

My Idea of a Happy Life

4 Best Essays on” My Idea of a Happy Life”

Essay No. 01

We all wish to live a happy life. But few can tell how to get happiness in this world. Experience teaches us that unmixed happiness is not a thing of this world.

In my opinion, a happy life means that life which is free from care and worries. This freedom from worries cannot be obtained with a lot of money. It can be obtained by the habit of mind. Many people worry about small things. Many of us worry about the future and the trouble that will come. However, mostly these troubles never come.

Money is a necessary thing but it is not the only thing that will keep us happy. So many millionaires spend sleepless nights. I want enough money for my normal expenses but not excessive money. Health is wealth is a famous quotation and I fully subscribe to it. A healthy body and a healthy mind are essential to keep one happy. A sick man can never be happy. He will want to die rather than live in misery. A healthy person can work hard and sleep well. He can eat well and enjoy all the good things of life.

I want to possess only those many things that I need for myself. I know that many numbers of things cannot make a man happy. The more things a man has, the more he wishes to have. He is never satisfied. A content man only can be happy. Midas, with all his gold, was a sad man while a goldsmith is happy with his small earnings.

To be really happy, a man should lead a truthful and honest life. He should help his fellowmen and love them. A man loved and respected by others is always happy. To be guided by love in all the actions is the key to happiness. We should love and fear God. We should love faith in him and pray to him.

Thus, we see that a happy man is he who has enough to eat, who enjoys sound health, is contented leads a truthful and honest life, and has faith in God. Such is my idea of a happy life.

Essay No. 2

My Idea of a Happy Life

We all wish to live a happy life. but few can tell how to get happiness in this world. Experience teaches us that unmixed happiness is not a thing of this world.

In my opinion, a happy life means a that life which is free from cares and worries. This freedom from care cannot be got by plenty of money. That we can have by a habit of mind. Many people are found worrying about small things. Many of us worry about the troubles of the future that have not come and may never come.

Money is a necessary thing but it is not the thing to make us happy. We see millionaires passing sleepless nights without any physical trouble. I want money so that I may run my life smoothly. More money I do not like to have.

I want healthy. A sick man can never be happy. His life is miserable and he wishes to die rather than live. He cannot work to earn his bread and will have worries for the future. A man with sound health is happy even if he is poor. He works hard and sleeps soundly. He gets a good appetite and takes delight in simple food. His work gives him joy. He is happy.

I want to possess few things in this world. I know that any number of things cannot make a man happy. The more things a man has, the more he wishes to have. He is never satisfied. Midas was not happy with all his gold because he was not contented. Blacksmith is happy because he is contented with his poor earning. Hence a happy man should be contented.

To be really happy, a man should have a truthful and honest life. he should help his fellowmen in trouble and love them. Such a man should be loved and respected by others and he will be happy. A man who hates others and envies his neighbors can never be happy. To be guided by love in all the actions is the key to happiness. We should love and fear God. We should have faith in him and should pray to Him. Thus, we should live and do our duty, not for reward but because it is our duty.

Thus, we see that a happy man is he who has just enough to eat and to feed others, who enjoy sound health and is contented, who lives an honest and truthful life, and who does his duty with faith in God and love for his fellowmen.

Essay No. 03

My Idea of a Happy Life

Each and everybody wants to be happy. All aim at happiness, but most of us employ the wrong means. Our end is happiness, but our means are not such as may take us to our goal of happiness. Then how to achieve happiness? Some people mistake pleasures for happiness and run after them. But they are mistaken. Pleasures are shallow and short-lived, while happiness is a state of mind, a state of bliss that lasts long. Means of pleasure, convenience, comforts, and luxury cannot make us really happy. In that case, the kings, princes, and the rich of the world would have been the happiest persons, because they possess wealth and comforts in abundance. Then why this saying, "Unhappy lies the head that wears a crown".

It is a mistaken idea that wealth is the passport to the realm of happiness. Ignorant people think that only wealthy and prosperous people are happy. But on the contrary, the rich are miserable people. They have neither peace, nor rest, nor health to enjoy life. They are the most careworn people for they are always afraid to lose their wealth. Besides, wealth cannot be amassed by fair means. A man full of fear and using unfair means can never be happy. There is no end to desires. Man desires more and more wealth, more and more power. A multimillionaire may not consider his wealth to be enough. The more we possess, the more unhappy we are. The same idea has been expressed by Shakespeare in Measure for Measure:

Happy thou are not,

For what thou hast not, still, thou strives to get,

And what thou hast, forgets.

Happiness lies in contentment and satisfaction. It does not mean that one should not strive for more, but one should strike a balance between contentment and ambition. An over-ambitious person can never be happy. Moreover, one should use one's wealth, talent, etc., which he possesses, as a trustee and not as an owner and master. Moderation is the need of our life. If we go on craving for more and more, there is no end. What is important is that how you enjoy and use the money you already possess. Of what use is the enormous wealth in your treasury or the huge bank balance if you do not enjoy it, or use it in the welfare of others.

Compassion, charity, fellow-feeling, sacrifice, and unselfishness are the prerequisites of happiness. A self-centered, egoist, unkind and haughty person cannot achieve happiness. Remember Lord Buddha. He was a handsome prince, had an exceedingly beautiful wife, and a lovely newborn son. There was no limit to the comfort and luxuries he enjoyed and yet he was unhappy. Therefore, he left his kingdom and all in search of happiness, bliss, and salvation. Finally, he got it

and wanted to share it with all without any discrimination. He preached that the path of non-violence, compassion, love, service, and charity is the path of happiness and bliss. Happiness does not lie in receiving but in giving, he told us. Poverty may cause inconvenience, but it is not always a curse. Many have turned their poverty into an installment of achieving happiness and bliss through their great willpower, determination, and feeling for others. Sometimes poverty, adversity, and sufferings may help you to bring out the best in you. Adjustment to the realities of life, facing things, and odds as they are and righteous resignation to the will of God can surely lead one to happiness.

Let there be an ideal, a purpose, meaning, and mission in life, and devotion to that mission. A life, however long, cannot be happy if devoid of purpose. Be always useful to the family, the society, and the nation to be happy. Never lose your utility and sense of service to others. A useless thing is never loved, cherished, and desired. In order to be happy, satisfied, and contented, we must put all our soul, mind, and body into our purposeful activities. Nothing should be selfish or half-hearted. See, how a child is always happy irrespective of the fact whether it belongs to the rich or the very poor parents, or whether it is orphan. If we can be guileless, simple, innocent, non-possessing, and honest like a child, there is no reason for our not possessing permanent happiness. Simplicity is a great virtue, a divine quality. Simple people lead a deep, meaningful, artless, natural, and peaceful life. They do not know what are fear, jealousy, greed, dishonesty, cheating, etc. They have neither regrets for the past nor worries and fears for the future. They do not unnecessarily find fault with things, and readily accept life and things as they are.

One should be reassembly healthy and in possession of moderate means of living to be -happy. A diseased person cannot be normally happy. A person depending on others for supply of his daily modest needs, too, cannot be happy, because then he would be a slave of others. Slavery, of whatever kind it may be, is the enemy of happiness. Only a free, independent and self-reliant person can be really happy. You cannot be happy if you are in debt, or owe something to somebody. According to Horace, "He's happy who, far away from business, like the race of men of old, tills his ancestral fields with his own oxen, unbound by an interest to pay" Surely bondage is a curse.

Be good and you will be happy. You can become a minister, a leader, a very wealthy businessman, or a bright cinema star, but these days it is very difficult to be a good man or woman. To be good is to be really happy. It reminds me of Lord Baden Powell who observed, "Happiness does not come from being rich, nor merely from being successful in your career, nor by self-indulgence. But the real way to get happiness is by giving happiness to other people. Try to leave this world a little better than you found it, and when your turn comes to die, you can die

happily feeling that, at any rate, you have not wasted your time, but have thing your best.” Mother Teresa is a living example to show us the path in the present context.

Faith in oneself and in one’s creator, a positive approach to things and in thinking and a sense of detachment to worldly things are some other necessary ingredients of happiness. Let us pray and do our duties faithfully without being obsessed. With their fruits to be really happy. The Bible says “Happy is the man who fears the Lord, who is only too willing to follow his orders”.

Essay No. 04

My Idea of Happy Life

The objective of many people in this world is to find peace and happiness. Many of them look for guidance from spiritual leaders; others try to find solace in diligently doing their duties. Still, others try to find happiness in wealth and material gains. There are very few, however, who look for happiness within themselves and within their actions.

Happiness can be described as a state of mind. In this state a person is content with all that he has got with him, he is healthy and has a sound mind, and lastly, he is fully involved in the service of mankind.

A person in order to obtain containment of mind and soul should first learn to be satisfied himself. He should be aware that competition brews discontent and takes away peace of mind. Petty jealousies and longing for material goods only breed sorrow. People who rise above these factors by simplifying their wants and change their attitudes towards life can hope to achieve contentment.

A healthy mind and body is also an essential prerequisite for happiness. A sick man can never hope to be happy. His disease will take away from him, the enjoyment of sight, sound, taste, and touch. Haunted by fears regarding his health, such people fear life. They look at it as a burden. A proper diet and a tension-free existence can definitely make a man healthy and happy.

Our selfish nature takes away a lot of happiness from our lives. We may fool ourselves into thinking that by protecting our own interests we will find happiness, however, this is not true. Happiness cannot be attained by gratifying physical senses. Such as action is temporary because once the object of gratification is removed or overused a sense of boredom or disgust pervades us. It has therefore been rightly said that only those can hope to find eternal happiness that places other person’s interest and sorrow before everything personal. A sincere, hard-

working person who is not concerned by the fruits his actions will bear can be called a happy person. This person true to the famous saying of the Geeta is not bothered about the consequences of his actions, for he believes in doing his duty.

A person who has risen above petty jealousies, hatred, intolerance, and laziness can therefore lay a claim to true happiness. Such people have unshaken faith in the powers of the Almighty. They have learned to live a simple, pious, and stable life even under the most trying conditions.