

Darian one of the  
worlds biggest  
problems for



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Every human knows the feeling of sadness or despair, and what is one to do about this with no definition or magical formula to create happiness many ask the question how does one become happy? The answer can be found through the ancient introspective ways of Buddhism, ways that will develop a person's sense of self that is strong enough both to deal with life's inevitable suffering and to sharpen the experience of life's pleasures. Rather than seek out the cure for life's woes in modern therapies and medications such as antidepressants and such, the seeker of the happy life should consider looking to Buddhist philosophy. Depression being one of the worlds biggest problems for teens of this time everyone searches for a fix to this problem is it antidepressants and therapy or is there another solution? The answer is yes Buddhism philosophy is an alternate to popping pills and hours of soul searching with a therapist, an alternate that is much more effective as well and free.

Suicide rates for teen males have remained a serious problem since the 1960's, suicide rates for teenage girls since 1980 has risen substantially since the break through of social media and online bully. Teens are too obsessed with perfection which all this social media influences and modelling. This facile perfection they see in famous social media popularity has lead to many teens feeling they are ugly and unwanted leading to the recent rise in suicide rates for teenage girls. The answer to this problem isn't in the pills. They don't work in the long run, adding some happy chemical (serotonin) into your brain just so you can last twenty-four hours

then taking another is leading to an addiction problem not helping some one with their depression.

A much more logical and inexpensive way to deal with depression is the ancient introspective ways of Buddhism. Buddhism is a religion that originated more than 2500 years ago in India. It was founded by Siddhartha Gautama the original " Buddha". Buddhism is considered one of the world's major religions, it is popular in east and Southeast Asia but seems to be gaining popularity in the West as well.

Buddhists don't believe in a god or a deity. They believe in achieving a state of wisdom and inner peace. The Buddha the religions creator is an enlightened man but not considered a god or superior being by any means. In fact in Buddhism everyone is treated equal. Many consider Buddhism as more a way of life or tradition rather than a religion, a way of life that is based upon the avoidance of indulgence and temptation.

The focus is then on living a full enlightened life where then one is happy. The path to this enlightenment is obtained through using morality, wisdom and most importantly mediation. Buddha's most important teaching is the ways of the four noble truths. The four noble truths vary slightly between different types of Buddhism or what school you ask but in general the four noble truths are: " all life is suffering", " The cause of suffering is desire", " By stopping desire, suffering also stops", and lastly " By following " The Eightfold Path", desire stops." (Violatti, 2014). Another important teaching is the law of karma (cause and effect) and the reincarnation cycle of rebirth it is said that ones actions influence rebirth into one of the six realms " of

rebirth include Deva (heavenly), Asura (demigod), Manusya (human), Tiryak (animals), Preta (ghosts), and Naraka (resident of hell)" (Rebirth (Buddhism) 2017). The Dalai Lama is spiritual leader of the Tibetan Buddhism, he is believed to be one of the happiest humans alive which begs the question how does become so happy.

The answer lies with the Buddhism philosophy of enlightenment the Dalai has freed himself from greed and temptation therefore he is believed to have lived a purposeful live of compassion. Douglas Preston writes a story portraying Dalia and his trip to New Mexico. The Dalia as a Buddhist leader shows that a path to happiness is compassion as in Buddhism philosophy the Dalia treats everyone equally. Brooks proves this when he writes " He treated all people the same, from the president of the United States to a bum on the street, giving everyone person his full time an attention."(Brooks, 2014). By freeing him self from greed the Dalia is able to focus on his compassion and therefore making him self happy.

Many others driven by greed wouldn't give a bum in the street a second of there time as they are driven by greed and would rather to go McDonalds or shopping therefore they will never achieve happiness because greed can never be satisfied. David Brooks believes " Suffering drags you deeper into your self" (Brooks, 2014). This quote from Brooks relates well with the most important teaching from the Buddha the four noble truths. The first noble truth translates to all life is suffering which by that the Buddha is meaning there are too many things in life that lead to suffering as in poverty and death and such but without these we wouldn't know the feeling of happiness. Therefore, without suffering there isn't happiness.

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The second noble truth speaks to desire and greed it says human's greed will always outweigh their resources meaning we are always unsatisfied and therefore unhappy. Happiness lies within, greed and desire only lead to sadness so one should attempt to free themselves from greed as the Dalai Lama did and focus more on compassion. One reason someone may be unhappy is they are unable to look within themselves and find who they really are and Brooks's saying suffering is the way to do that.

He says suffering makes one must "hurl themselves deeper and gratefully into their art, loved ones and commitments" (Brooks, 2014). This is a major issue for teens these days they feel alone like no one loves them which makes it difficult to follow that Brooks says as they feel they have loved ones to hurl themselves towards. Teens are becoming less family orientated many feel they don't have family.

Suffering may lead to these teens finding true family and therefore happiness which is within them. Maslow's Self-actualization theory applies well on the topic of finding yourself leading to happiness. Maslow's hierarchy of needs places self actualization at the top of the human needs pyramid therefore to complete all "human needs" one must complete self actualization which is satisfying one's potential or spinning it as happiness and being complete. To be satisfied one must first complete the belongingness and love needs stage as well as the self esteem stage. These are things many people get stuck up making them unable to reach Maslow's full potential definition. Through the introspective ways of Buddhism, one can easily complete the love and self needs stages of Maslow's theory.

Through treating all as equals one no longer has issues of self esteem or confidence as they see themselves equal to all humans. As well as like previously mentioned once one lets go off greed and desire one can focus on compassion and love. The way to happiness is making it through suffering and coming out the other side.

In Buddhist philosophy the way to eliminate dukkha(suffering) is following the Eightfold Path. The Eightfold Path is divided into three sections the first is Panna (wisdom), second Sila (morality) and third is Samadhi(meditation). Panna involves having the right understanding, and the right-thinking example following the right life path. Sila involves right speech example no lying, gossip criticism also right conduct and right livelihood meaning no harming others. Samadhi involves right effort, right mindfulness, and right concentration.

Seligan, Parks, and Steen make an interesting theory on happiness saying, “the three routes to happiness are pleasure, gratification, and meaning”. There are many ways to cheat this theory with short term pleasure and false meaning, like if you believe your meaning is to become president this is a meaning that may not ever lead to happiness. Buddhism philosophy mixed with the Seligan, Parks, and Steen theory would create a formula for happiness. Pleasure but not physical pleasure, pleasure through connects with others being compassionate and seeing the effect of this on others will lead to personal pleasure.

Gratification is not just feeling accomplished for a work promotion gratification is right thinking or choosing the right life path for your self

creating purpose. And lastly meaning finding meaning in something larger than your own personal gain happiness doesn't come to you through physical objects but is obtained through carrying the right mind set and following the Eightfold ways. Happiness can be found, it is a question that has eluded man kind since the dawn of intelligence. It is not found in short fix medication or therapy it is found through the ancient introspective ways of Buddhism philosophy including the four noble truths and the eightfold ways there isn't happiness without suffering.