

Four Kinds of Happiness

Hi everyone, this is Nancy. Today is July 10th, 2021. How are you doing? It's entering the second half of the year. Did you make plans at the beginning of the year? If you did, how are your plans going? Time flies. Life passes fast. A wise person once said, the meaning of life is to continuously improve, practice, and cultivate. Do you agree?

I just saw a post the other day and felt that it is worth to share with you. It's not that the post says the truth, but it says something that we might think about. The post says that there are three levels of happiness in the world:

The first level of happiness comes from tasty food, beautiful things including beautiful women and handsome men, listening to sweet sound, and so on, things that could satisfy our sense organs, or people may say sensual pleasure, or physical happiness.

The second level of happiness comes from playing instruments, playing chess, writing calligraphy, painting, writing poetry, enjoying beautiful scenery of mountains and rivers, and so on. People may call this level of pleasure the mind pleasure, or mental pleasure.

The third level of happiness comes from pursuing faith, transforming living beings and selfless contribution.

Beside these three kinds of happiness mentioned in the post, there is also a kind of happiness which is called true happiness. The definition of true happiness from the internet is "True happiness is happiness inside you. True happiness is enjoying your own company and living in peace and harmony with your body, mind and soul. True happiness is a state of mind constantly being in love with yourself."

True happiness has nothing to do with the outside world and is not affected by other people. Rich people might not be happy, and poor people might be in true happiness. Being in true happiness is a capability and can be cultivated.

The above four kinds of happiness were shared here for you to think about.

We all came to the earth empty-handed and we all will leave the earth empty-handed. Everything is illusion and runs around our mind. Once, a student said, "you see, those cattle on the grassland are so happy." I would say that that happiness is based upon ignorance. They are happy without knowing the truth of life, and the truth of the universe. Their happiness is not high level of happiness.

Amitabha! Thank you everyone for watching this video. I wish everyone a joyful peaceful and meaningful day and life. See you next time. Bye.