



## There is no Path to Happiness, Happiness is the Path

***"Happiness is When What You Think, What You Say, and What You do are in Harmony."***

***---Mahatma Gandhi***

The quote "**There is no path to happiness; happiness is the path**" invites us to shift our focus from treating happiness as a distant goal to recognising it as a way of living. Happiness is not a destination but an **attitude of mind**, something to be nurtured in everyday life, regardless of circumstances.

Happiness is often associated with **achievements of financial stability, career success, relationships, and possessions**. People plan their lives believing that happiness will arrive after reaching certain milestones, **owning a house, getting a promotion, or finding the perfect partner**.

However, the joy these events bring is often **short-lived, followed by new desires**, leading to what psychologists call the **hedonic treadmill** a cycle where one **constantly chases happiness without ever feeling truly content**.

In today's world, many aspire to climb the ladder of material success, believing happiness lies at the top. From **high-pressure corporate jobs** to the **race for academic excellence**, the mindset is often future-oriented. "**I will be happy when**" Yet, numerous stories show that even after acquiring **wealth and prestige**, individuals may feel **unfulfilled**.

This realisation echoes the essence of the saying, that **happiness is not waiting at the end of the road, it must be cultivated along the journey. Understanding happiness as a path, not a destination**, has significant implications for society and governance. Rather than relying solely on economic indicators like **GDP**, countries can adopt broader metrics like **Gross National Happiness (GNH)**, as Bhutan does.

GNH measures progress by considering **cultural preservation, environmental sustainability, and psychological well-being**, fostering a more inclusive society where happiness is a shared responsibility. Similarly, education systems can prioritise **emotional intelligence, resilience, and interpersonal skills** over mere competition and achievement.

By teaching students to **appreciate life in the present**, they develop essential skills for navigating challenges without compromising their happiness, ultimately creating a more balanced and fulfilled society.

The **Bhagavad Gita** offers profound insights into happiness. **Lord Krishna** advises **Arjuna** to perform his **duty (karma)** without attachment to the results. This teaching known as **Karma Yoga** encourages individuals to engage in **meaningful action without obsessing over outcomes**. The message is that **fulfilment lies in the process, not the result**.

For example, a farmer in rural India may not know how much his harvest will yield, yet his happiness comes from working in the fields diligently, knowing he has done his best. India's history and culture offer numerous examples of people finding happiness despite adversity.

A powerful example is **Mahatma Gandhi**, who cultivated inner joy even during the most challenging

moments of his life. Gandhi led **India's struggle for independence** through **non-violence, enduring imprisonment** and **personal loss**. Yet, he found happiness in his **spiritual practices, self-discipline,** and **unwavering commitment to truth (Satyagraha)**.

**Buddhism** originated in India and teaches that suffering arises from **desire and attachment**. The Buddha's solution lies in **mindful living** and embracing the impermanence of life. Happiness, according to the Buddha, is not found by **eliminating difficulties** but by changing one's relationship with them.

Practices such as **Vipassana meditation**, which focuses on **observing thoughts** and **emotions** without attachment, encourage a state of **inner peace** that leads to happiness in everyday moments. Vipassana is a process that makes people happy and satisfied by enriching them with inner peace.

Indian culture embraces the idea that happiness is found in the present through **festivals, rituals,** and collective celebrations. Festivals like **Diwali, Holi, Eid,** and **Pongal** reflect the **spirit of joy, togetherness,** and **gratitude**. These celebrations are not about waiting for a perfect life but about finding happiness amidst imperfections.

These festivals illustrate that happiness is a shared experience cultivated in the here and now. These examples highlight that happiness is not dependent on perfect conditions but on the ability to find joy even amidst hardships.

**Sufi mysticism**, which has deeply influenced parts of Indian culture, echoes this philosophy. Sufi poets like **Rumi** and **Indian mystics** such as **Kabir** highlight the **importance of living in the present**. Kabir writes, "**Jhini jhini bini chadariya**" (**life is like a delicate cloth that must be woven with care**). The essence of their teachings is that happiness lies in the present, in simple joys, and not in waiting for grand events to unfold.

In modern cities like Bengaluru and Mumbai, many people are drawn to **mindfulness practices**, including **meditation, journaling,** and **yoga**, as ways to reclaim happiness in the midst of hectic routines.

Initiatives like **The Art of Living** by **Sri Sri Ravi Shankar** encourage people to embrace happiness as a daily practice by focusing on **breathing techniques, mindfulness, and compassion**. Such movements reflect the growing awareness that external achievements alone cannot guarantee happiness.

**Mindfulness** and **meditation foster** inner peace by grounding individuals in the present, while focusing on internal values over external achievements builds a solid foundation for lasting happiness. The **practice of yoga and meditation** is another example of cultivating happiness from within.

Yoga focuses not only on **physical well-being** but also on **mental** and **emotional** balance, teaching practitioners to be content in the present moment. Thus, happiness is not seen as something to be pursued in the future but as a state of being in the present.

Whether through ancient spiritual teachings, simple rural lifestyles, or inspiring individuals like Mahatma Gandhi, the idea remains the same, **happiness lies in how we live each moment**. By accepting life as it comes, **practising gratitude**, and engaging fully with the present, we embody the truth that happiness is not the goal happiness is the path itself.

This philosophy encourages us to let go of rigid expectations and to experience the joy that lies hidden in the ordinary moments of life. In the end, as the **wisdom of global cultural traditions** reminds us, true happiness lies in embracing the journey rather than focusing solely on the destination.

**"Happiness is Not Something Ready Made. It Comes from Your Own Actions."**

**--Dalai Lama**

