

Good example of essay on mindfulness studies

[Experience](#), [Happiness](#)



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Self-Compassion

Instead of self-criticism it is important that one should indulge in self-compassion. Self-compassion means learning from your mistakes and standing again with greater enthusiasm. It is extremely difficult to practice self-compassion in our culture. The reason being we are only taught to perform more and to perform better. In the race of achieving this, we tend to self-criticize ourselves to the extent that we forget how extensively this struggle has harmed our personality and self-being. In this way, instead of improving yourself to stay ahead of your competition, you tend to stand in the way of your objectives.

Self –compassion is learning about our mistakes, failures and weaknesses. When we start to realize that failures and mistakes are part of human life, and these are intrinsic issues and very normal in one's life, he starts to feel positive and compassionate about others. Instead of taking everyone negatively, an individual who is practicing self-compassion begins to take out positive from negative circumstances as well. So overall, it provides a positive view on the relationship.

I am an extremely self-compassionate person because I belief with self-criticism one tends to lose his personality but with self-compassion attitude you learn from your mistakes and you have a positive view of life.

Opening up to happiness

The problem with westerners in understanding the concept of happiness is that they do not know what the feeling of happiness is all about. In fact, it is not merely a feeling, but an inner drive that boosts our energy and skill set. The westerners are confused on the basic concept of happiness and mix it up with anxiety, hesitation, and sadness.

The root cause of unhappiness according to Buddhism is our own-self being because we relate happiness with the fact that all our sorrows are finished and we should have achieved all our materialistic gains and then we should be happy. In fact, we forget to realize that this assumption will never let us achieve happiness, because happiness is not about achieving goals but an inner drive.

Well-being is about materialistic accomplishment and is not sustainable for example a person is filthy rich and the other day he can lose all his money in shares and lose all his finances but happiness is an inner drive which prevails even in the times that are not in your favor.