

Happiness of human being with reference to the poem entitled to the poem “In the pool of Bliss” by Saint Tukaram

Dr. Balasaheb Gopal Yadav

Department of English I.C.S. College, Khed, (M.S.) India

Abstract

Happiness, defined as the pursuit of well-being and a decent life, has been one of humanity's most lasting pursuits throughout history. The answers, as evident as they may appear, are not so easy or uniform, and they have been extremely varied: some people desired love and the pleasures of intimate relationships, while others sought sensual pleasure. Some have strived to reach their full potential, while others have sought the tranquilly of mindfulness and spirituality. Despite the significance of this search, the question of how to define and attain these objectives remains one of the most persistent issues to this day. We pursue a career, success, love, spirituality, fortune, or anything else because we feel it will make us happy and increase our happiness and joy in life. Most of the people are running after spiritual happiness. Saint Tukaram composed his spiritual experience in his poem entitled in His poem “In the pool of Bliss”.

Key Words: Happiness, pursuit, Desire, Potential, Love, experience

Introduction

Happiness is the meaning and purpose of life, the whole aim and end of human existence. Aristotle. While working on this paper, I kept discovering new and interesting things. One of the most important things to remember is that happiness isn't merely a stroke of luck, nor is it something we acquire or discover. It is a continuous and active process of realising one's true nature and pursuing one's virtues, which entails living as one was born to live. Happiness is a state that we are meant to achieve. Recognizing that our desire to increase happiness and live a happy life is not merely wishful thinking is one of the first stages in achieving happiness. It is a critical aim that we all have the ability to accomplish. Saint Tukaram revealed his experience in the following lines:

In the pool of bliss,

Bliss is all ripples.

Bliss is the body

Of bliss (Says Tuka, 210)1

What is happiness?

Happiness is the perfection of human nature. Since man is a rational animal, human happiness depends on the exercise of his reason. Aristotle

Its subjectivity is what makes it so difficult to answer. Happiness can mean different things to different people, and it can also mean different things in different industries.

Happiness, according to behaviourists, is a combination of emotions we feel when we accomplish something excellent. Happiness, according to neurologists, is the sensation of hormones being released in the brain as a reward for good behaviour. Happiness, according to many religions, signifies the presence of God.

Many thinkers throughout history, including Plato, Aristotle, the Dalai Lama, Saint Tukaram, and others, have all agreed that the goal of life is to attain happiness. Happiness gives our lives purpose. It is valued higher than other desirable personal outcomes like as riches, attractiveness, or celebrity. It is essential to our well-being but difficult to achieve, which is why so many individuals have dedicated their lives to it. There is no one-size-fits-all solution to happiness. It necessitates a clear understanding of what it is, a willingness to act, and perseverance.

If we tried to put it in simple terms, happiness is that illusive state of mind or condition of well-being that entails living a good life with a sense of significance, joy, and deep contentment. This is a state of mind that should be practised and felt. Happiness, like love or empathy, cannot be sought; it must be a natural result of our thoughts and actions. This is why it lacks a university.

If we were to try to explain it in simple words we might say that happiness is that elusive state of mind or a state of well-being that comprises living a good life with a sense of meaning, joy and deep contentment. This state of mind ought to be trained and felt. Happiness is like love or empathy, it cannot be pursued; it must ensue from our thoughts and actions. This is why it doesn't have a universal, right and wrong definition; it is highly subjective.

In psychology, there are two schools of thought: hedonism and eudemonic². Happiness, according to the first, is the polar opposite of suffering and misery. The goal of a hedonist's life is to obtain happiness (happiness as a destination). The emphasis for the eudemonic is on having a full and

satisfying life (happiness as a journey). It defines happiness as "the quest of being a better person" and "the pursuit of happiness as "the pursuit of becoming a better person." They achieve this by pushing themselves academically or participating in activities that enrich their spiritual lives. Happiness is derived externally for hedonists, but eudemonic reflects the belief that happiness is derived from within.

Viktor Frankl stated it this way:

One must have a reason to be happy

In fact, happiness does not come from bouncing from one joy to the next in search of pleasure and attempting to maintain a constant state of contentment. This may give the illusion of happiness, but it isn't one that lasts. The happiness I'm referring to is one that is consistent and long-lasting, despite life's ups and downs and mood swings.

Happiness comes from the constant, daily practice of positive thinking and doing. It may also include periods of considerable discomfort and distress but we accept it as a necessary part of our life journey

.What determines happiness?

What we believe would make a huge difference in our lives actually, makes only a small difference, while we overlook the true sources of personal happiness and well-being, Sonia Lyubomirsky³.

It is believed that we have been socially conditioned to believe that doing the wrong things will offer us long-term happiness. Modern society appears to virtually command happiness, yet scientific data suggests that we are frequently mistaken about what provides us true happiness rather than fleeting pleasure. As a result, we

occasionally work hard to achieve goals that don't make us happy. The most prevalent mistake is that we believe that positive occurrences, such as a new job, more money, a better physical appearance, fame, or victories by our sports teams, will bring us much more enjoyment than they actually do, which drives people to strive for more. They're crucial, but only to a point: money offers you freedom from having to worry about the necessities of life, such as food, housing, education, and health. When the fundamentals are met, the excess of money doesn't provide a permanent increase in happiness. Why is it so hard for us to believe that money doesn't make us happy? Because the truth is that money does make us happy. But our misunderstanding is that we think it will bring us a lot of happiness for a long time, and it brings a little happiness for a short time. Meanwhile, we end up ignoring other more effective routes to lasting happiness. Knowing what is important in our life, knowing our life purpose, we can tailor our activities, and the time and energy we want to spend on each of them. When the essentials are satisfied, having more money does not guarantee a long-term rise in happiness. Why is it so difficult for us to accept that money does not bring us happiness? Because, let's face it, money makes us happy. Our mistake is that we believe it will provide us with a lot of happiness for a long period, but it just provides us with a small amount of happiness for a short time. Meanwhile, we tend to overlook other issues.

We could all be a lot happier if we changed the way we thought and act. This would provide us with a sense of fulfilment, tranquilly, and well-being. We don't know

the boundaries of human ability for growth and adaptation to new circumstances, but happiness teaches us that change is possible since we have power over our thoughts, feelings, and actions.

What are the advantages of being happy?

Happiness appears to have enormous positive benefits in all aspects of life. It improves our energy levels and strengthens our immune systems; it increases our social and professional engagement; and it increases our productivity and creativity. Even individuals who live happy lives have a longer life expectancy. Saint Tukaram said real happiness in the following lines:

When mother craves,
It's the unborn's fancy.
What grows inside
Is reflected out.

We strengthen our feelings of self-worth and inner contentment as we become happier, which increases our sense of self-confidence and self-esteem. We begin to believe that we are worthy of human beings and that we can achieve success. We benefit not only ourselves, but also our partners, families, communities, and even society, when we become happier. This happiness denotes inside body and outside body. Man becomes balancing. Universal power is circulating in his body. His aim of life is love, sacrifice, be good and do good.

Some may believe that living a life centred on finding happiness is selfish. Not always; it all depends on how we go about it and what we concentrate on. People who are unhappy are usually self-centered, socially isolated, and even antagonistic or destructive.

Happy people are generally found to be more sociable, flexible and resourceful. They are more able to tolerate daily doldrums and turn negative into positive situations. And, most importantly, they are found to be more loving and forgiving than unhappy people.

How is feeling of mind when waves of soul coming from your soul, Saint Tukaram explained this in the following lines:

Says Taka,
What I pour out
Into this mould
Is the face of innermost
Experience.

This is when the client and the coach are both dancing in a new good scenario, with fresh clarity, new energy, and new motivation. To support this new learning and allow the change to evolve, a specific plan must be devised. Now that the first seed of change has been planted, it's time to rejoice. The job

hasn't been completed yet. It has only recently begun, and it is now a daily practise.

Change is made up of many small steps, and we don't have to know all of them before we begin, but we must take the first one.

In the universe of possibility you set the context and let the life unfold. Ben Zander⁴

Conclusion:

Our minds are quite powerful. We can construct a wonderful, joyous life by understanding how to use it and generating varied feelings and behaviours. We can modify our view of reality and build the life we want. If we know what we want to achieve and why. Happiness enables people to make positive changes in their life and realise their full potential. Happiness is not a one-time event; it is a continuous process that encompasses both efforts and beauty. Pursuing it and cultivating it on a daily basis will give their lives new meaning and delight.

Notes and References:

1. Chitre. Dilip. Says Tuka .New Delhi: Penguin Book India, 1991
2. Hedonia, eudaimonia, and well-being: an introduction – E.L.Deci, R.M.Ryan
3. Sonja Lyubomirsky, The How of Happiness
4. Art of Possibility – R.S.Zander, B.Zander
5. The Art of Happiness, His Holiness The Dalai Lama and H. C. C
6. What is happiness – Josh Clark (www.science.howstuffworks.com)