

Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of December 2, 2022 at 10:46 PM

Cassius brought up a good question tonight (if I can remember it correctly):

-- Does trying too hard for happiness get in the way of happiness?

And to respond, I would say it depends on how you go about it. You need to put effort into doing the things that are the causes of happiness, and effort into doing the things that result in happiness. So you aren't chasing some amorphous idea of happiness. It could be more like a science experiment where you chose certain compounds and mix them together to see what the result will be -- so you will have trial and error, but you keep trying and observe, and once you know what works for you then you can repeat that in the future. And, if you are stumped on what to do then, you might need to seek out some friends who tend toward being happy to see how they do it.

Happiness isn't a non-stop feeling - it will naturally rise and fall as an indicator of:

- 1) an feeling in response to a need being met or a pleasure being experienced
- 2) a sense of contentment and satisfaction (a quieter feeling of happiness)

You will still feel all the other emotions in life but hopefully will spend less time having feelings such as over-whelm, hopelessness, or sadness.

So there is really a need for both subtractive and additive practices.