

HAPPYISM



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**Happiness is the flight of a light-winged dove of unconditional love,
over a garden of flowers of unselfish service to the neediest creatures**

Abolfazl T. Haghighat, PhD

HAPPYISM

A System of Governance to Eradicate Human Miseries and Increase Happiness

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TABLE OF CONTENTS

Title	Page
Abstract	1
1. INTRODUCTION	3
2. CAUSES OF THE PRESENT GLOBAL PROBLEMS	5
3. COMPARISON OF FOUR SYSTEMS OF GOVERNANCE	7
Capitalism	7
Communism	7
Fascism	8
Socialism	8
4. HAPPYISM	9
A review of the research done by other investigators	10
5. EVALUATING OUR HAPPINESS	13
6. A METHOD FOR ERADICATING EMOTIONAL MISERIES AND CULTIVATING HUMAN VALUES	17
Elimination of Emotional Miseries through the Cultivation of Human Values	18
Relaxation, Visualization, and Meditation as Effective Methods to Cultivate Human Values	19

Preparing a Timetable for Cultivating Human Values	29
7. GROUP VISUALIZATION-MEDITATION FOR CULTIVATING HUMAN VALUES	31
8. RESEARCH INTO CULTIVATION OF HUMAN VALUES (RICH-VALUES)	37
The Effect of Human Values Cultivation in Eliminating Emotional Miseries	39
Effects of Unconditional Service in Receiving the Assistance of the Universe	41
9. SUMMARY OF STEPS TO ACHIEVE HAPPINESS	43
10. OUR EXPERIENCE OF A PERFECT LIFE BY THE YEAR 2075	47
11. CONCLUSION	53
REFERENCES	55

Abstract

Humanity is facing many problems today, the most important of which include global warming, environmental pollution, poverty, hunger and malnutrition, depletion of natural resources, terrorism, social injustice and unrest, and so on. The solutions offered do not look deep enough to find the root causes of these problems.

We are born to be happy. People everywhere seek to increase their levels of happiness. However, the great majority of people wrongly consider the acquisition of wealth, power, and fame as the means to achieve it. This attitude and approach to securing happiness through wealth, power, and fame are the main reasons for all the problems humanity is facing today.

All efforts of the prevailing systems of governance are to secure the happiness of their people by fulfilling their wishes and providing physical comfort for them.

In Happyism, as a system of governance, *happiness is achieved through the rendering of the most effective service to those who need it most, along with exuding unconditional love to them and cultivating human values within oneself.* A method is presented for people to accomplish this.

***If we want to be happy,
If we want to have a happy society,
We have to change our attitude
towards securing and increasing
our happiness.***



1

INTRODUCTION

Happiness is the quality of life that everyone is striving to acquire and maintain. Yet, there are not many people throughout the world who are truly happy. There are many sources of discontent and unhappiness in the world, including deep social, economic, and environmental problems that humanity needs to tackle. There are unprecedented challenges that humanity is facing today in relation to these problems. These challenges must be met, and the problems need to be resolved if we are to have a sustainable, joyous life. Some of these challenges are global warming, rapid depletion of natural resources, environmental pollution, deforestation, extinction of many animal and plant species, social unrest, terrorism, poverty, hunger, crimes, and much more. These challenges cannot be met by science and technology alone. *We cannot just employ conventional methods to solve these problems.*

We need a new paradigm to solve these problems. However, we need to find out what caused these problems to occur in the first place.

**If we want to solve the
problems, we have to
reverse our
attitudes.**



2

CAUSES OF THE PRESENT GLOBAL PROBLEMS

We are born to be happy. With this intuitive belief, people make every effort to increase their happiness in their daily activities. However, the vast majority of people throughout the world wrongfully seek to increase their happiness through the acquisition of more wealth, fame, and power [1]. It is because of this belief system that human beings have inflicted immense pain on themselves and on the environment, and have created all the problems we are facing today.

We need to change our attitude and approach toward seeking happiness. This is of paramount importance if we are to have a peaceful and sustainable life, a pure environment, and beautiful nature around us.

The main objective in the Happyism system of governance is to increase happiness through the rendering of the most effective service to those who need it most, along with exuding unconditional love and cultivating human values. Unlike capitalism, where the main objective is to increase profit in any economic enterprise, **in Happyism, the primary objective is to increase the happiness of all people, animals and**

3

COMPARISON OF FOUR SYSTEMS OF GOVERNANCE

We compare the following systems of governance: capitalism, communism, fascism and socialism, and consider some of their features such as general philosophy, ownership, and healthcare [2].

The suggested system of **Happyism** is discussed in the following sections.

Capitalism

General Philosophy: The free market will determine prices, and competition will drive improvements.

Ownership: Individuals have the right to own property. There is little to no government ownership of services or production.

Healthcare: Determined by market, with little to no government regulations.

Communism

General Philosophy: Capitalism has failed to help the working class because it only incentivizes individualism and therefore must be torn down through force.

Ownership: Entire elimination of property rights—no individual land ownership. No economic incentives for private ownership.

Healthcare: Accessible to all, but distributed unequally (less accessible to poor), operated by the federal government.

Fascism

General Philosophy: A nationalistic agenda usually centered around one powerful individual with an idealized past that encourages individualism.

Ownership: Individuals may own property and small businesses. Essential services are owned by the state under a dictator.

Healthcare: Accessible and free to all who meet certain requirements (race, nationality, citizenship are usually factors).

Socialism

General Philosophy: Internationalistic with an idealized future, based on the redistribution of wealth to fund and support social programs.

Ownership: Individuals may own property and small businesses. Essential services such as electricity, water, and internet are owned by the state.

Healthcare: Free and accessible to all, operated by the federal government.

4

HAPPYISM

This is a term invented to describe a system of governance which intends to eradicate human misery and increase the happiness of all living beings in the world: people, animals, and plants. It shares similarities with capitalism and socialism but none with fascism and communism.

Happyism has similar features to capitalism in that it allows, and in fact encourages, individual involvement and ownership of *all activities*. It has similar features to socialism in that it includes *completely free education for 14 years and heavily subsidized healthcare for all*. When private enterprise is unable to meet certain needs of society, such as providing piped water, energy, internet, etc., then the government steps in to help meet the needs of society.

In Happyism, the main task of the government is to facilitate the activities of people—individuals, groups, and societies—to *increase their levels of happiness through cultivating human values and rendering unconditional service to those who need it most, along with exuding selfless love*.

People elect their government officials at the city,

county, state, and federal levels through a completely democratic process. Their budgets come from taxes on economic enterprises, with the approval of the appropriate elected assemblies.

Other important features of the Happyism system of governance are discussed in the following sections.

The main objective in the Happyism system of governance is to increase happiness through the rendering of the most effective service to those who need it most, along with exuding unconditional love and cultivating human values. Unlike capitalism, where the main objective is to increase profit in any economic enterprise, **in Happyism, the primary objective is to increase the happiness of all people, animals and plants, thereby eradicating human misery.**

Happyism is capable of solving the current global problems.

A review of the research done by other investigators

Environmental problems, social conflicts, poverty, sustainability, as well as development have been addressed by many investigators and research institutions [3-17]. Raskin and colleagues consider four scenarios: market forces, policy reform, fortress world, and great transition for predicting the future of the world in the year 2100 [3, 4]. They consider world population, economy, environment, equity, technology, and conflict in their simulations. They predict that under the new sustainability paradigm of the great transition, the environment improves, equity and technology advance, and conflict decreases, whereas in the fortress world scenario, equity

decreases and conflict increases [3]. In the Happyism system of governance, we accept it as a fact that: **We are living to be happy, and it is our right and nature to pursue happiness** [1].

In addition to advancing science and technology to maintain sustainable development and a comfortable life, we need to change or modify our attitudes toward securing happiness in order to have peace of mind.

We can secure happiness and maximize it during our lifetime by **rendering the most effective and unselfish service to those who need it most, along with exuding unconditional love and cultivating human values in ourselves** [1, 18].

**MAY YOU
ALWAYS BE HAPPY**

**MAY ALL PEOPLE
ALWAYS BE HAPPY**

**MAY ALL BEINGS IN THE WORLD
ALWAYS BE HAPPY**

Mehdi N. Bahadori, PhD.



5

EVALUATING OUR HAPPINESS

Happiness is a highly valued quality that one may possess. Becoming happier is a very important effort in almost all people's lives. Happiness, well-being and job satisfaction have been studied by many researchers [18-39]. Just how we secure happiness depends on the qualities we possess and the activities we undertake.

We can employ the following equation, called the *happinometry* equation, to identify all the factors contributing to our happiness [2, 18].

$$\mathbf{H} = \mathbf{J} - \mathbf{F} - \mathbf{E} \quad (1)$$

where **H** represents the magnitude of our happiness, **J** includes those elements or items that directly contribute to our happiness—elements such as:

- (1) Unconditional love and service,
- (2) Accomplishment,
- (3) Contentment,
- (4) Forgiveness,
- (5) Gratitude,
- (6) Hope,
- (7) Optimism,

- (8) Recognition,
- (9) Wishing well.

In the above equation, **F** represents all physical elements that reduce our happiness or detract from it—elements such as:

- (1) Hunger and malnutrition,
- (2) Disease and physical discomfort.

These elements can be called physical miseries [1].

The last term in the *happinometry* equation, **E**, consists of all emotional elements that detract from our happiness. We call them *emotional miseries*. The term **E** includes many items. We select the following 25 elements to be of more significance [1]:

- (1) Anger,
- (2) Anxiety,
- (3) Arrogance,
- (4) Attachment,
- (5) Desire¹,
- (6) Expectation,
- (7) Fear,
- (8) Gossip,
- (9) Greed,
- (10) Grief,
- (11) Guilt,
- (12) Hate,
- (13) Hypocrisy,
- (14) Impatience,

¹. Desire to acquire wealth, fame, or power, and not the desire to cultivate human values, love, and service.

- (15) Jealousy,
- (16) Judgment,
- (17) Lies,
- (18) Lust,
- (19) Malice,
- (20) Oppression,
- (21) Resentment,
- (22) Vengeance,
- (23) Violence,
- (24) Worry,
- (25) Worthlessness.

Table 1 shows the happinometry.

Table 1. Happinometry: Evaluation of daily happiness with suggested ranges for all elements contributing to happiness.

Name: -----

Date: -----

SELECT A VALUE FOR EACH ITEM WITHIN THE SPECIFIED RANGE					
Add all the values you select in these two rows, and enter the result in the last column.					J = ...
LOVE & SERVICE (0-70) ...	ACCOMPLISHMENT (0-6) ...	CONTENTMENT (0-4) ...	FORGIVENESS (0-4) ...	GRATITUDE (0-4) ...	
HOPE (0-4) ...	OPTIMISM (0-3) ...	RECOGNITION (0-3) ...	WISHING WELL (0-2) ...		
Add all the values you select in the following row, and enter the result in the last column.					F = ...
HUNGER AND MALNUTRITION (0-100) ...		DISEASE AND DISCOMFORT (0-100) ...			
Add all the values you select in these five rows, and enter the result in the last column.					E = ...
ANGER (0-4) ...	ANXIETY (0-4) ...	ARROGANCE (0-4) ...	ATTACHMENT (0-4) ...	DESIRE (0-4) ...	
EXPECTATION (0-4) ...	FEAR (0-4) ...	GOSSIP (0-4) ...	GREED (0-4) ...	GRIEF (0-4) ...	
GUILT (0-4) ...	HATE (0-4) ...	HYPOCRISY (0-4) ...	IMPATIENCE (0-4) ...	JEALOUSY (0-4) ...	
JUDGEMENT (0-4) ...	LIES (0-4) ...	LUST (0-4) ...	MALICE (0-4) ...	OPPRESSION (0-4) ...	
RESENTMENT (0-4) ...	VENGEANCE (0-4) ...	VIOLENCE (0-4) ...	WORRY (0-4) ...	WORTHLESS- NESS (0-4) ...	
<p>Substitute for J, F, and E in the following equation, and evaluate H:</p> $H = J - F - E$ $H = \dots - \dots - \dots$ $H = \dots$ <p>This is your happiness index for the day.</p>					H = ...
<p>Comment here on the value of H you obtained. Suggest how you can increase it for tomorrow.</p>					

6

A METHOD FOR ERADICATING EMOTIONAL MISERIES AND CULTIVATING HUMAN VALUES

Happiness is a quality of life.

Everybody knows if he/she is happy or not, and if today, for example, he/she feels happier than yesterday. In order to estimate our level of happiness, we arbitrary assign numbers to the elements constituting **J**, **F**, and **E**, and estimate **H** in Equation (1) every day [1]. Table 1 is provided to facilitate this evaluation.

After carrying out this evaluation exercise for several days, we can then determine our emotional miseries that need to be eliminated or eradicated in order to increase our happiness.


In Happyism, element **F** is zero for all people, as the government provides free education and almost-free healthcare for all. Furthermore, the government helps individual enterprises to provide suitable employment for all. There will be no homeless or jobless individuals in the Happyism system of governance.

Elimination of Emotional Miseries through the Cultivation of Human Values.

With the completion of the Happinometry table (Table 1) for at least one week, we can find out what human miseries we are suffering from. We can then eliminate, or eradicate, these miseries by cultivating appropriate human values.

The human values we can cultivate in order to eliminate the miseries we are suffering from are many. We consider the following human values to be of more significance [1]:

1. Desire and motivation for **rendering the most effective and unselfish service to those who need it most, with unconditional love for them,**
2. Acceptance of others as they are,
3. Courage,
4. Devotion,
5. Dignity,
6. Discipline,
7. Enthusiasm,
8. Ethics,
9. Forgiveness,
10. Generosity,
11. Gratitude,
12. Honesty,
13. Hope,
14. Humility,
15. Integrity,
16. Justice,
17. Moderation,

18. Motivation,
19. Optimism,
20. Patience,
21. Persistence,
22. Respect,
23. Responsibility,
24. Sacrifice,
25. Self-confidence,
26. Sincerity,
27. Stewardship for nature and the natural environment, 
28. Tolerance,
29. Truth,
30. Wishing Well.

To identify which human values' cultivation will eliminate or eradicate the elements of misery we may be suffering from, we consider the above list. Through this list, we can identify all the human values that we need to cultivate.

Now that we have identified the human values that we would like to work on, we need a method to cultivate them. The most effective way is to become involved in selfless and unconditional service.

The following practices will also help cultivate human values:

Relaxation, Visualization, and Meditation as Effective Methods to Cultivate Human Values.

There are many relaxation, visualization, and

meditation methods written, taught, and practiced throughout the world. I have read a few books and attended several seminars that present such techniques. I found most of them to be helpful. In the following, I would like to share a version of a relaxation-visualization-meditation method that I have practiced and benefited from. I hope it will help you as well.

The method presented here is not in any way meant to replace your own method of mental relaxation, visualization, or meditation, if you already follow and practice one. I urge you to continue with that. I invite you to try the method I am suggesting and, if you like it, see if you can incorporate it into your own practice.

If you are not following any particular method, I urge you to learn and practice one. A great number of benefits can be drawn from such a practice, and the hours required to develop the habit are a worthwhile investment. You can consider the following method as a supplement to such exercises. Presented below is a brief description of what I believe to be a powerful way of cultivating human values.

Need to identify a Master

I believe that when the thought of a person occupies our mind, we naturally and gradually develop some of that person's qualities and attributes. Because of this belief, and because *Love* (translated into unconditional and selfless *service*) is the single most important human value for securing happiness, I suggest that you identify several people who symbolize love and unconditional service for you. I refer to these people as Teachers, or just Masters.

Examples I can give for these loving Masters are: Moses, Jesus, Mohammed, Zoroaster, Krishna, Buddha, Mary, Mahatma Gandhi, Sri Sathya Sai Baba, Mother Theresa, and many others (whom I did not name, but am sure you can identify). If you are not a particularly religious person, or are unfamiliar with these Masters, do yourself the inspiring favor of becoming intimately acquainted with one or more Masters, their lives and teachings. It is important that we keep the thoughts of at least one such Master in mind at all times.

If you have not done so already, I suggest that you now identify a Master who symbolizes love and compassion to you and has done, or is doing, selfless service. He or She is a person whom you love or can imagine loving and to whom you can easily relate. In the following discussion, I will be using the pronoun “He” or “Him” to refer to your Master. If your Master is female, please make the appropriate corrections as you read the rest of the text.

Common qualities of the Masters

The Masters I named above possess all the human qualities listed before, and none of the elements of misery. So, if you can keep the thought of your chosen Master(s) in mind, you are bound to gradually develop and cultivate all of the human values or qualities, and slowly eliminate all those elements of misery. I am absolutely sure about this. With the suggestions made here for relaxation, visualization and meditation, you can speed up *the process of cultivating human values*.

Welcoming the Master into your home

Obtain several pictures of this beloved person and place them in your room, or wherever you can see them often, to be reminded of Him. If you can identify several Masters, so much the better. Obtain, if you can, the pictures of all these Masters and, if possible, decorate your residence and office with them.

Create a “Prashanti” corner for yourself

Now, if you can, and if it does not infringe upon the comfort and well-being of other members of your family, set aside a quiet corner, or place in your residence, as your own special place. It is here that you will meet your Master(s) during special occasions and during times of meditation and visualization. Give this place a special name, something that identifies peace, joy, serenity, and happiness. Let me borrow a Sanskrit word and call it a “Prashanti” corner, or a place of “ultimate and ever-lasting peace.” Decorate your Prashanti corner with pictures of your Master(s), and any other pictures that call forth serenity and peace for you. These could be pictures of any flowers, birds, butterflies, or other animals, or any peaceful and calm scene. Place these pictures, particularly those of your Master(s), at a level where you can see them without bending your neck when you sit down. Additionally, if you like, select several recordings of soft and relaxing music and some incense of your choice. If you like, obtain some candles, but make sure that there will be no fire hazard when you light them.

Prepare to pay a special visit to your Master

Select a time of day that is especially quiet. This can be early morning (usually the best), or late at night. Obtain fresh flowers (particularly roses), if you can, and place them in a suitable location in your Prashanti corner. Make sure you are washed and perfectly clean, and have on clean clothes. Go to your Prashanti corner, start your soft and peaceful music, and light the incense and candle (making sure that there are no fire hazards). Sit in a chair or on the floor, whichever is most comfortable. If you can, obtain a woolen cloth or rug so that you can sit on it, or at least have your feet on it when you sit in a chair. If you sit in a chair, place your feet flat on the floor, easily hold your back and neck straight, and rest your hands on your lap, palms up. If you sit on the floor, make sure your back and neck are straight by sitting cross-legged, and again rest your hands on your lap, palms facing up.

Expressing thanks and gratitude to the Universe

While everything is ready and quiet, and you are sitting comfortably in your chair or on the floor, close your eyes and mentally thank the Universe for the opportunity that you have to be where you are at this very special time, and for all that you have in your life. Enumerate some of these things: your health, the people in your life, and so on, as well as the opportunity you have right now for visiting with your Master. Indicate that you are interested in linking with Him, to possibly see or feel Him in some way, for the express purpose of cultivating human values in yourself. Mentally (or aloud) state that your purpose for

all of these activities is to begin cultivating human values, fostering love, and rendering unconditional and selfless service to all those who may need it most. State that you are not seeking any fame or glory with such a possible visit—only to *cultivate human values, develop the desire and capabilities to love, and to render the most effective service to those who need it most.*

Start your visualization and meditation

While your eyes are closed, take several deep breaths through your nose, allowing equal time between the inhalation, holding of the breath, and the exhalation. Make each breath as deep as possible without straining yourself and without any feelings of discomfort. You can take any number of deep breaths, for example, nine or twelve. While breathing, pay every possible attention to your breath, mentally “riding” along with the molecules of oxygen as they flow into your lungs, “staying” in the lungs, “witnessing” the exchange of oxygen and carbon dioxide taking place inside your lungs, and then “riding” along with the carbon dioxide out of your lungs through your nostrils. After you finish this conscious breathing, while your eyes are still closed, mentally count slowly from one to nine, feeling more relaxed with each count. Mentally say that with each count, you are becoming more relaxed. Finally, at the count of nine (or twelve, or any number you have selected), feel yourself completely relaxed, more relaxed than ever before. Feel how relaxed you are. Mentally affirm to yourself that you are very relaxed, several times.

Creating your “Mental Prashanti Space”

To deepen further your level of relaxation, you now mentally enter a beautiful and serene location. This can be a place you have seen in person or in pictures. It can, for example, be a garden, a mountain, a beach, or any place where you feel peaceful and happy. You can mentally create any peaceful and serene space that you want to. Find a name for this beautiful mental creation of yours. As a parallel to your physical Prashanti corner, let me call it your “mental Prashanti space.” Now, while your eyes are still closed, mentally enter this beautiful, serene, and calm Prashanti space. Walk around and enjoy whatever is there. See, smell, and feel all the flowers and all that you can perceive about you. Admire the beauty, magnificence, splendor of the flowers, trees, birds, and animals that you find in your Prashanti space.

Visiting your Master

As you walk along, enjoying the serenity and peacefulness of this mentally-created space, you visualize your Master in the distance. He is sitting on a bench, looking towards you, as if waiting for you. You walk towards Him and greet Him. He is so happy to see you, and you are indeed very happy to see Him. You both express your joy in seeing each other. He expresses that He loves you very much just the way you are, and He is particularly delighted that you have chosen to cultivate human values within yourself, and that you are deeply interested in strengthening your love and developing a strong desire and capability to serve others selflessly.

Continue to visit and converse with your Master, enjoying every moment of it, feeling happy and joyous to be where you are. Feel how relaxed you can be with this Master and how happy He is with you. He is a true manifestation of Universal Love and Compassion; love emanates from His eyes and His entire body. You absorb all the love energy that you can from your Master and enjoy every moment of being where you are.

Cultivating a specific human value in the presence of your Master

If you have decided which one of the human values you would like to work on and cultivate, you can bring it up now with your Master. (Let us assume that you want to cultivate Trust in yourself in order to eliminate the misery element of Worry, to be more accepting of other people and of the situations in which you find yourself.) While you are still sitting on the bench, see your Master getting up and standing in front of you, holding His hands over and slightly above your head. Now, mentally count from one to three. With the count of three, visualize a bright blue light being emitted by His hands, an intensely beautiful light that covers your entire body. Feel yourself completely immersed in this relaxing, soothing, soft, blue light and mentally affirm: “I trust the beautiful, magnificent, and abundant Universe to meet all my needs, providing for me, through my own effort, all that I need to have to live comfortably and modestly. I accept and love (name any person or situation) as He, She, or it is, believing that the same loving and generous Universe

takes care of them, and provides for them too.” Repeat this affirmation several times. Feel the love that you are receiving from your Master and enjoy feeling completely immersed in the blue light that is charging you with the human value, *Trust* (or any other human value) which you have selected to cultivate. It is important that you do not let any negative word or statement pass through your mind. In another word, please avoid saying, for example, “I am not worried.” Instead, use words such as, “I love and trust the Universe to take care of my needs; I am content and happy about the way things are unfolding for me; all is well in my life.” Or, for example, if you are working on the issue of Guilt, instead of saying, “I do not feel guilty,” say, “I love myself the way I am; I am a unique and a beautiful human being who possesses all the means of becoming happy and joyous. Indeed, I am a happy and content person.” Mentally repeat these affirmations with your Master as many times as you want, enjoying every moment of being with Him and being immersed in the blue light emitted by Him. He is very interested in knowing that you are making every effort to cultivate human values and in hearing you speak such affirmations.

Taking leave of your Master

When you feel it is time for you to return to your physical Prashanti corner, thank your Master for the opportunity to meet together, and for His spending this time with you. Ask His permission to leave. When He approves your return, bid farewell to Him and leave your garden or place where you met Him. Now, mentally start

counting from one to nine again, saying that with each count your awareness is becoming directed more and more to your physical Prashanti corner. When you reach nine, mentally say, "Now I am fully aware of this location, feeling well and very happy." Repeat the sentence, "I am feeling well and am very happy," several times, and then open your eyes. Feel the peace and serenity that you have experienced and are still enjoying.

Note 1

If you have not had any experience in visualization and meditation before, and even if you have already had such experiences but are more like me, most probably you will have difficulty in quieting your mind and preventing it from jumping around all over the place. Do not give up. We all face this problem. Any time your mind drifts away, try to bring it back, without blaming yourself, or feeling guilty for not being able to concentrate or focus. If this is the first time you are going to have such an experience, I suggest you take it slowly.

Note 2

If you have difficulty visualizing your Master, or seeing yourself immersed in a bubble of blue light, as people often do, still be content that you have been able to relax yourself and make the affirmations about cultivating human values.

Preparing a timetable for cultivating human values

Cultivation of human values takes time, and we need to be very patient. Make a timetable that you may want to use for planning to cultivate one human value during each month.

You have already determined the effects or impacts of each human value on the eradication or reduction of misery elements. Now, select from this table those human values that you want to cultivate most in order to eliminate the related miseries. Select the period that you would like to work, indicating the day and the month. Complete this table for at least five human values.

To have more fun cultivating each human value you select, gather pictures, make drawings and posters, or create things that symbolize those qualities. Place these all around your house or place of residence. For example, if you have chosen to cultivate contentment as a human value during the month of May, then make or gather posters, cards, pictures, quotations, cartoons, and so on, that remind you to be content with all you have. Let the whole world know that the month of May is “contentment month” for you.

If you choose the month of November to be your month of thanksgiving and gratitude, in addition to all the above visual affirmations, make every effort to express your gratitude first to your family, then to all people, society, and your country for whatever they have done for you (no matter how small it may seem to you).

Of course, you always express your greatest thanks to the Universe.

Make the table for five human values that you would like to cultivate during the next five months, beginning on the first day of next month. Follow the steps mentioned in the previous section. Starting on the first day of the month, consider the human quality that you have selected to work on. Do this exercise as often as you can, preferably twice daily, early in the morning and late at night. During all other times, keep the thoughts of your Master constantly in mind, concentrating on the strength of that human value in Him. Read as much as you can on the cultivation of this value and about the people who truly possess this human quality.

Complete a Happinometry table at the end of this month and compare it with that of the previous month. Is there a difference in your happiness value?

7

GROUP VISUALIZATION- MEDITATION FOR CULTIVATING HUMAN VALUES

The visualization-meditation method and the linkage with a Master that I described above can also be used in a group. A group effort is almost always more effective than an individual one. To carry out this activity in a group, I recommend the following:

1) If you have friends who share the same belief as you do, who strongly desire to cultivate human values, and who are familiar with meditation or visualization practices, or who have been following the method suggested in this chapter, try to get together with them and form a Human Values Cultivation Group. In your first meeting, find yourself a good name, and go by it, a name which brings to mind human values, and the need for cultivating these values and qualities.

2) Find a suitable time of the week and a cozy, quiet place for your weekly gathering. If most nights of the week are all right, how about considering Thursday nights? I know there are many similar meditation activities normally held on this night. By scheduling your

activity on Thursday nights, you may be able to receive the greater benefit of a larger group cultivating human values throughout the world.

Your place of gathering might be in somebody's home, or in any other convenient place. If you can, decorate this place permanently with peaceful, serene, and relaxing pictures, and pictures of the Masters of the participants. If a permanent decoration is not possible, then ask everyone to bring one or more pictures of his or her Master for each meeting, and decorate the place temporarily for the purpose.

3) If none of the group members are sensitive to candles or incense, and if there is no fire hazard, select these, and possibly some soft, relaxing music that everyone is comfortable with. Remember that candles, music, and incense are not absolutely essential, but can sometimes help in the relaxation process.

4) Consider a timetable for the group, deciding on a common human value for the whole group to cultivate during each month. Try to work out a calendar for the year or for the next six months. It is very helpful if everyone in the group concentrates on one human quality for the entire month.

5) Find one member of the group who has a relaxing voice to lead the group for visualization-meditation and linkage with the Masters. This person can later record his or her words so that he or she can join in on the process too.

6) While everyone is sitting comfortably in his or her place, and is able to easily see the picture of his or her

Master, and with the candles and incense lit and the soft music playing, begin the linkage process. Here is what your visualization-meditation guide would say very quietly and very softly to help the group activity:

A. “Please look at the picture of your Master and keep that picture in mind. Now, close your eyes and be very relaxed and comfortable.” While everyone’s eyes are closed, continue, “We are grateful to the Universe for the opportunity we now have to gather here to cultivate human values in ourselves. We are also thankful to our Masters who have accepted our invitations to be with us during this period. Our intention in this gathering and in this exercise is to foster and cultivate human values in order to be happier and to love and serve others unconditionally and more effectively.”

B. “Please take a deep breath.” (You need to consider the depth of breath that everyone is comfortable with, and no one is strained by. It is necessary to find this out ahead of time.) “Pay attention to your breath, riding along with the air going into your lungs. Hold your breath, paying attention to the exchange of oxygen and carbon dioxide in your lungs. Exhale, riding along with the carbon dioxide leaving your lungs through your nostrils.” Repeat this procedure any number of times (between 5 and 12) that is comfortable for the group.

C. “Now I will count from one to nine, and with each count, you feel more relaxed. One ... two ... three. (Count very slowly.) You are now becoming more relaxed. Four ... five ... six. You are getting into a very deep state of relaxation. Seven ... eight ... You are now more relaxed

than ever before. Feel how relaxed you are. You are very, very relaxed, calm, and peaceful. With the count of nine you will reach the deepest level of relaxation. Nine. You are very relaxed and calm. Feel how relaxed and serene you are.”

D. “To reach an even more complete state of relaxation, now enter your mental Prashanti space.” (Everyone who has been practicing the exercise suggested earlier in this chapter should have such a space.) “See how beautiful this place is—very beautiful, relaxing, calm, and serene. You feel very relaxed and happy to be here. As you walk and enjoy the serenity and peacefulness of this place, you see your Master sitting on a bench in the far distance. Walk towards Him, greet Him, and mentally tell Him how happy you are to see Him and be with Him. He invites you to sit next to Him. He then tells you that He is very happy to see you, that He loves you very much, and that He is happy that you are interested in cultivating human values in yourself. He assures you that He will support you all the way and will assist you in your efforts. He tells you that you can call on Him any time you want. He tells you that He is always available and never farther away than your own heart. You mentally tell Him that you and your friends are all gathered here to cultivate ... (name the human value of the month). You ask Him to assist you, and He agrees. He then gets up and stands in front of you, holding His hands over you, a short distance away from your head. You mentally count from one to three, and with the count of three, you see that a bright blue light is being emitted by His hands. The light covers your entire body.

Feel yourself completely immersed in this bubble of soft, beautiful, and peaceful light. Feel that this blue light is charging you with love and the desire to serve selflessly, strengthening you in ... (name the human value selected for the month and restructure the sentence if necessary. Make sure you are not using any negative term, or inducing any negativity. See the discussion in the previous section. Make a proper sentence suitable for the selected human value, for everyone to affirm mentally. Ask everyone to repeat that affirmation several times.)

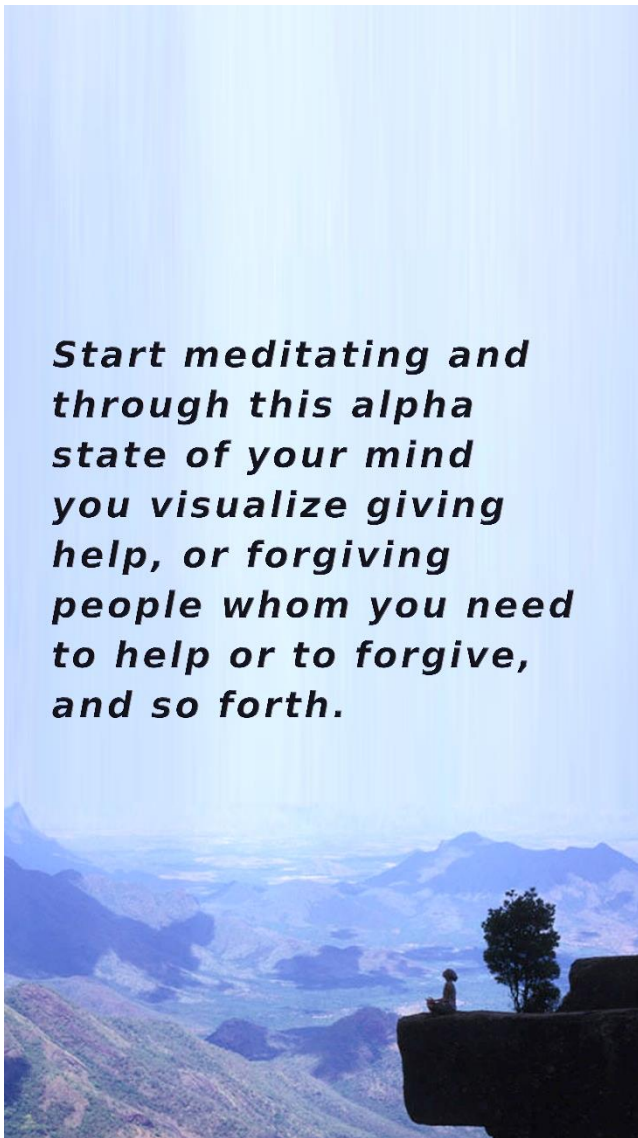
E. “Feel how well this human value and quality is being cultivated in you. Feel how happy and relaxed you are to possess this important human quality.

F. “Now it is time to bid farewell to your Master and return your attention to this place. I will now count from one to nine, and with each count, your attention and awareness will become directed more and more completely to this present time and place. One ... two ... three. Your attention is now being directed to this room. Four ... five ... six. You have left your mental Prashanti space and are returning to this place, feeling very well and happy, remembering everything that you have witnessed. Seven ... eight ... With the count of nine, I would like you to open your eyes, feeling completely relaxed and happy, feeling completely well and joyous. Nine. Open your eyes, feeling very relaxed, serene, and very, very happy.”

7. Remain quiet for a few moments to allow all participants to open their eyes. Stop the music, ask if anyone would like to share his or her experience, and if anyone has any comment on the conduct of the relaxation,

visualization, meditation, and linkage with his or her Master.

Start meditating and through this alpha state of your mind you visualize giving help, or forgiving people whom you need to help or to forgive, and so forth.



8

RESEARCH INTO CULTIVATION OF HUMAN VALUES (RICH-VALUES)

There is a need for balanced education: to teach skills and professions for making a more comfortable living, and even more importantly, to foster and cultivate human values. While the former teaches how to make a living, the latter emphasizes how to have a peaceful life or how to live.

How to embark on education in human values is both beyond the scope of this book and the area of my expertise. There is a need for an extensive research program to determine the best and most effective way of cultivating these values at different levels of the educational system. It needs to be broadly inclusive, from preschool through university education, and should also include the population at large, beyond those directly engaged in the school environments.

It is suggested that a center or an institute be founded at the state or federal levels for **Research Into Cultivation of Human Values (RICH-Values)**. This Center for RICH-Values needs sufficient funding to draw on the talents of those educated and gifted individuals who (1) are concerned about the causes of the problems facing

today's society, and (2) believe in education in human values and have the appropriate expertise in psychology, education, and other related areas of human development.

One thing is clear to me: human values can best be cultivated through example. We cannot foster human values simply by reading or talking about them. I believe the greatest of the human qualities is Love, the *Love* that is translated into unconditional and selfless *Service*. We need to search for and find people who have such qualities. As these people render their services unconditionally, they do not seek fame and fanfare. As such, one needs to search to find them. In addition, the lifestyle of these people should be brought to the attention of all those for whom education in human values is intended. Their love for people and the services that these people have rendered (or are rendering) should be presented to students learning human values in the most interesting and enjoyable way, in the form of videos, books, interviews, and so on.

Education in human values is not a subject to be dealt with separately from other education. That is, we cannot have separate class sessions or hours set aside in school curricula to teach these values, as we do for teaching sciences, foreign languages, and so on. Human values have to be cultivated in students as a part of all subjects. This can be done only by teachers who already possess and exemplify such values and qualities. Teachers are role models for students and can be revered as symbols of the highest qualities by them. Society should provide financial rewards for these teachers to secure their

comfortable living.

For those who intend to make education their career, it is essential that they possess the utmost love for people in general, and for future school children in particular. As part of the teacher-training curricula, several community service projects should be devised in which student-teachers become directly involved. Their training should also include typical service projects in which their future students become involved and carry out.

As a further means of fostering human values, the life stories of people who have served lovingly without selfish expectations should be brought to the attention of children through books, videos, and any other appropriate means. Such people should be continually venerated and honored for their work as society's greatest heroes, including naming buildings after them, providing scholarships in their names, and so on.

The effect of human values cultivation in eliminating emotional miseries

Implementing the human values listed above can reduce our misery and increase our happiness. The cultivation of these values as a service to others helps society acquire joy and happiness, which, in turn, contributes to our own happiness. However, let us now consider which of these qualities has the greatest impact in eliminating a specific element of misery. Do they all have the same effect?

Referring again to the Happinometry equation ($H = J - F - E$), we discussed that not all the elements constituting

J, such as love, forgiveness, gratitude, hope, and so on, have the same weight in increasing **J**. The same thing applies to the qualities listed above as Human Values. Each one of these values has a different effect or impact in reducing each of the elements of misery that constitute **E**.

For example, fostering the human quality “humility” has a tremendous effect towards eliminating the misery element of “arrogance.” If we were to choose a number between 1 and 10 to represent this impact, with 10 being the highest and 1 the lowest effect, I would select the number 10 for the impact humility has in alleviating arrogance. If a person has attained the quality of humility, even for one moment, for that moment the element of arrogance will be completely absent. To make it easier to see how each human value has an impact on eliminating or reducing other elements of misery, we can construct a table whereby we can contemplate and evaluate for ourselves these cross-related effects by assigning our own values from one to ten for each quality or human value as it affects each of the elements of misery. This “Misery Eradication” or “Misery Elimination” table lists all human values vertically and all elements of misery horizontally. The effect of any human quality on any element of misery can be assigned by a number, which can be printed in the box where the coordinates (qualities) meet.

With over thirty human values and twenty-five misery elements listed above, listing them all in one table is unwieldy. Therefore, we suggest breaking the complete table into two or more smaller ones, considering only a

portion at a time of the human values and their opposing or related misery elements. In other words, perhaps it is easier to consider 10 human values and 5 related misery elements at a time and prepare several tables like it to account for all the cross-effects.

Effects of unconditional service in receiving the assistance of the Universe

As part of the abundance and generosity of the Universe, and depending on the service we render to those who need it, we can expect great assistance from the Universe.

We can express the Universe's assistance by the following equation:

$$UA = 10^s \quad (2)$$

In this equation, UA is the assistance given by the Universe, s represents the most effective and unconditional service that we, a group of people, or a country, render to those who need it most, (along with unselfish love).

It is clear from this equation that when we render no service, or when $s = 0$, $UA = 1$, and when s is negative, meaning that when we, a group of people, or a country is doing any harm to others (people, animals, plants, or just the environment), then UA becomes less than 1. In this case, those who have inflicted pain on others suffer from the consequences given by nature, or the Universe.

To increase my happiness I have to strengthen
the wings of love and service.



9

SUMMARY OF STEPS TO ACHIEVE HAPPINESS

So far, we have suggested ideas and presented procedures for acquiring happiness and sustainable joy. A part of attaining happiness is to love and respect nature and the environment, and to revere all beings on the planet. This calls for, among other things, developing modest lifestyles, placing ceilings on desires, conserving energy and other natural resources, and reducing environmental pollution. Such happiness is everlasting, the lifestyle sustainable, and the society joyous.

Here is a summary of the steps for attaining happiness and for developing a sustainable, joyous society.

1. Accept that you live on this planet to be happy, and that there are joys in life which are much deeper than sense pleasures.

2. Accept that you alone are responsible for your happiness. You can acquire happiness by developing a proper attitude and working hard to attain it.

3. Accept that deep happiness and joy can be secured through the rendering of unconditional love and selfless service to those who need them most.

4. Depending on your interests and talents, find out

what the most effective and important service you can render is, and do it. If you are planning a profession or a career, again based on your interests and abilities, find out the most effective unselfish service that you can render. Prepare for it wholeheartedly and visualize yourself doing that service successfully.

5. Accept that the Universe is abundant and very generous; that, through your own thoughts and efforts, the Universe will meet your needs; and that you do not need to expect anything from anyone. Never worry about how you are going to make a living; trust that the Universe will provide.

6. In your service, never plan for wealth, fame, or the fruits of your actions. Just serve unconditionally, with total love. If wealth and fame come because of your service, so be it; never become attached to them, and never become arrogant. Use them to serve more.

7. Make use of all your knowledge and abilities to plan and execute anything that you need to accomplish, but accept the outcome, whatever it may be, and be content.

8. Think only of the good qualities of the people who occupy your mind. List these people's good qualities, so that any time their shortcomings come to your mind, you can refer to this list and see the goodness in them. Wish well for anyone and anything you see or think about.

9. Identify someone who symbolizes love and all the other positive human qualities, someone who has done selfless service, and someone whom you can easily love and relate to. I call this person a Master Teacher or, simply, a Master. This Master may be a living person or

someone who has lived in the past. Learn as much as you can about this Master. Any time your mind wanders around, direct it back to Him or Her. Keep the thought of this Master always in mind.

10. Develop a sense of reverence and respect for all beings, and never intentionally harm anyone or anything, including the environment. Accept a modest lifestyle, use as little as possible, and reuse or recycle as much as possible.

I can express the following as the essence of the steps for acquiring happiness:

Cultivate all human values and qualities, and render the most effective unconditional service to those who need it most, along with total unconditional love.

Identify a Master and keep the thought of Him or Her constantly in mind.



My Resolution for the New Year To Maximize My Life-long Happiness

I RESOLVE TO:

- 1- Express my gratitude to God for who I am and everything I have.
- 2- Express my thanks to all the people who have done anything for me, or I have learned something from.
- 3- Write down the things that I am grateful to God for in a booklet every night before going to bed. I fall asleep with these thoughts.
- 4- Wish well for everybody I see or think about.
- 5- Forgive all those people who have hurt me and done something wrong to me.
- 6- Extend my love to everybody and everything I see or think about.
- 7- Be honest and truthful in my thoughts, words and actions.
- 8- Be optimist and see only goodness in every body, every thing and in every situation.
- 9- Determine the human values I need to possess and cultivate one of them in myself during each month.
- 10- Render the most effective- and selfless service to those who need it most.

I hope whatever is the best to happen to you.
I hope you are always healthy and happy.

Mendi N. Baladon



10

OUR EXPERIENCE OF A PERFECT LIFE BY THE YEAR 2075

Through a worldwide change in people's attitude for securing happiness, and through the advancement of science and technology, and by having adopted a **holistic approach to tackling world problems and adhering to Hppyism as a system of governance**, we visualize the life in and beyond the year 2075 to be peaceful and very pleasant. There is peace, tranquility, bliss, harmony, and beauty in this world which one has never seen before. There is no crime or violence, no poverty, hunger, or social unrest anywhere. There is no conflict between nations, and there is no production and utilization of weapons or ammunition of any kind. The environment is pure, well-preserved, and respected. Science and technology are highly advanced and developed, but for the well-being of humankind and the entire planet. People need to work about 25 hours per week to make a living. They spend the rest of their time giving love to one another, particularly to children, the elderly, and to nature [1].

In this world or in the Hppyism system of governance, nothing is wasted; **everything is reused or recycled.**

People take time out to enjoy nature—trees, flowers, birds, and life in general. Because of this lifestyle, and a diet of little or no meat, people are healthy and very happy. Because of the love and respect that people have for one another and for nature, and because of the Universe's grace and generosity, everything is abundant and plentiful [1, 16].

This seemingly utopian world can be created, or arrived at, only if people change or modify their attitude and approach toward securing happiness, and only if people realize that: **there is a happiness much deeper than the pleasure which may be derived from being wealthy, famous, or powerful.**

How Do We Get There?

We have about 50 years to work hard in order for the people living in the year 2075 and beyond to have the lifestyle envisaged for them. Our work can be considered as **rendering the most effective service to the generations who need happiness most.**

We can start by taking the following steps and enjoy doing it.

1. Form small circles of people interested in becoming truly happy; people who do away with the notion of wealth, fame, and power for securing happiness. We call them *happiness circles*.

2. Members of the *happiness circles* should evaluate their degrees of happiness, following the procedure discussed above. They should identify the factors contributing to their happiness or detracting from it. Generally, we all possess many elements in the physical

and emotional misery categories, which should all be considered.

3. Identify the elements of misery that the majority of people in the *happiness circles* are suffering from, and make a list of them.

4. First identify methods to reduce and eliminate physical misery elements within the group. Then, for emotional misery elimination, determine the human values, or qualities, cultivation of which can reduce or eliminate those misery items.

5. Make an effort to cultivate human values that can best eradicate the misery elements identified. Allow about one month for each human value to be cultivated. We can follow the procedure described in detail above.

6. Members of the *happiness circles* should evaluate their degree of happiness after the cultivation of each particular human value.

7. Members should continue cultivating other human values which can eradicate the emotional miseries that members of the *happiness circles* are suffering. Members should evaluate their degree of happiness at the end of each human-value cultivation period, employing the Happinometry equation given above, and determine the effect the cultivation of that human value has had on increasing their happiness.

8. Members should make every effort to exude love to their family and the people in their immediate surroundings. Each member, together with others, should identify projects by which they can **render the most effective and unselfish service to those who need it**

most, giving the recipients unconditional love. They should express their gratitude to the Universe for the opportunity provided.

9. Members of the *happiness circles* should stay together for about one year, feeling the joy and happiness that they have been acquiring, eradicating emotional miseries, cultivating human values, and extending love and respect to the people, animals and plants around them, as well as **rendering the most effective and selfless service to those who need it most.**

10. Members of the *happiness circles* should help form and guide other *happiness circles* of the interested people in their town, other towns in their state or province and other provinces, and in other countries. They should assist the members of these circles in eradicating their emotional miseries and cultivating human values, following the procedure described above.

11. Members of the *happiness circles* should demand their local media not to publish or broadcast any program involving violence, and not to include any news of such events.

12. Members of the *happiness circles* should demand their respective school boards to include education in human values in their curricula.

13. As a further means of fostering human values in people at large, the life stories of people who have served lovingly with unselfish expectations should be brought to the attention of children through books, videos, and any other appropriate means. Such people should be continually venerated and honored for their contributions

as society's great heroes, including naming buildings and streets after them, providing scholarships in their names, and so on [1].

A world

**without any conflict,
without any crime,
without any war...**

Is it possible?



11

CONCLUSION

To eradicate the prevailing miseries and solve global problems, we need to change our attitude and approach to increasing our happiness: from the acquisition of more wealth, power, and fame to the cultivation of human values and the rendering of the most effective unselfish service to those who need it most, along with exuding unconditional love.

Through this practice, we will receive the assistance of the Universe.

We need to work on ourselves to attain happiness not through wealth, or fame, or power, rather through giving love and service to those who need them most.



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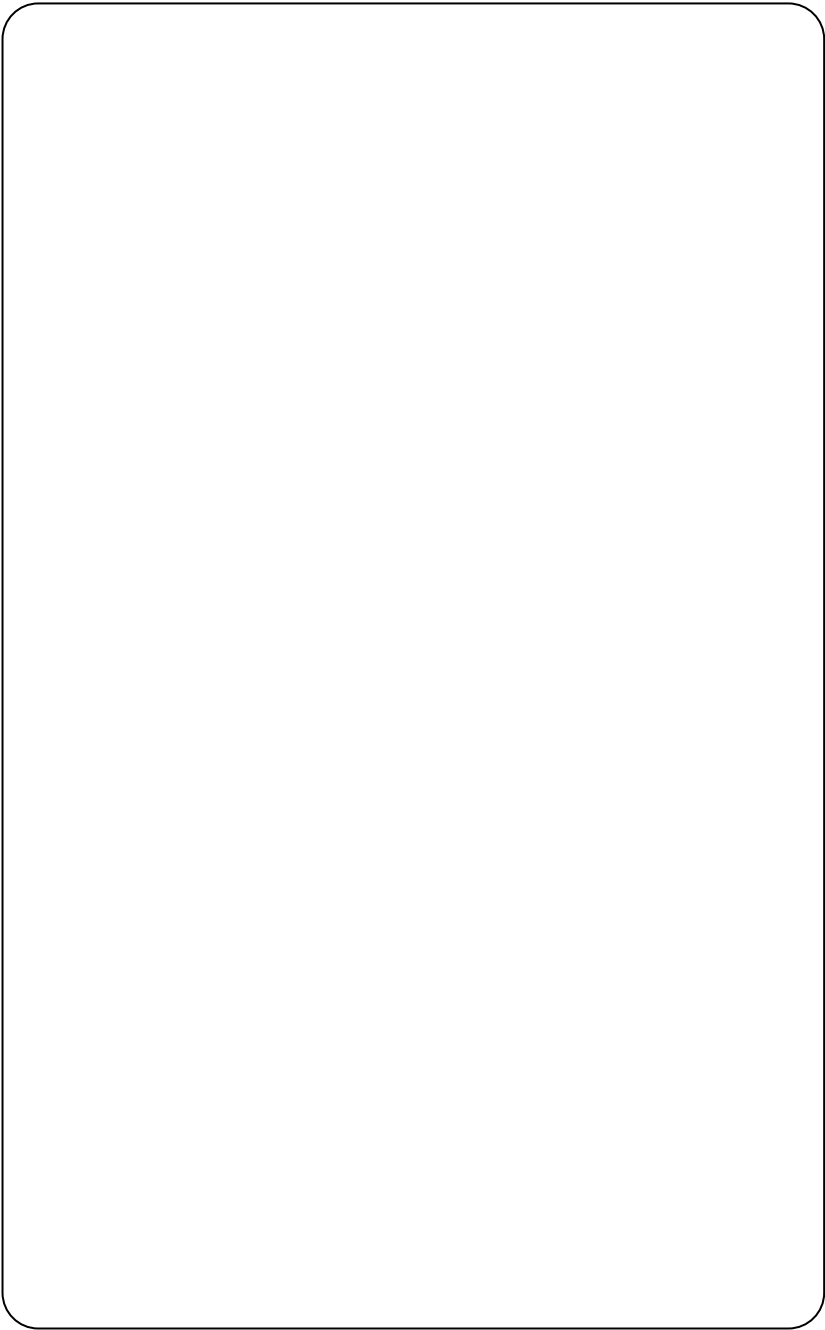
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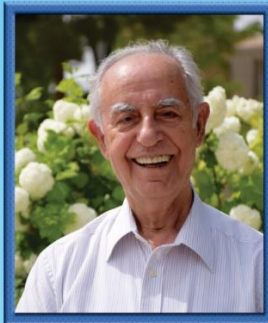
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To eradicate the prevailing miseries and solve global problems, we need to change our attitude and approach to increasing our happiness from the acquisition of more wealth, power, and fame to the cultivation of human values and the rendering of the most effective unselfish service to those who need it most, along with exuding unconditional love.

Through this practice, we will receive the assistance of the Universe.

Dear reader, I hope you, by the grace of God and rendering the most effective service to those who need it most, along with exuding unconditional love to them and cultivating human values within oneself, ascend spiritually and achieve the highest level of happiness.



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