plants. This, then, makes them a better model of inference.

Like humans, animals have the capacity to feel a range of emotions, though not as lengthy or intricate. Like us, they know fear and distress, and they certainly know happiness.

Can an animal experience happiness?

Happiness is not necessarily a facial expression. A smile does not have to mean that a person is happy. Our definition of happiness, you will remember, includes: pleasure, contentment, satisfaction, fulfilment, joy, laughter, excitement, hope, peace, oneness, rest, refreshment, and

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renewal. Of all these feelings, only joy and laughter can be said to warrant a movement of facial muscles; the rest can be as expressionless as a stone. One can feel pleasure, contentment, satisfaction, fulfilment, excitement, peace, oneness, rest, refreshment, and renewal, without necessarily having to wear a big grin on their face.

Animals can also experience happiness. They don't have to show it to prove it.

Perhaps the dog is the most expressive of all the animals. We can easily know when it is happy or sad. For this reason, let us consider it as the instrument of this discussion.

### A happy dog

What does a happy dog look like?

I'm pretty sure all of us can tell when a dog is happy. Normally, it will be wagging its tail, jumping up and down, and running back and forth. It will generally be in high spirits.

Like the plant, the dog's mood is generally contagious. If your dog is making you feel happy, then you can know for a fact that it is indeed happy.

On the spiritual plane, we are all connected to mother earth and all of her elements – for man was created from the dust of the earth. It is for this reason that the general state of one entity can affect the mood of others around it. It is why a sad person or a hurting animal can make us feel sad or hurt. Or why some people feel guilty for injuring or killing a mere insect. See, we were created to sense happiness and unhappiness in other people and things, more especially our physio-spiritual relatives like plants, insects, and animals. We have a moral obligation to ensure the happiness of everything that participates in the proper functioning of the whole ecosystem of this planet. When one entity is

sad, it also causes us to feel sadness so that we might help it to recover. Think of it, if we could not feel compassion towards other players in this game of life, then we could literally destroy everything without even realising it. Okay, enough of this deep philosophical stuff.

What does it take to make a dog happy?

A dog requires food, water, safety, health, and companionship, without which it cannot be happy. Just like the plant, the dog (or any other animal) has desires, and when these desires are not fulfilled, it cannot be happy. How can anything experience peace or rest when it is thirsty? Or contentment and satisfaction when it is hungry? Pleasure when it is dying of some unknown disease? Therefore, it is only when their desires are met that animals can be satisfied and at peace. This is why the Bible asks this profound question: “Does a wild donkey bray when it has grass, or an ox bellow when it has fodder?” (Job 6:5, NIV). The answer, of course, is no. Why would they “complain” when they have been given their hearts’ desires?

If we are truly spiritually sensitive, we can even extend the happiness formula to apply to non-living physical entities.

Happiness is fulfilled desires – other physical objects

Therefore, it stands to reason that happiness is achieved when desires are met. *This is how the physical world works.* We have considered plants and animals, and saw that their happiness is achieved when their needs are fulfilled.

Moreover, perhaps we can even consider things without life and consciousness, and based on our anthropomorphic intuition, confer upon them a “happy” and an “unhappy” state, and then consider how they may achieve the state of happiness. We will find it is generally in the same way. That is, we will need to satisfy their “desires”. Consider

the following.

If we were to consider the state of *dilapidation* as a state synonymous with depression, sadness, grief, etc. (i.e. unhappiness) for non-living entities, then how may a dilapidated house be made “happy” again? Well, *we will have to give it what it needs*. We will have to give it a thorough cleaning, have its parts (e.g. windows, doors, etc.) fixed or replaced, restore its structure, and then give it some paint. Then, and only then, will it be in a “happy” state, if *smart* and *intact* are considered as “happiness” states for inanimate objects. Here again, happiness will have been achieved when “needs” or “desires” are met. The house “desired” cleaning, fixing, and painting, in order to be “happy.”

Thus, we can see that our formula for happiness can be applied broadly within our physical world. Why then should it not work for humans?

### Human happiness

When it comes to humans, the fundamentals do not change. We too are made happy when our desires are satisfied. Let us revisit the story of Job and see how his happiness was restored. The following passage provides the details:

*“After Job had prayed for his friends, the Lord **restored his fortunes and gave him twice as much as he had before...** The Lord blessed the latter part of Job’s life more than the former part. He had fourteen thousand sheep, six thousand camels, a thousand yoke of oxen and a thousand donkeys. **And he also had seven sons and three daughters...** After this, **Job lived a hundred and forty years; he saw his children and their children to the fourth generation. And so Job died, an old man and full of years.**” (Job 42:10; 12; 16-17, NIV)*

Job was saddened by the taking away of the desires of his heart: his

children, servants, wealth (livestock), and health. Therefore, in order to restore his happiness, God could have done none other than to restore the very same things that were taken away. These things were his soul's delight, and nothing else could have brought him comfort.

Job was, therefore, made happy once more when all his desires were once again fulfilled. It is then that he was able to find peace, satisfaction, joy, laughter, refreshment, and renewal.

Ultimate happiness

*Ultimate happiness is achieved when **all** our desires are satisfied **completely**.*

You might recall that we stated two variants of the happiness formula. The second variant (restated above) is a bit more technical as it is particularly concerned with a certain kind of happiness (i.e. *ultimate* happiness). The first is merely concerned with happiness in general. Going forward, we will stick to this second variant, for ultimate happiness is what we are really after. In the chapter that follows, we will explain exactly why we specifically emphasize that **all** our desires should be **completely** satisfied, if we are to attain ultimate happiness.

#### Formula Justified?

*Happiness is achieved when our desires are satisfied.*

It is the author's hope that they have done enough to justify what they believe to be an unchanging, all encompassing, and fundamentally scientific process for the achievement of happiness for any living organism, especially humans. Without too much fuss, this should pretty much be self-evident. Humans are happy when things are going their way and unhappy otherwise. The boss is happy when money is coming in, the mother when her children graduate, a thirsty man when he finds

water, etc. It should be obvious that *the state of happiness is directly attached to our desires and whether they are being satisfied.*

Now that we have firmly established this *axiom*, if you may, going forward, we will try to help the reader achieve ultimate happiness through its guidance.

### Conclusion

In this chapter, we defined *what* happiness is, as well as *how* it can be attained by humans. This “how” is a method that is rooted in nature itself (i.e. how nature works) and not just based on a study of how a few individual people reach happiness. This ensures that it is universal in application and not selective – it is broad enough to include every person on this planet. Anything that is called human can achieve happiness by following the said method.

Since nature conforms to laws and patterns that are repeatable (i.e. the laws of physics), our formula was shown to be repeatable. We saw how it can be applied to plants, animals, and if we have the imagination and anthropomorphic sensitivity, even to non-living entities. If it thus can be applied to all these other classes of physical and physio-spiritual entities, then why not humans?

As we studied the story of Job, we witnessed our formula being put to work. Job was restored to the state of happiness when all his desires were once again satisfied. Prior to this, he was undeniably sad and miserable. This, then, is the elixir for all unhappiness: *the fulfilment of our desires.*



In a nutshell, we have learned that a human, like most things in nature, has desires, and that these desires unsettle him so that he will become

restless, sorrowful, or angry (that is, unhappy), until such a time when these desires are met. Then, and then only, can the state of peace, joy, rest, refreshment (that is, happiness) resume. Happiness, therefore, is achieved when a person's desires are satisfied.

In the next chapter, we will use our formula to learn why happiness, in general, and ultimate happiness, in particular, can be so elusive to some people.

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