



daily GOOD

By happiness I mean here a deep sense of flourishing that arises from an exceptionally healthy mind. This is not a mere pleasureable feeling, a fleeting emotion, or a mood, but an optimal state of being. Happiness is also a way of interpreting the world, since while it may be difficult to change the world, it is always possible to change the way we look at it.
--Matthieu Ricard

Lessons from the World's Happiest Man

What is happiness, and how can we achieve it? Matthieu Ricard, declared by University of Wisconsin neuroscientists as the happiest man they have ever tested, says that happiness can't be reduced to a few agreeable sensations. Rather, it is a way of being and of experiencing the world -- a profound fulfillment that suffuses every moment and endures despite inevitable setbacks. Authentic happiness is a way of being and a skill to be cultivated. When we first begin, the mind is vulnerable and untamed, like that of a monkey or a restless child. It takes practice to gain inner peace, inner strength, altruistic love, forbearance, and other qualities that lead to authentic happiness. In this article, scientist-turned-monk Ricard further shares his perspective on practicing happiness and compassion.

Be The Change:

Do a conscious experiment to refine your own skills of happiness and compassion today.