

From Pain to Ecstasy

**HAPPINESS \* STRESS \* PAIN \* SUFFERING**

# HAPPINESS

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## ✗ What is happiness?

### + The Happiness Foundation defines happiness as:

- ✗ “the overall appreciation of one’s life-as-a-whole. In other words, how much one likes the life one lives.”

### + This feeling can change from moment to moment.

- ✗ For example: I just missed the bus. I’m not happy.

### + We need to look at our lives as a whole.

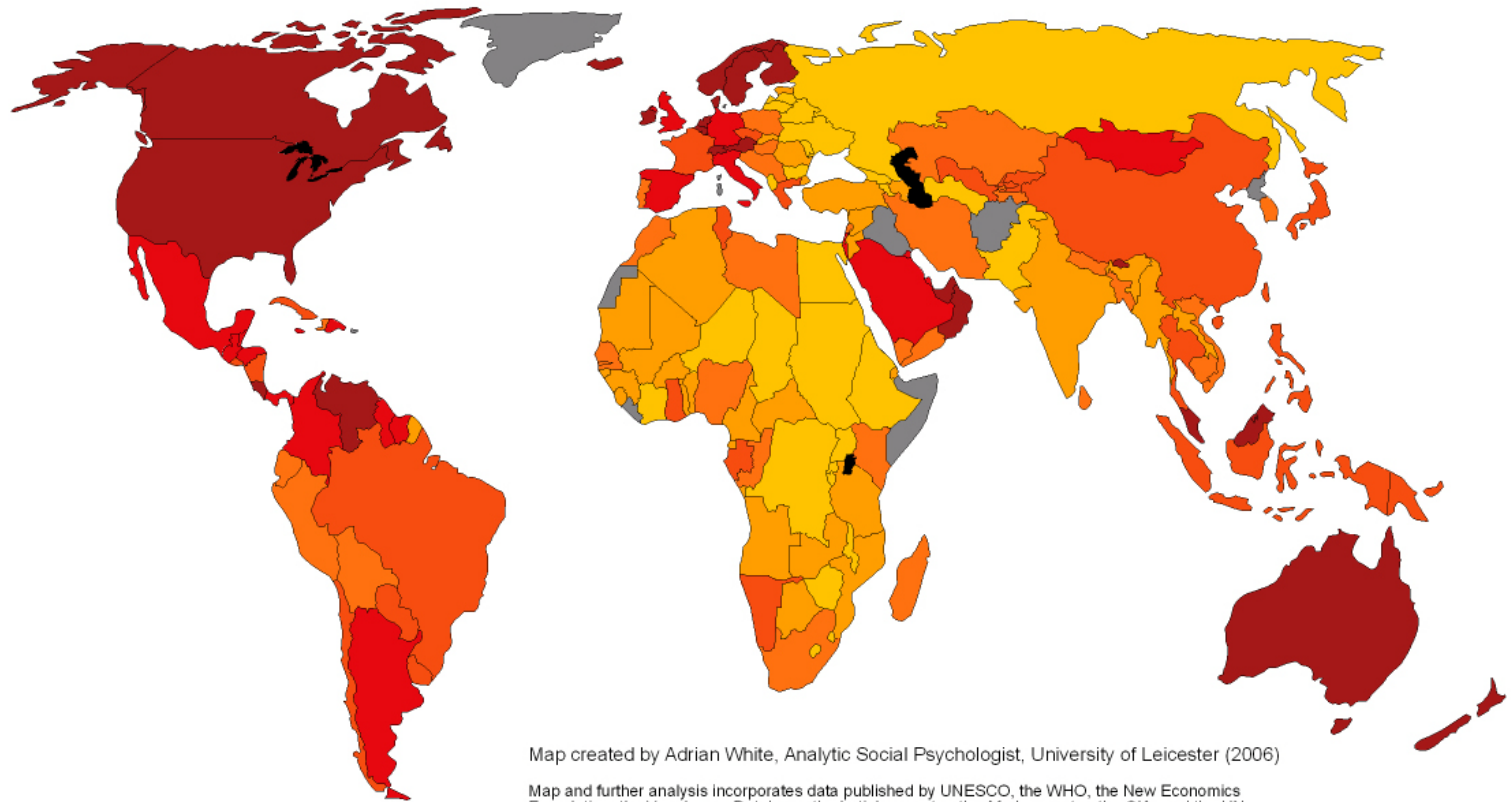
### + What makes us happy?

- ✗ Jobs
- ✗ Houses
- ✗ Cars
- ✗ Money

### + Happiness is an emotional state. It cannot be made by things.

# HOW HAPPY ARE WE?

## A Global Projection of Subjective Well-being: The First Published Map of World Happiness



Map created by Adrian White, Analytic Social Psychologist, University of Leicester (2006)

Map and further analysis incorporates data published by UNESCO, the WHO, the New Economics Foundation, the Veenhoven Database, the Latinbarometer, the Afrobarometer, the CIA, and the UN Human Development Report.



Happy ----- Average ----- Unhappy

# HAPPINESS REPORT

*Top*  
*>7,9*

*Middle range*  
*± 6,0*

*Bottom*  
*<4,3*

Iceland	8,5	Philippines	6,3	Chad	4,2
Denmark	8,4	China	6,3	Togo	4,1
Colombia	8,1	Iran	6,0	Angola	4,0
Switzerland	8,1	India	5,9	Zimbabwe	3,3
Mexico	8,0	South Korea	5,9	Tanzania	3,2

Veenhoven, R., *Average happiness in 144 nations 2000-2008* , World Database of Happiness, RankReport 2009-1c, Internet: [worlddatabaseofhappiness.eur.nl](http://worlddatabaseofhappiness.eur.nl)



# HAPPINESS REPORT

<i>nation<sup>1</sup></i>	<i>Satisfaction with life<sup>2, 3</sup></i> <i>(scale 0 - 10)</i>	<i>Number of surveys</i>	<i>Rank</i>
Australia	7,7	21	8-11
Brazil	7,4	1	16-17
Cambodia <sup>4</sup>	4,4	1	131-134
Canada	7,6	1	12
China	6,3	2	54-55
France	6,5	5	43-47
Italy	6,8	3	34-37
Japan	6,4	2	48-53
South-Korea	5,9	3	66-71
Taiwan	6,2	1	56
Thailand	6,9	1	33-34
Turkey	5,5	4	84-88
United Kingdom (Britain)	7,1	6	25-26
United States of America (USA)	7,0	1	27-31

# HAPPINESS

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- ✖ Take a moment to write down what makes you happy.
- ✖ What makes you happy?
- ✖ Happiness is not something that happens to us it is a state we can chose.
- ✖ What keeps us from being happy?

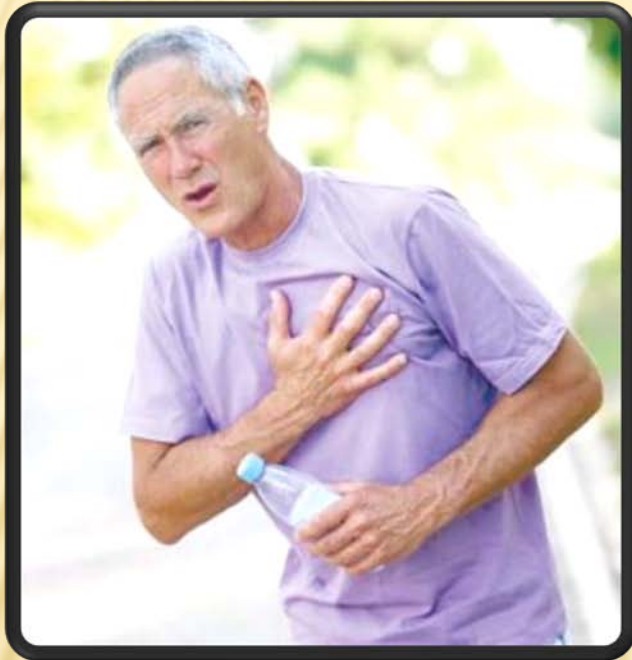
# STRESS

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- ✖ We have learned that stress is not a real thing.
- ✖ It isn't something we receive from others.
- ✖ We are the only cause and source of our stress.
- ✖ Meditation and Mindfulness are methods for truly solving the problem of stress.
- ✖ Have you felt any reduction of stress from your meditation and mindfulness practices?



# PAIN VS. SUFFERING





# PAIN VS. SUFFERING

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- ✗ Let's talk about physical pain.
- ✗ What is it?
- ✗ What or where does it come from?
  
- ✗ What is suffering?
- ✗ Where does it come from?

# PAIN VS. SUFFERING

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- ✗ Have any of you ever used a hammer?
- ✗ Have you ever experienced the situation described in our book on p. 262?
- ✗ When we are hurt, physically or emotionally, the discomfort, we feel mostly comes from the suffering we generate.
- ✗ In other words, the suffering we experience is much greater than the actual pain.
- ✗ And the suffering we feel can often continue long after the actual pain has ended.

# THE EQUATION

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**SUFFERING =  
PAIN X RESISTANCE**

**Frustration =  
Pleasure x Grasping**

# PAIN AND SUFFERING

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- ✖ We/4 can certainly do something to reduce the amount of suffering we feel.
- ✖ Often times when we reduce or eliminate the suffering, the causes of the pain will be addressed.
- ✖ The body heals itself much more quickly and efficiently when we are in a positive emotional state.