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### Panchatatva Mantra

jaya sri-krishna-chaitanya  
prabhu nityananda  
sri-adwaita gadadhara  
shrivasadi-gaura-bhakta-vrinda

“I offer my respectful  
obeisances unto Sri Caitanya  
Mahaprabhu, Lord  
Nityananda, Sri Advaita,  
Gadadhara Pandit, Srivas  
Thakur, and all the devotees  
of Lord Caitanya”.

### Maha Mantra

**Hare Krishna  
Hare Krishna  
Krishna Krishna  
Hare Hare**

**Hare Rama  
Hare Rama  
Rama Rama  
Hare Hare**

**Chant Hare  
Krishna Mantra  
and be happy...**

## Search for Happiness

I was very deeply pondering about a thought which I am sure would have crossed your minds too at some point in time in life. I was strongly wondering whether we are all very happy? Whether we retain the happiness each day and all through our life? My introspection led me to realize that we are not always happy. Our Happiness is just temporary. We are forever craving for happiness, peace of mind etc and the search or the quest for this Happiness is never ending. We see our parents even at this age still unhappy and dissatisfied about something or the other. What is it that we are searching for then?

Let's say we go out for a box office hit movie with our close friends and family. We are engrossed in the movie for 3 hours in the company of our near and dear ones and at the same time enjoying eatables. We enjoy jokes and once it ends, we come out and discuss about the same movie, scene by scene, about the location, the actors, the songs, the director etc. We feel very happy and for the next couple of days we hum those songs, we tend to recollect the beautiful dialogues or the scenes in the movie. But, for how long? Maybe, a day or for a few days more. Then, again we feel bored and wish to watch another movie, have another get-together with our dear and near ones. This goes on.... And we are going on like this, all the time searching for that complete happiness, which is eluding us. We are chasing it hoping to grab it. But, the reality is we are not able to.

We have advanced and made great progress in science and technology. Plenty of gadgets have been invented for our comfort. But, are we really happy at every step of our life? If we sit back and think, really we are not happy. We rightfully define any event as a happy moment in our life! Yes, it's a moment and it is gone because it is temporary.

So, what is this Happiness? This question had always bogged my mind. The answer to this question, I felt would bring me great solace and also Happiness. What I understood and experienced, I felt I should share with others too and lead towards Happiness.

To understand what exactly is happiness I felt that I needed to understand what is it that we are doing to seek happiness. What are the activities that we are carrying out and which are leading us towards happiness. I tried an analysis of all my activities by which I was feeling happy. I was surprised and amazed to find that all my activities were revolving only around four major activities. I feel these are the activities we perform all through our lives. Whatever we do revolves around these activities itself. Can you guess what these four main activities are, by which we are seeking Happiness?

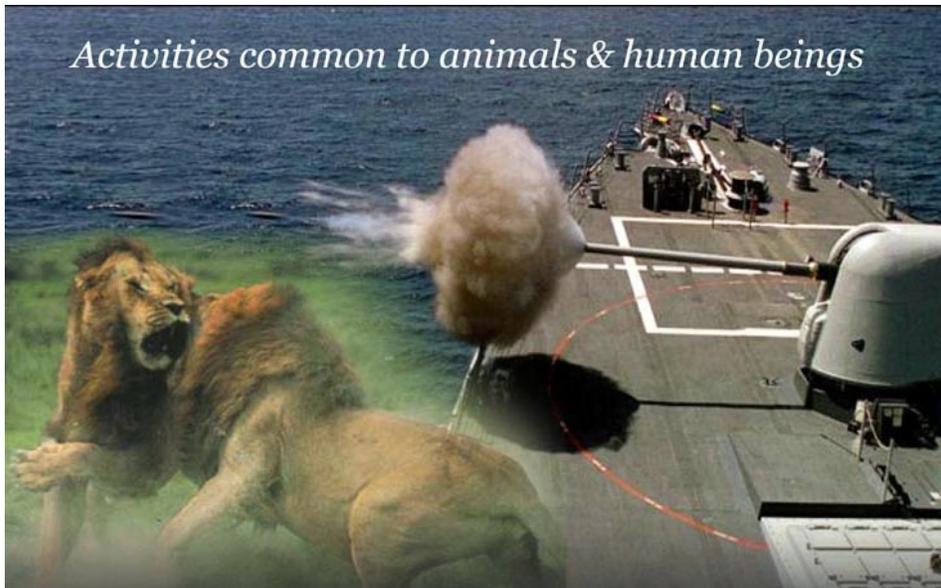
## The Four activities common to Man and an Animal



The four main activities which we perform everyday in our lives are eating, sleeping, mating and defending. We spend all our lives trying to seek happiness within these activities. We like to eat the best. We have our own likes and dislikes. We choose the best of the eating joint. We feel very happy after having tasted the best of the food. But for how long does this feeling last? A few months? Weeks? Days?. We again crave for the same taste. We eat well, so that we can work well. Similarly after a tiring day at work, we get back home and we sleep well. We do this to relax our mind and body. We feel happy having slept for so many hours. We still complain saying that we didn't have enough sleep. We

choose holidays or weekends as relaxation times to sleep for a longer duration. But, if we analyze all our activities in a 24-hour span, we will be surprised to realize that we spend more than 50% of the day in sleep itself!!!!

We sleep well to work with good concentration and zeal at our workplace and in turn we wish to earn well. But for what? To eat well again, to have a nice house, to sleep well etc. We also wish to seek a nice companion by earning well! We look forward to spend time with family each day. We plan outings with them over weekend for movies and other places. When we earn so well and have all luxury, we learn to defend our possessions, our family, wife/husband and children and ourselves so that we can live and lead a very nice luxurious and comfortable life. We do all these activities, with utmost planning year after year, we grow old and are yet not happy. We feel happy, but that is only momentary. If you sit down and think, we find that animals similarly perform these activities too.



Animals are doing these activities as per their intelligence level and we are doing it as per our intelligence level. All our advancement and progress in technology is around only these four activities. Then, can we be equated with animals? Are we also just like any another animal? Aren't we different from them? What is it that distinguishes us from them? Is there something that makes us stand apart from animals? Or are we just "Animal the Great"?

## Purpose of Human Life

Let us understand then what is the distinction factor between the Animals and we humans. The one and only one major distinction between humans and the animals is "Higher Intelligence". Yes, we are gifted with the ability to discriminate, to enquire about the cause of our life, our sufferings and the destination of our life.



**The only purpose of Higher Intelligence is:**

Asatoma Sadgamaya  
Tamasoma Jyotirgamaya  
Mrityoma Amritangamaya

**To move from Asat (temporary) to sat (eternal); from tamas (darkness) to jyotirgamaya (to light); from mrityu (death) to amritangamaya (deathlessness).**

This is the main distinguishing factor between humans and animals. Animals can only perform all the regular activities of eating, sleeping, mating and defending but they are unable to discuss or make any enquiry about:

**What is the ultimate goal of life?**

**Who we are?**

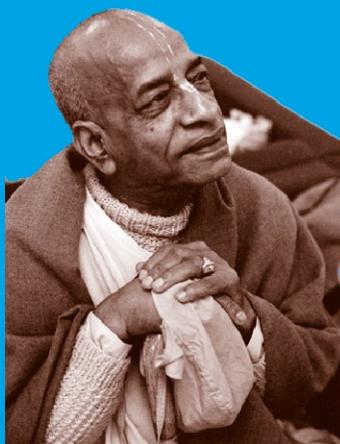
**Where have we come from?**

If we do not use our Higher Intelligence for such higher purpose but limit it to activities similar to what the animals can perform, we are nothing but "Animal the Great".

## Srila Prabhupada Speaks out

### Importance of Human Life

Why is a man given a better chance to live than swine or other animals? Why is a highly posted government officers given better facilities for a comfortable life than an ordinary clerk? The answer is very simple: the important officer has to discharge duties of a more responsible nature than those of an ordinary clerk. Similarly, the human beings has to discharge higher duties



than the animals, who are always busy with filling their hungry stomachs. But by the laws of nature, the modern animalistic standard of civilization has only increased the problems of filling the stomach. When we approach some of these polished animals for spiritual life, they say that they only want to work for the satisfaction of their stomachs and that there is no necessity of inquiring about the Godhead.