

Copyright
Must
and
the
my

Test - 2
Section - B

2nd Happiness is the highest good

Start writing from the below line:

A Capitalistic businessman was on a tour and found a resting fisherman at the bank of the river. The businessman asked, "Why are you not catching more fish?" The fisherman replied, "I have had enough fish for the day and now I am taking rest and enjoying life." The businessman said that if fisherman can catch more fish then he can become rich and ^{can} set up his own factory. Good luck!

After a pause, fisherman asked, "What would I do after setting up a factory?" The businessman

Said, "You can retire and take rest". The fisherman laughed and said, "What do you think I am doing now"?

This parable of Fisherman and Businessman, explains that at the end of our all actions, all of us seek the same thing called happiness.

Happiness is the age old philosophical topic that guides all our endeavors and aspirations.

The pursuit of happiness will lead to a sense of fulfillment and well-being. Happiness is the highest good as it is the end goal of all our actions. This will also raise the profound questions such as, happiness for egoistic and self centric pleasure and happiness through wrong means ^{Make the core argument more smooth!} are also considered highest good?

BANNED

Before we delve deep into the essay let us try to understand what exactly is happiness and what is highest good?

Happiness is a very fluid concept as its definition and interpretation changes from person to person. This can be realised through various forms such as Contentment, resilience, Service, passion and purpose. It is also very much rooted in inner fulfilment and virtuous living.

"The highest good" (or) the equivalent latin phrase "Summum Bonum" refers to fundamental principle ~~of~~ that guide human ethical actions to lead the best possible life.

Now, let us explore the idea of "Why happiness is the greatest good". Happiness as mentioned previously is the end goal of all our actions. It is the very state of mind that provides solace to the mind. Happiness also promotes and fosters beautiful bonds among people. Happiness bring people

together. It is the happiness that we all look forward in our day-to-day lives. Therefore happiness is considered as the highest and greatest good.

This philosophy can be seen in one of Mitch Albom's book called "Tuesdays with Morrie".

Morrie, an old person who knew that he was going to die in few months spends his rest of his time being happy and doing things that make him happy. He finds solace in spending time with his loved ones. This story is a testament to the fact that happiness is one thing we all seek irrespective of situations.
↳ Express it better!

Often happiness is associated to mind, but in reality it works at three levels, Happiness to body, happiness to mind and happiness to soul. Happiness to body can be realised by providing different things to the body based on its needs. For stance, a starving body will find its happiness when someone feeds it.

Similarly happiness to the mind can be achieved through stress management, physical exercise, meditation, association with good people and fostering right thoughts.

On the other hand happiness to the soul can be achieved through establishing divine connection with our divine powers. Achieving happiness at these three levels will lead to holistic happiness. → where is good?

Now the bigger question is How to achieve happiness? There are two schools of thought on this question. The first school of thought believes that happiness can be achieved by aspiring new things and working towards that goal. This can be seen in the growing material happiness in the current society. People started finding their happiness in owning luxury cars, designer hand bags and having delicacies.

The second school of thought believes that one cannot buy happiness rather one should create it. This school of thought believes that contentment and simplicity will lead to happiness. This can be understood by the life led by the buddhist monk "Dalai Lama". Despite the challenges faced by him, he always finds happiness on being contentful, promoting inner peace and compassion by helping others.

Not all of us are like Dalai Lama to face and conquer challenges. Most of us would feel unhappy due to challenges. For some, challenges and unhappiness will push their mind into taking extreme steps such as suicides. The growing suicides among young people all over the world corroborates the above argument. Few also take up the path of crimes during crisis. The relative

↳ live it properly!

deprivation has lead to many issues such as naxalism in our country.

These challenges and struggles raises a new question, "Should we aim for everlasting happiness"? Even though happiness is the highest good we can't be in that phase all our life. Life should be a mixed bag of emotions. The purpose of life cannot be realised just being happy all the time. One should go through challenges and difficult situations to become a better person.

This can be seen in the story of Viktor Frankl, a holocaust survivor in his book "Man's search for meaning". Despite the sufferings he observed that those who ~~found~~ found meaning in their suffering were able to survive with a sense of purpose and inner peace.

Unlike the previous scenario's happiness cannot be equated to highest good all the time. When we say we do things for happiness, we should ask the question, "Happiness of who". Happiness can be satisfying our self centric egoistic desires ~~or~~ it can be realised through greater good for larger society.

The Hedonistic happiness achieved through ~~creating~~ troubles to others, treating others badly and discriminating people on primordial identities can never be considered as highest good. On the other hand, happiness through ethical altruism can become highest good. The above mentioned scenarios can be understood by the evil happiness of Britishers and the ethical altruism can be seen in the deeds of ^{our} leaders ^{like} Nelson Mandela and Mother Teresa.

The other litmus test to call happiness as the highest good is to understand the means of achieving such happiness.

Great leaders like Mahatma Gandhi believed that even for attaining noble objectives people have to only adopt good means. The recent examples such as green washing ^{by} aliid companies for more profit, Paper leaks and cheatings to pass exams, pursuit of fame by sacrificing privacy, personal relations and mental health emphasis on using wrong means to achieve happiness.

In the current era the pursuit of happiness as highest good also needs emphasis from government and other organisations. Policies should promote mental health, work life balance and social cohesion to enhance the quality of life of people.

Our pursuit for happiness will become more meaningful if it is guided by the right values and intentions. Aristotle's concept of "Golden Mean", Grandhian concept of "Sarvodaya through Antyodaya", "trusteeship model" and John Rawls concept of "Veil of Ignorance" can be guiding light to reach the happiness of highest good without impacting others negatively. → Avoid over-loading information!

To summarise, Happiness as the highest good still remains as an profound influential idea. It encapsulates the ultimate aim of human existence and provides framework for ethical living. While paths may vary, the fundamental pursuit of a fulfilling and virtuous life remains a universal aspiration. As we navigate through different complexities in this pursuit we should make sure that we don't take a wrong path to our desired destination of happiness.

3-4 lines of summary

Human life in a nutshell is all about finding the home of happiness in the middle of turbulence of a highsea with the help of guiding pole star. In this process of reaching the home of happiness we have to let go of what's gone, be grateful for what remains and look forward to what is coming next. It is the hightime not to search for happiness in the depths of deep ocean rather create it in your deeper mind, heart and soul.

→ decent but narrow!

→ Justice not done properly!