

# Happiness is a Myth

Inderjeet Charan

**Abstract:** *We are at the conclusion that both happiness and sadness are an illusion of the mind nothing much. If we become masters of our minds, we can see the reality. We will be not trapped by its illusion and many more tricks. Happiness is a myth it's not perfect state of mind.*

**Keywords:** Alter ego, Survival mechanism, illusion, enlightenment

Happiness is a myth. It was invented to make us buy new things.

**No one loves you, no one hates you, everyone hates and loves your alter ego.**

David Robert

Inderjeet Charan

Happiness is a myth, as it was mentioned in the above quote. It says that it was invented to make us buy a new product. Many companies through their advertisement create a desire in our mind that after buying their product we will be happy but after buying are we really happy? NO, we are not. We are in the same state of mind before that desire was planted or now we are even in the worst state to take care of maintenance. If we know the fact that happiness is a myth, we will not be trapped by them.

We also have self - created desires & for their fulfillment, we work hard a lot, we sacrifice a lot. If they are full - filled then we are in the same state of mind again and now we are stressed to maintain it or if they are not we become sad. So, on whole, where is the happiness? It was just in our imagination.

Lord *Buddha* in his entire life taught a lesson that the root cause of all our problems and sadness is our desires. After his death, what do we do? Standing in front of buddha's statue, we ask him to fulfill our desire. How much of a fool we become in search of happiness.

*Relationships* are also a reason for happiness according to us but are we really happy in every relation? No, in reality we are in the illusion of happiness, just use your brain wisely a little bit to understand this. Whenever you start a new relationship are you in your real state? No, to impress her/him we possess a alter ego. Alter ego is a part of your personality which you use for a limited period of time for a special purpose. For ex whenever you go to your office you possess a alter ego of a formal person but when you go to a party, do you behave the same? No, at that time you possess a alter ego of a party person, both are different. So, if a person is impressed and gets in a relationship then he/she is in love with your alter ego, not you. The same happens with you, you also love someone's alter ego only. How can we say that after a relationship we will be happy? It's all our mind playing a game. If we see only good we will be happy and if we see bad we will be sad that's all.

Our mind keeps making illusions and we blindly believe them. Our mind makes an illusion of happiness and sadness, by that we are trapped, and it make us a slave. Once a wise man told us that *if we win our mind, we can win anything*. Our mind is programmed for our survival. It's called a survival mechanism. Our brain's job is to make us survive. It will always create an illusion of happiness and then attract towards negative bias. So that we can always work as a slave and never rest. For ex 1st our mind creates an illusion that we will be happy after a job and after having a job. It will be attracted towards negativity and create negative emotions like jealousy, fear of missing out on work So you work hard again and again in this all but it will never make you happy. The same thing happens in a relationship. When getting into a relationship, it will give you the fear of rejection. While you know most rejections are no big deal, you nevertheless feel the emotional pain. If you listen to your mind, you may even create a whole drama around it. You may believe you aren't worthy of love and dwell on your rejection for days or weeks. Worse still, you may become depressed as a result of this rejection and you are in the illusion of all this. You will use your alter ego to get into a relationship but if you overcome from this fear and illusion you get to know that rejection simply means that someone does not like you or is not interested in you. You are not his/her type, maybe he is a coffee person and you are a tea, So just wait and when a tea lover comes, he/she will accept you as you are. Just wait for the perfect match that's all. We suffer because of illusion.

So, in the end, we are at the conclusion that both happiness and sadness are an illusion of the mind nothing much. If we become masters of our minds, we can see the reality. We will be not trapped by its illusion and many more tricks. Happiness is a myth it's not right state of mind. Then what is the right state?

The right state is real you without an alter ego, the state which you can feel in the next 15 to 20 minutes after you wake up, that's you. You are not happy, not sad you are just in your right state. The state which lord Buddha and many more great saints said called enlightenment state. The state where you have nothing to lose nothing to gain. That state where you are nothing, you want nothing and are neither happy nor sad.

To achieve that state there are many ways like meditation, breathing technique, etc. Choose your path.

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