

The Happiest Man on the Earth

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Abstract: *Before we know who is the happiest person the earth we must first of all know who is a happy person. Mathieu Richard is widely referred as the “happiest man in the world” based on scientific studies, particularly those conducted by neuro scientists at the university of Wisconsin Madison.*

Keywords: happiness, Matthieu Ricard, neuroscience study, well-being, emotional state

The Key details are given below

- 1) Mathieu Richard is a French born Buddhist monk, author, photographer, and translator who has lived in the Himalayas for over 50 years. He is a former molecular biologist who left a scientific career of the Pasteur institute to study Tibetan Buddhism. He was a 79 years old French born Buddhist monk who lived in Nepal.
- 2) The Scientific basis. In 2004 Richard in a 12 year study on the brain and meditation, where 256 sensors were attached to his skull. Neuro Scientists found that when he meditated on compassion, his brain produced gamma waves associated with consciousness, attention, learning, and memory at levels “off the charts” and “unprecedented” in neuro scientific literature.
- 3) Brain Activity: The study shows that, Richard had abnormally high activity in his brains left prefrontal compared to the right, which is linked to a large capacity for happiness and reduced techniques and tendencies toward negativity.
- 4) His view on the level: While the media has leveled him “the happiest man in the world”, Richard has called the title “absurd” and a nonsense idea arguing that it is impossible to measure happiness of 5 billion.
- 5) Definition of Happiness: Richard defines true happiness not as a fleeting pleasure but as a way of being that pervades as lasts, which can be cultivated through altru benevolence and mental training.

Research Documents

- 1) Eddie Jaku: A Holocaust survivor we wrote a best selling memoir title “The Happiest Man on Earth” He earned his nickname late in life for his radical choice to live with and kindness despite his past trauma.
- 2) Swami Sivananda: A 128 old Indian Yoga Guru often referred to as the “happiest man in India” due to his extreme longevity and simple, discipline life style.

Research Documents

The details of Research documents have been incorporated along with the article as given below.

Key Details

1. Eddie Jaku, 2. Swami Sivanand 4. Abraham Solomon 4. Friday Night5. Bible and the Quran.

Abraham Solomon Jukobowicz was born in a city called Leipzig in Eastern Germany, but his friends called him Adi for short. In English the name is pronounced Eddie. We were a loving family, a big family. My father Isidore, had four brothers and three sisters, and my mumlina was one of

the 13 children. Imagine the strength of my grandmother, who raised so many grand children! She lost a son in the First world war, a Jew who sacrifice his life for Germany, as well as her husband my grandfather, an army chaplain never returned from the war. My father was proud German citizen as could be an immigrant Poland who settled in Germany but left Poland as an apprentice in fine mechanical engineering for typewriter manufacturer Remington because he spoke good German, he made his way to Erica working on a German Ship.

Leipzig’s location and importance as a trading city made it a nexus for the spread of new technologies and ideas. Its university, Germany’s second oldest, was founded in 1409. The world’s oldest newspaper began publication in Leipzig in 1650. A city of books of music, of opera.

My father worked hard to provide for us and we were comfortable, but he was careful to make sure that there was much more to life than material things. Each Friday night, before the shaboos dinner, Mother would lake three or four loaves of challah, the special richly delicious ceremonial bread with eggs and flour that we ate on special occasion. When I was six, I asked him why we baked so many when we were only a family of four, and he would explain that he would take the extra loaves to the synagogue to give to the Jews to need. He loved his friends and family. He was always bringing home to share with dinner with us, although my mother put her foot down and said he would spare no more than five people at a time, as no more could squeeze found the table. Five years passed. Five years of unrelenting work and lowliness. I am not sure can explain what it is like to pretend to be someone you are not from thirteen and a half to eighteen. It is a terrible burden to carry that secret for so long. Not a moment passed when I did not miss my family but I understood my studies were important and persisted. It was a terrible sacrifice, to miss my family for so long, ut I gained so much from my education. Despite my loneliness, I loved my education I was getting. The masters I was studying under were some of the greatest minds in the world and they could pick up their tools and make seemingly anything, from the tiniest gears to giant machines on the forefront of technology. It all seemed to be miraculous to me. Germany was at the forefront of a technological and industrial revolution that promised to make quality of life better for millions of people and I was on the very cutting edge. In 1938 just offer my eighteenth birthday, I sat for my final examination, and was selected as the top apprentice for the year from my school and my school was invited to join union. The unions in Germany at that time were at that time the same as you find in modern society. They had less to do

with negotiating work conditions and how much money you made and were more about what you were able to do as a practitioner. At that time you were only invited to join if you were really good at your profession, the top of your trade. It was a place for the finest minds in a field together and cooperate to push science and industry forward within the union, concerns like class and creed it had no importance next to the prestige of the work itself. It was truly a great honour for me to be admitted so young. I treasure every piece of knowledge those years gave me, but I will always regret that time spent far from my meaning True, my father was wise when he told me life worth more than a bank account. There are anything's in this world that no amount of money buy you, and something's priceless beyond measure inally first, family second and finally at the last

Apart from what has been said about happiness by Abraham Solomon and Eddie Jaku and Swami Sivananda there is yet much to say about happiness.

Abstract

As is all known that there is an important English proverb which says that he satisfied with what you have. That is do no hanker after wealth. The Key details are as follows:-

- 1) Usage- It means having a strong often vain, desire for money, which should be avoided.
- 2) Context- It is often used in literature and daily advice to emphasize inner contentment over material.
- 3) It is not the man who has too little, but the man who craves more that is poor.
- 4) The sentiment also appears in the Nahgul – Balagha which warns against greed and the obsession with contacting.

What does the Bible and the Quran share deep about happiness. It is the Abrahamic, monotheistic scriptures that offer in the existence of one God, recognize many of the same prophets (e.g. Abraham, Moses, Jesus), and share common narratives like the creation, Noha's Ark, and the afterlife. Both emphasize ethical living, moral responsibility, charity and the importance of divine evaluation positioning them within the same religious tradition.

Summary

Key similarities between the Bible and the Quran

- 1) Monotheism – Both scriptures strictly affirm the oneness of God (Allah in the Quran, Yahiveh / Godis the Bible) and reject polytheism.
- 2) Common Figures and prophets: Both texts honour prophets such as Adam, Noah, Abraham, Isacc, Ishmael, Jacob, Joseph, Moses, David, Solomon and Jesus (Isa).
- 3) Shared Narratives – Stories regarding the creation the fall of man, the flood, the Exodus from Egypt and the birth of Jesus (Born of the Virgin Mary) appear in both.
- 4) Moral and Ethical Teachings: Both emphasize the importance of charity, justice, helping thepoor, honoring parents, and treating neighbours well.
- 5) Afterlife and judgement: Both teach that there is a final judgement and reward the righteous and punish the wicked.

- 6) Respect for Scripture: The Quran recognizes the Torah (Tawarat) Psalms (Zabur), and Gospel (infil) as previous revelations from God.
- 7) The themes are similar the theological interpretations, narratives, and specific details often different to align with each other faiths respective, distinct doctrines.

Conclusion

Apart from what has been said above Alexander Pope's Ode on Solitude also refers to the contentment of a simple, self-sufficient lit portraying quiet isolation as a source of peace rather than happiness. Written at age 12 the poem advocates for living sun seen un known on a small plot of land, balancing leisure the work to escape worldly ambitions corruption.

Key aspects on Ode on Solitude

- 1) Definition of Happiness: True joy comes from wing in harmony with nature and being self-rehant relying on one's own land for food and clothing.
- 2) The Ideal Life: The poem highlights a quiet rural existence a few paternal acres bound where one enjoys health peace of mind, and simple pleasure.
- 3) Rejection of Fame: The speaker prefers to avoid the public eye, desiring to steal from the world and leave no trace behind after death.
- 4) Contentment Vs Consumption: It advocates for a life free from the pressures of wealth, power and the need to be known and enjoying a simple, humble life in the country.

Full Text of the Poem

Happy those wish and care
A few paternal acres bound
Steal from the world not a stone
Jell me where I lie

To sum up we can say that all the great men of yesteryears including Saibaba, Mother Teresa etc have devoted their lives for the suffering humanity. They did no harm to others and loved all be it all men on earth, flowers, plants etc.

References

- [1] Mathieu Richard
- [2] Scientific Basis
- [3] Brain Activity
- [4] His view on the level
- [5] Definition of Happiness
- [6] Swami Sivananda
- [7] Abraham Lincon
- [8] German Citizen
- [9] Delicious Memorial Level
- [10] Bible and the Quran
- [11] Common Figures and Prophets
- [12] After Life and judgement
- [13] Respect for Scriptures
- [14] The Quran and the Gospel