

Happiness

Google the word “happiness” and you get over thirty-two billion results. The pursuit of it is enshrined in the United States Declaration of Independence as an unalienable right. The state of being happy feels good. So why aren't we happy all the time?

“When there is a lot of running about, a lot of running here and there, man is unhappy. Happiness is being at complete rest. You run here and there in search of happiness, but your arithmetic is wrong, your calculations are faulty. You think you will find happiness by running hither and thither, but in the end all this running only makes you miserable. The final result of all this running about is unhappiness. The more you run, the more miserable you will be. Happiness is that moment of rest when there is no more running, when you are just at rest, when you are simply there where you are, when you do not move even an inch. And then, in that moment of rest, there is happiness, there is nothing but happiness. Meditate over this.”

Osho, *The Great Secret*, Talk #9

Yes, but it's not that simple; I can't just sit around doing nothing all day, I have a life to lead; it's not like I have choice...

“Man can be happy, more happy than the birds, more happy than the trees, more happy than the stars – because man has something which no tree, no bird, no star has. Man has consciousness.

“But when you have consciousness then two alternatives are possible: either you can become unhappy or you can become happy. Then it is your own choice!

“Trees are simply happy because they cannot be unhappy. Their happiness is not their freedom – they have to be happy. They don't know how to be unhappy; there is no alternative. These birds chirping in the trees, they are happy! Not because they have chosen to be happy – they are simply happy because they don't know any other way to be. Their happiness is unconscious. It is simply natural.

“Man can be tremendously happy and tremendously unhappy – and he is free to

choose. This freedom is hazardous. This freedom is very dangerous – because you become responsible. And something has happened with this freedom, has gone wrong. Man is somehow standing on his head.”something

Osho, *A Sudden Clash of Thunder*, Talk #7

OK, so I do have a choice. I want to be happy, but often when I do things I think will make me happy it just doesn't work.

“There are only two types of people. One is in search of happiness; he is the worldly type. He may go into a monastery, but the type doesn't change: there also he is asking for happiness, pleasure, gratification. Now in a different way – through meditation, prayer, God – he is trying to become happy, more and more happy. Then there is the other type of person – and only two types exist – who is in search of truth. And this is the paradox: the one who seeks happiness will never find it, because happiness is not possible unless you attain to the true. Happiness is just a shadow of truth; it is nothing in itself – it is just a harmony.”

Osho, *The Hidden Harmony*, Talk #3

Ah, now I get it. Stop trying, start meditating.

“Happiness is when the burden has been dropped and the mirror is found again; your mirror can again reflect the trees and the sun and the sand and the sea and the stars. When you have again become innocent, when you again have the eyes of a child – in that clarity you are happy.”

Osho, *This Very Body the Buddha*, Talk #1

For more on “happiness” see: <http://www.osho.com/read/osho/osho-on-topics/happiness>

More Osho on happiness: <http://www.osho.com/highlights-of-oshos-world/osho-on-happiness-quotes>

OSHO

© 2015 OSHO International
Copyright & Trademark Information