

## Happiness Quotient by Kamlesh D Patel



The German philosopher Schopenhauer asked the question, “How can we determine whether a man is happy or unhappy?” He defined true happiness as the complete satisfaction of all desires. You could say that the happiness of a person can be described mathematically as:

$$\text{Happiness} = \frac{\text{Number of desires fulfilled}}{\text{Total number of desires}}$$

So if you have ten desires and five are fulfilled, you have 50% happiness. If ten are fulfilled, you have 100% happiness. The more desires you have, the harder it will be to fulfil them all, and so the less happy you will be. Happiness is inversely related to the number of desires.

What happens when you have no desires at all? The denominator becomes zero. Anything you divide by zero is...infinity. If you have zero desires, limitless will be your happiness.

In this desireless state, we don't expect anything. When we don't expect anything, we don't play games with ourselves and others. We don't manipulate others because we don't expect anything from anyone.

How do we destroy our inner condition and our happiness?

When desires are not fulfilled there is disappointment. Disappointment leads to anger, anger makes us lose our balance, and once we lose our balance, our mental equilibrium, we are destroyed and lose our humanness.

If you want to have infinite happiness, then minimise your desires, from more and more to less and less and finally to zero! Make peace with yourself.

Reprinted from Heartfulness Magazine Issue 3, [heartfulnessmagazine.com](http://heartfulnessmagazine.com).