

HAPPINESS

The introductory course, **WISDOM WITHIN**, described wisdom as that knowledge which allows life to be lived truly and happily. The **HAPPINESS** course builds on this by exploring the nature of true happiness itself. If we can understand the true nature of happiness, we will have gone a long way to understanding ourselves and the nature of the world in which we live.

10 weekly
90 minute meetings

SESSION 1

THE TRUE NATURE OF HAPPINESS

How do we seek happiness? True happiness and unity: 'May all be happy' as an intent. Tolstoy: happiness through serving one's neighbour. Observation, the conscious perceiver and the present moment.

SESSION 2

HAPPINESS AND SOCIETY

Is happiness natural? Analogy of light bulbs. Relationship between happiness and law.

SESSION 3

HAPPINESS AND UTILITARIANISM

Bentham, Mill. Gandhi's criticism and an alternative view to utilitarianism. The art of listening – practical exercise.

SESSION 4

HAPPINESS AND PLEASURE

Hedonism, Epicurus and Plato. Plato suggests two categories, necessary and unnecessary pleasures. Introduction to the Upanishads: finding satisfaction in oneself.

SESSION 5

HAPPINESS AND THE PLATONIC GOODS

Divine goods: wisdom, self-control, justice and courage. Human goods: health, beauty, strength and wealth. Are these the way to happiness?

SESSION 6

REJOICE IN THE PRESENT

Introduction to Marsilio Ficino, renaissance philosopher. Key phrases inscribed on academy walls include: rejoice in the present. Richard Jefferies.

SESSION 7

LAO TZU

Introduction to Lao Tzu: Tao Te Ching. Tea ceremony. Exploring effortless action.

SESSION 8

HAPPINESS AND CONTENTMENT

Introduction to Patanjali and the 8-fold system of yoga, meditation, contentment. What about ambition? Finding happiness in work: 2 principles for finding happiness in work.

SESSION 9

HAPPINESS AND WORK

2 more principles for finding happiness in work. Practical exercise to discover more about the principles of work in action.

SESSION 10

HAPPINESS AND WISDOM

What is the connection between wisdom and happiness? Marcus Aurelius. Review of the term.
