

Finding Happiness For Dummies (A Handbook That's Never Been Written)

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If you're already afraid that this article is going to spook you because it's only dealing with a theoretical question, please note that the underpinnings of most of our current political and social discussions today rely on assumptions we rarely examine in their most basic form. Which, we believe, is the reason so many things get out of hand, can ruin people's lives in the blink of an eye, never get resolved once and for all, and "fair" is so often just a party in the park.

At any rate, life, for the most part, is hardly a constant fair, and no one has to pursue happiness once they find it.

It's fairly obvious that most people believe happiness is something you have got to find for yourself (independent and alone), and neither the Declaration of Independence nor the Constitution of the United States of America could possibly offer us the pursuit of happiness itself as an entitlement. Perhaps the former should have been renamed "Declaration of Inter-dependence." The same for justice, as a matter of fact. Look at history.

Before continuing with this diatribe, it might be wise and good to show some humility if we were to state that it is our considered *opinion* that *being* happy is different than *obtaining* happiness, while being happy ought to be one of our most sought after goals, whatever form it takes. Both for us and the rest of the world, within the confines of the law.

Nearly every spiritual teacher in history who has discussed this subject, has clearly stated that you cannot attain happiness. You cannot "get happy" through effort because it does not require effort, and effort is actually antithetical to finding happiness. Or remaining happy.

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Happiness requires insight.

You can exert effort to accomplish a tremendous number of things in life, and many will result in a kind of happiness. But happiness itself is a way of being or feeling that is independent of action. Inevitably, one can only *be* happy. One cannot attain happiness. This is noted when seeing children's ability to instantly change from outrageous grief to the opposite on a dime. Most adults have forgotten that.

So, while not to "beat a dead horse," perhaps all men and women should be guaranteed the right to *assume* happiness. But it's obvious that it would be wise for most of us to be sure to consider the question, "What makes happiness possible in this world?"

Because it seems to us it's time for as many people as possible to consider three issues ...

- Are all men and women entitled to, at the very least, the free pursuit of happiness?
- If your pursuit of happiness conflicts with mine, we must consult the Constitution and all federal and state laws to decide who's right and abide by that.
- Finally, if we're still conflicted as to what to do about our various goals, can we define what we deem justice and fair play means. And what do we do with people who are hell-bent to violate our way of life in totally destructive ways, endangering all of us, including themselves?

Perhaps considering all this would result in both our financial and political leaders [even the so-called dictators, corrupt or not] challenging one another to excellence or to compete at being the best at creating peace, equality, education, culture and a much cooler future climate than the world is headed towards now must be their competitive goals, rather than posturing, machoism and war mongering, not to mention responsible

governments with representatives that match such a situation. And an electorate that are encouraged to deal with facts and not fake news.

So how to achieve such competency and excellence in government? Get the fools, mean spirited and unqualified out.

Shouldn't we start with a competency test for political office? For example, is Canada part of the United States and are Puerto Ricans citizens? If you can't pass our test, you can't run for anything.