

Happiness

[Experience](#), [Meaning of Life](#)



Happiness What is actually the happiness? You can not touch it, or see it, but you can see it on somebody else`s face. People say that it is a combination of complicated chemical reactions in our body, but I think there is something else hidden behind this word. Happiness is an emotional condition “ characterized by positive or pleasant emotions ranging from contentment to intense joy” . When a person is happy, he feels full of life and he wants to spend the whole energy that he has. In this moment, for this person there is not a thing that is impossible for him, and nobody can stop him. Happiness can give you wings, you enjoy the little things in your life, you notice a little details, and you feel like you are not in this world. You are able to breath in, the whole energy, and you can feel how your heart is beating, and your blood is flowing through your veins. What is really the happiness? Every single person has his own opinion, and if you ask ten different people what means to be happy, you are going to receive ten different answers. People are different, and everybody has his own ideals, and points of view. Somebody thinks the happiness is to be healthy, another person thinks it means to be in love, a third one thinks it means to have a lot of money, and so on. I think the happiness comes from an achieved goal, and it depends of the size of the goal: the bigger goal you achieved, the bigger your happiness is. If you do something nice to somebody today, it will make you happy, for a little bit. If you had a good day, you feel satisfied at the end. Those little moments doesn't make your whole life happy. The hardest thing for everybody is to build his own perception of what happiness mean, and to find the path that is going to lead to it. Every day we go out and we see new people. Everybody is in a hurry, and everybody is in his own world.

Everybody's face is different. Some of them are somewhere deep in their thoughts, some of them are frustrated for something, some of them don't even care. Everybody has a different expression, which is a mask that everybody has. With this mask, we cover our feelings, our real faces. We pretend to be somebody that we are not, and we want everybody to like us. We put the mask that the people around us would like to see. Does that benefit us, and are we happier with that? Doing this we kill ourselves, and the people around us. I went to the park the other day. It was cloudy and it looked like it is going to rain any moment. Every body there looked very depressed, and in a hurry. Usually people go to the park to relax from the hard day at work. Everybody looks so sad. The clouds got darker and people's smiles suddenly disappeared. I asked myself " What is the happiness for me? Do I know what this word means? Did I ever experienced it? ". Sometimes I have the feeling that, when I have something to do I put a mask on. If I don't put it on, I can show my feelings and my weakness to the people around me. If you show your feelings to somebody, this makes you weak, and if he doesn't feel the same, it is going to hurt you. So do we benefit from happiness? It started to rain and the people in the park started to run, so they can hide somewhere from the rain. I am happy now, because it started to rain. I decided to sit on a bench in the park, and when I looked around there was nobody around me. There were only a few birds, tired and looking for a shelter. I looked at the trees. Their leaves were so pretty and colorful, but they were falling. You can tell that the winter is coming. I asked myself " Can the trees express their feelings? What happiness means? ". Maybe it is a feeling that I have to feel permanently, or maybe it is a feeling

that comes and goes. Everybody has his own perception of happiness. Somebody finds it in climbing mountains, somebody in the loved one`s eyes, somebody in a piece of art. Every single person is different and has his own opinion. " Where you can find happiness? ". This is one of the questions people have been asking for thousands of years. This is the question that every single person asked himself in his life. This is one of the questions, that people will never be able to answer. Everybody has a different point of view about the happiness. For somebody it is in the achieving of a goal, for somebody else it is the love, the friendship, the respect, the money, for somebody else it is the satisfaction from life. A lot of people believe, that a person is happy from the beginning, that life is a happiness. Other people think that the happiness comes after the death. Most people think that only human beings can be happy, or just the beings that are smart, and have mind. The humans are the only beings that have mind, so according to that only they can be happy. If you ask people that support this theory they will tell you that the human being is the only creature that can think, and give opinion, and the happiness is exactly this : to be able to think and appreciate the stuff that you have. For every single person on the Earth, the happiness brings a different meaning. For the hungry person a happiness is to get something to eat, for the ill one, is to get cured, for the lonely one, is to get somebody next to him. Happiness is everywhere around us, and even the daily things can make us happy. Often we can not appreciate something , and when we lose it, we understand we should appreciate the small things that life brings us. Do money bring us happiness? People say that if they have money, they would have, or do whatever they want. They would go

everywhere around the world, buy anything they want, would be independent and would hold the world in their hands. In other words the money will make them happy. Surprisingly (or not), a lot of studies show that even when we have enough money, to get our basic needs, in a certain period of time we will get tired of it, and it won't make us happy anymore. The human being is made to want more. Even if he thinks he has enough money, one day he will say, I want to make more, because I want to buy something more expensive. Does the free time makes us happy? If we could work less, and go on vacation more often, would it make us happy? Researchers that are studying the happiness say it won't. In one of my psychology classes I learned that, when you come back from vacation you feel more depressed than relaxed. Which I've experienced, and think that is true. It makes you happy just for the certain period that you are on a vacation, but when you come back you feel horrible. The secret code of happiness is very simple. Actually, we are closer to it, and we can not imagine how close we are. Happiness has nothing to do with how much money you are making, or how successful is your marriage. It has nothing to do with any type of pleasure that we are trying to achieve. The happiness is in the things that we want to achieve. The desire makes us to look for happiness. It motivates us every single second until we achieve the thing we want. This brings us happiness. The desire to have, rules the way we feel. If we fulfill this desire we feel happy. If not, it makes us angry and upset. For example, we want something so bad, and we do everything that we can to achieve this . You know the feeling when you are very hungry and you could eat food for 3 people. But what happens when you start to eat? The first bite

is like the best thing in your life, and the next one, too. The third one feels nice, and the next one, too. After that the next one is like " I don` t care anymore for this food", and the last one is " I can` t finish it, I feel fool now". This thing works with everything, not only with the food. We could spend years dreaming of a nice, sports car, and at the end when we have it, we feel wonderful. Just for the first few weeks. After that, you don` t care anymore. The times you see the car, the only thing you see is the huge loan that you have to pay in the next five, or ten years. Happiness is all around us. We just have to learn how to look for it and to learn how to appreciate it. The happiness is different for every single person in the world. Everybody has his own desires, and ambitions in his life. He just need to achieve the perfect world he wants to live in and to learn how to be satisfied with the things that he has and not to ask for more this often.