

Regarding: Happiness of a Useless Eater!

I do not work; I am no useful idiot or star employee or obedient slave. Therefore, salaried class, passion oriented, lavish life seeking conscientious and gourmet eaters may disagree with my non scholarly pursuit.

Happiness helps our state of wellbeing and reassures us a well lived life. Three sources of happiness are: Firstly, the Society and people around us; Secondly Happiness is also result of our individual choices and actions; and thirdly Happiness can also be Spiritual journey of happy coincidences, divine interventions or experiences or blessings that are showered upon us.

At present, my happiness has evolved to events, validations, coincidences and blessings that come from God. No more pursuing, praying, seducing or begging, my happiness is waiting and watching the grass grow. I prepare my garden, as Voltaire said and wait for the singing birds, and visitors, as Chinese do. Sometimes cats, dogs, birds, monkeys visit me and feeding them give me my happiness, removing the daily micro-stresses. I find it as refreshing and necessary as bathing.

Eating fruits of previous karmas is also my happiness. My mom's Rajma-Chawal gives me one full day of happiness. Chocolates are also my favourite for instant change of mood. But for a happiness of long duration, I pursue art, music, beauty, reading, French language and creative expressions for contentment, self-assurance and for a grip on my reality.

Born in a traditional, conformist, orthodox family, my school life was home-school-tuitions-sleep. Happiness was family, festivals, social visits, birthday parties, marriages, school fetes or occasional yagna and prayers or a new astrological stone. An essentialist approach to happiness, with a well-defined expectations, behaviour and approval of elders.

My youth was non-conformist, where happiness was consequences of my actions and my decisions existentialistic. But this approach raised high expectations from self and also regular conflict with societal expectations, norms and social conditioning. Further, when coupled with fear of failure, human weaknesses, self-hypnosis and was conflicting to profit of others, the actions were eclipsed and gave me more frustration than happiness. Unhappy life can have success and do social service but unhappiness cannot take you to love, to a well lived life.

To conclude, pursuit of happiness can be individual life choices, social combined karmas or divine blessings. They can be our own actions, from outside sources such as family, community and society we live in; and can also be a spiritual or philosophical view of life. To be happy is as important as to being useful, to be intelligent or to be well informed.

Be Happy!
Nitin