**Happiness**

I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think, the very motion of our life is towards happiness, happiness should be one of the most important goals for most of us. I believed that happiness can be achieved through training the mind. I think that the idea of happiness is an achievable goal. However, there are different notions to define the path to happiness.

The concept of achieving true happiness has, always seemed not well defined, unclear, and almost impossible to hold. Even the word “happy” is derived from the Icelandic word happ, meaning “luck or chance”. Most of us, it seems, share this view of the mysterious nature of happiness. In those moments of joy that life brings, happiness feels like something that comes out of the sky. Everybody measure happiness based on personal feelings.

Our days are numbered. At this very moment, many thousand are born into the world, some destined to live only a few days or weeks, and then tragically surrender to illness or other misfortune. Others are destined to push through to the century mark, perhaps even a bit beyond, and savor every taste life has to offer: triumph, despair, joy, hatred, and love. We never know. But whether we live a day or a century, all of us have a purpose on life that makes our life meaningful. The purpose of our existence is to seek happiness. It seems like common sense, but isn’t a life based on seeking personal happiness by nature. Not necessarily. In fact, unhappy people who tend to be most self-focused and is often socially solitary, gloomy, and even antagonistic. Happy people, in contrast, are generally found to be more sociable, flexible, and creative and are able to tolerate life’s daily frustrations more easily than unhappy people. And, most important, they are found to be more loving and forgiving than unhappy people.

Happy people are characterized by being honest, enthusiastic, and able to help others. They managed, for instance, to show a happy mood in every action.

The principal idea of the purpose of our life is to seek for happiness; we can take positive steps toward achieving. People have the tendency to base their happiness in many factor, for example, who compare ourselves to. People constant compare with those who are smarter, more beautiful or more successful than us tends to bring envy, frustration, and unhappiness. But we can use this same attitude in a positive way, we can increase our feeling of life satisfaction by comparing ourselves to those who are less fortunate than us and by reflecting on all the things we have. There is clearly the point that a mental outlook in living a happy life affects our feeling of happiness.

Although it is possible to achieve happiness, happiness is not a simple thing. There are many factors to consider. There are certain elements that we acknowledge as contributing to joy and happiness. For example, good health is considered to be one of the necessary factors for a happy life. Another factor of happiness is our material possessions, or the wealth that we accumulate. An additional factor is to have friends, or companions. We all recognize that in order to enjoy a fulfilled life, we need a circle of friends with whom we can relate emotionally and trust.

In order for an individual to be able to fully utilize them towards the goal of enjoying a happy and fulfilled life, you state of mind is crucial. If we concentrate in our favorable conditions, such as our good health or wealth, in positive ways, in helping others, they can contributory factors in achieving a happier life. And of course we enjoy these things, our material facilities, success, and so on. But without the right mental attitude, without attention to the mental factor, these things have very little impact on our long term feeling of happiness.

Sometimes it seems that our whole culture, is based on material acquisition, we are surrounded, with ads for the latest things to buy, the latest car and so on. It’s difficult not to be influenced by that. There are so many things we want, things we desire. It never seems to stop. Sometimes, whether a desire is excessive or negative depends on the circumstances or society in which you live. For example, if you live in a wealthy society where a car is required to help you manage in your daily life, then of course there’s nothing wrong in desiring a car. But if you live in a poor village where you can manage quite well without a car but you still desire one, even if you have the money to buy it, it can eventually bring trouble. It can create an uncomfortable feeling among your neighbors. The desire of more expensive possessions, if that is based on a mental attitude that just wants more and more, then eventually you will reach that limit, and then you will lose all hope, and lead into depression. Happiness is not based on material possessions, feelings of love; affection, closeness, and compassion bring happiness. These emotions will lead us to a happier life. We can achieve happiness by working toward eliminating our negative behaviors and states of mind, focusing on what we have instead of our needs. Negative emotions and behaviors are harmful to our pursuit of happiness and positive emotions on the contrary are helpful.

The ability of happiness has many components. It begins with developing an understanding of the components of happiness and setting our priorities in life based on our personal achievements. It involves a mental discipline, a gradual process of avoiding destructive mental states and replacing them with positive, constructive states of mind, such as kindness, tolerance, and forgiveness. In identifying the factors that lead to a full and satisfying life, we conclude with achieving happiness.